Presentation: "Check Your Fitness - International Physical Fitness Test"

Level (Grade VI-V-VI)

1. Introduction

Purpose of the presentation Introduction to the topic of physical fitness

1. Explanation of physical fitness Definition of physical fitness Various aspects of physical fitness: strength, speed, endurance, agility, flexibility
2. International Physical Fitness Test (IPFT) Overview of IPFT as a tool for assessing physical fitness Description of tests included in IPFT: speed, jumping ability, endurance, hand strength, arm and shoulder strength, agility, abdominal muscle strength, flexibility
3. Importance of physical fitness Benefits for physical health: reducing the risk of diseases, maintaining a healthy weight Benefits for mental health: stress management, improving sleep quality, reducing the risk of depression, enhancing self-esteem
4. How to maintain motivation for physical activity Ways to maintain motivation: finding enjoyable activities, setting realistic goals, celebrating progress, exercising with a friend
5. Summary and question and answer session Emphasizing the importance of physical fitness for health and quality of life Question and answer session with students
6. Conclusion Thank you for your attention, encouragement for physical activity and health care Remember to adjust the level of difficulty of the information to the understanding level of sixth-grade students.

Introduction to the topic of physical fitness

Introduction Today, we will talk about something very important for our health and well-being - physical fitness. This is a topic that concerns all of us, regardless of age or interests. Have you ever wondered how fit you are? How can we check this and why is it important? We will try to answer these questions today.

Definition of Physical Fitness Physical fitness is the ability of our body to perform tasks and activities that require some form of physical effort. This ability is crucial for maintaining a healthy lifestyle and affects many aspects of our lives.

Inter-School Physical Fitness Test (IPFT) IPFT is a popular test used in Polish schools to assess the physical fitness of students. Let's take a look at what this test entails and what skills are assessed.

1. Speed - assessed based on the time to run 50 meters. This test evaluates reaction speed and running speed over a short distance.
2. Power (leg strength) - assessed based on the standing long jump. This test evaluates leg strength, which is important in many sports and activities.
3. Endurance - assessed based on the endurance run. Depending on the age of the person being tested, the distance ranges from 600 to 1000 meters.
4. Hand strength - assessed based on dynamometric measurement. This test allows assessment of grip strength, which is important in many daily activities.
5. Arm and shoulder strength - assessed based on hanging from a bar. This test evaluates the strength of the upper body.
6. Agility - assessed based on the agility run (4x10m). This test evaluates the ability to quickly change direction of movement.
7. Abdominal muscle strength - assessed based on forward bends from lying on the back. This test evaluates abdominal muscle strength, which is crucial for body stability.
8. Flexibility - assessed based on forward trunk bends. This test evaluates muscle flexibility, which is important for a full range of motion.

How to Conduct Measurements Properly?

1. 50m run - speed test: a) execution - on the signal "on your marks", the test subject stands with one foot behind the starting line in a high starting position. Then, on the "start" signal, they run as fast as possible to the finish line; b) measurement - time is measured with an accuracy of 1/10 of a second. The better result of the two attempts is counted; c) notes - the track should be straight, have lanes, and be in good condition. Tests should be conducted in good weather conditions;
2. Standing long jump - power test (leg strength): a) execution - the test subject stands behind the line, then jumps forward from a standing position to the sandpit or mat; b) measurement - the jump is measured in cm and performed twice, the better result is counted; c) notes - a jump with a fall backward onto the back is invalid and should be repeated;
3. Endurance run - endurance test: 1000 m - for men and boys over 12 years old; 800 m - for women and girls over 12 years old; 600 m - for children up to 12 years old;

a) execution - on the signal "on your marks", the test subject stands behind the starting line in a high starting position. Then, on the "start" signal, they run at a pace corresponding to them to the finish line; b) measurement - time is measured with an accuracy of 1 second; c) notes - the track should be flat and well-prepared. The test should be conducted in good weather conditions;

1. Dynamometric measurement of hand strength: a) execution - the test subject squeezes the dynamometer with the stronger hand. The wrist should be in line with the forearm during the test. During the test, the tested hand should not touch any part of the body;
2. Forward Trunk Bend - Flexibility Test: a) Execution - the subject stands on a gymnastics bench so that the toes grip its edge, feet together, knees straight. Then, the subject performs a forward bend, marking as low as possible with the fingertips on the scale; b) Measurement - the test is performed twice, with the better result being recorded in centimeters; c) Notes - the rigid scale is positioned so that its 50 cm mark is at the level of the feet touching the support surface. The support should be 15 cm high and located 50 cm from the wall. During the test, the subject keeps the legs straight. The bend should be performed smoothly without jerky movements;

Advantages of the Test:

1. Versatility: IPFT is a comprehensive test of physical fitness that assesses many different aspects of physical fitness, including speed, strength, endurance, jumping ability, agility, and flexibility.
2. Age Range: IPFT can be used for individuals aged 6 to 32 years old, making it one of the most versatile tests available for different age groups.
3. Utilization in Various Fields: Although IPFT is often used in the context of physical education and sports, it is also used in scientific research to assess physical fitness and motor skills.
4. Adaptability: Although IPFT has a defined set of tests, these tests can be adapted to individual needs and capabilities of participants. For example, distances in running tests can be adjusted according to the age and fitness level of participants.
5. Variety of Measurement Tools: IPFT utilizes various measurement tools such as dynamometers, stopwatches, pull-up bars, boxes, and others.

In summary, IPFT is a comprehensive test of physical fitness that evaluates various aspects of our ability to perform physical activities. However, remember that all these tests are just measurement tools and that the most important thing is to be active and healthy!

Slide 10: Health Benefits of Physical Activity Health-promoting activities aim to improve our health and well-being. Physical activity is one of the simplest and most effective forms of such activities. Regular exercise can help maintain a healthy body weight, increase energy levels, improve sleep quality, and reduce the risk of many diseases, such as heart disease, diabetes, and even some forms of cancer. But that's not all! Regular physical exercise also has a positive impact on our mental health, helping us cope with stress and improving our mood.

Slide 12: Physical Activity and Mental Health

Mental health is as important as physical health, and physical activity is one of the most effective ways to improve our well-being. Exercises can help reduce stress and anxiety levels, improve mood, and help us better cope with emotional challenges. Regular physical activity can even help reduce the risk of depression.

Slide 13: Physical Activity and Learning

Did you know that physical activity can help you learn better? Studies show that regular exercise can help improve concentration and the ability to absorb new information. Therefore, it is important for us not to forget about regular physical activity, even during intense periods of study.

Slide 14: How to Stay Active?

So, how can we be active on a daily basis? There are various ways to achieve this. For example, we can join a sports club at school, go cycling with siblings or friends, or even opt for a longer walk instead of taking the bus. We can also find exercises that can be done at home if we don't have access to a gym or sports club. The most important thing is to choose activities according to our preferences and capabilities, and then stick to our decisions, regardless of the challenges we may face.