**Autumn 2 Meaningful Homework WAGOLL**

**Task:**

You have recently carried out a number of different fitness tests which will have revealed a number of strengths and areas for improvement. Evaluate your fitness tests results and identify which components of fitness are your strengths and which you need to improve in order to develop your performance within your chosen sport. You will need to create two paragraphs where you justify your strongest results and how this will benefit you in your chosen sport and also two paragraphs where you analyse your weakest fitness test results and justify how this will negatively impact upon your performance in sport. You should also comment on how improving these specific components of fitness will improve your performance in your sport.

**Success criteria:**

I have identified from my results my strongest components of fitness and also the ones in which I need to improve

I have justified why two of my components of fitness are my strengths and explained how this will benefit me when performing in my sport

I have justified why two of my components of fitness are my areas for improvement and explained how this will negatively impact upon my performance in my chosen sport

I have analysed why improving my areas of weakness will help to improve my performance in my sport

**Guidance:**

Use your fitness test results from the practical fitness testing lessons

Research why specific components of fitness are required in different sports using the internet

**My Fitness Test Results**

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| --- | --- | --- | --- |
| **Fitness Test** | **Results** | **Component of fitness** | **Normative Data** |
| 1 minute Press Up Test | 11 | Muscular Endurance | Poor |
| 1 Minute Sit Up Test | 12 | Muscular Endurance | Below Average |
| Standing Long Jump | 144cm | Power | Poor |
| Multistage Fitness Test | L6,7 | Aerobic endurance | Average |
| Illinois Agility Test | 21.8 | Agility | Below Average |
| Sit and Reach Test | 7.5inches | Flexibility | Good |
| Vertical Jump Test | 12 inches | Power | Below Average |
| Grip Dynamometer Test | 19kg | Muscular Strength | Below average |
| 30M Sprint Test | 5.5 secs | Speed | Poor |
| Body mass index | Normal | Body composition | Normal |
| Ruler Drop test | 17.5cm | Reaction time | Average |
| Stork Stand | 12 secs | Balance | Below Average |
| Alternate Hand Wall Toss Test | 30 | Coordination | Above average |

From my fitness test results it is clear that my strongest components of fitness are my flexibility, body composition and coordination. This is because when comparing my results on these tests to normative data, I scored average or above.

The data also reveals that my weakest components of fitness are muscular endurance, power and speed. This is because when comparing these results to normative data, I scored ‘poor’ which demonstrates that these are the areas requiring improvement.

**Strongest component of fitness 1: Flexibility**

Flexibility is required within my sport of badminton for a number of reasons and helps to improve my overall performance. Firstly, good flexibility allows badminton players to move more freely and with a greater range of motion. This can be especially beneficial when reaching for overhead shots, executing quick side to side movements, and when performing deep lunges to reach low shots. Good flexibility ensures that players can cover the court effectively and make a wider variety of shots. Adequate flexibility can also help prevent injuries in badminton. Since the sport involves sudden changes in direction, rapid accelerations, and decelerations, players with good flexibility are less prone to strains, sprains, and muscle imbalances. Stretching and maintaining flexibility in key muscle groups can reduce the risk of injury. Flexible shoulders and arms are crucial for generating power and precision in shots, especially in overhead smashes and clears. The ability to fully extend the arm and rotate the shoulder during a shot can result in better shot quality and accuracy. Flexibility can contribute to overall endurance and recovery in badminton. Muscles that are supple and have a good range of motion are less likely to fatigue quickly. Additionally, flexible muscles are less prone to post-match soreness, allowing players to recover more quickly for their next match or training session.

**Strongest component of fitness 2: Coordination**

Coordination is also very important within my sport of badminton and also helps to improve my overall performance. In badminton, players need to place the shuttlecock accurately in their opponent's court to win points. Good hand-eye coordination allows players to control the angle, speed, and placement of their shots, making it difficult for their opponents to return the shuttlecock effectively. Badminton is also a fast-paced sport with shuttlecocks traveling at high speeds. Players need excellent coordination to react quickly to the shuttlecock's trajectory, adjust their positioning, and time their shots correctly. This is particularly important when returning smashes, drop shots, and clears. Effective footwork is also a crucial aspect of coordination in badminton. Players must coordinate their movements to cover the court efficiently, maintain balance during quick directional changes, and be in the right position to receive or make a shot. Proper footwork enhances a player's agility and overall performance. Timing is crucial in badminton, especially when it comes to shots like smashes and drives. Good coordination allows players to generate power and control by timing their racket swings, footwork, and body movements correctly.

**Weakest component of fitness 1: Muscular endurance**

One of my weakest components of fitness was muscular endurance. This negatively impacts upon my performance in badminton as it is an essential component of fitness in this sport. Improving my muscular endurance will help to improve my game as I will be able to play at a higher capacity for longer during rallies, I will be able to continuously move around the court, improve my shot execution and my muscles will also be able to recover quicker in between games, points and short breaks between games. Firstly, badminton rallies can be long and physically demanding, especially in singles play. Players need muscular endurance to sustain the repetitive movements involved in hitting shots, moving around the court, and defending against opponents' attacks during extended rallies. Badminton also involves constant movement on the court, including running, lunging, jumping, and pivoting. Muscular endurance in the legs, particularly the quadriceps, calves, and hamstrings, is essential to maintain these movements throughout a match without experiencing muscle fatigue or cramping. Additionally, to execute various shots effectively, such as clears, smashes, and drop shots, players require muscular endurance in the upper body, particularly in the shoulder and forearm muscles. These muscles help generate power and control during shot execution, and they need to withstand the demands of numerous shots over the course of a match. Finally, muscular endurance aids in quick recovery between points and during short breaks between games. Players with good muscular endurance can recover faster, maintain their performance levels, and stay agile on the court.

**Weakest component of fitness 2: Speed**

Speed was another of my weakest components of fitness when carrying out the fitness tests. Increasing my speed will have a number of benefits on my overall performance in badminton such as being able to make quicker movements around the court, having rapid reaction time, being able to defend effectively and also improved offensive play. Firstly, badminton is a fast-paced sport that requires players to cover the court rapidly. Speed allows players to reach the shuttlecock quickly, which is essential for returning shots effectively and maintaining court coverage. Speed also enables players to react quickly to their opponent's shots. In badminton, shuttlecocks can travel at high speeds, and quick reflexes are necessary to anticipate the trajectory and respond accordingly. Speed is also vital for defensive play. Players must move swiftly to defend against smashes, clears, and drop shots from their opponents. Being able to reach and return these shots can be the difference between winning and losing a point. Finally, speed is equally important for offensive play. Players use speed to execute fast-paced drives, smashes, and net shots. These shots can catch opponents off guard and put them on the defensive, creating scoring opportunities.