



**FIND YOUR
GREATNESS**



Testing Session Plan

**Help them find
their greatness**



'Find Your Greatness' is an **athlete recruitment programme** searching for Olympic and Paralympic athletes of the future, but at the same time helping everyone who is accepted on to the programme to discover their potential, whatever that may be.

To apply to the programme, participants (or their parent/ guardian) will need to fill out an application form, including the results of a few physical fitness tests. The tests are exercises that elite athletes might do as part of their training programmes.

To help encourage active young people aged between 16-24 to apply, **we recommend running a session that includes the tests that are part of the application**. These tests could fit into a PE lesson or training session, or you could encourage participants to try them out in their own time. The session could be an interesting induction or kick off session at the start of the new academic year or season in September. A plan for this session is detailed below.

For disabled participants, test scores are not required for the application - we would like to hear from anybody with an eligible impairment who is open to sport and physical activity. However, **we are keen that any disabled participants in your group feel included in the session** and therefore we have suggested some alternative exercises if the other tests are not suitable.

Applications for participants will open from mid-August and will remain open until mid-October. To find out more about the programme please visit findyourgreatness.co.uk

For most tests we have provided a grade index to judge test results against. You can choose if you want to share these with participants and record them on the scoresheet.

Support their future
findyourgreatness.co.uk

SESSION PLAN

This session plan provides an outline of how these tests could be run as part of a fun group session in a club, school, university or community setting. The Standing Long Jump, Plank and 1km Time Trial are the tests that are part of the application. The 20m Sprint/ Push, Pick-up and Throw and Accuracy tests are to ensure an inclusive session.

KIT LIST

- Throw down lines, chalk or masking tape
- Tape measure (up to 4m in length)
- Stopwatch or smart phone
- Distance measuring device (1km)
- Tennis balls
- Boccia balls or bean bags
- Hula hoop
- Lots of space
- A flat surface (e.g. playing field, football pitch, sports hall, track)



Everyone's born with it. Not everyone finds it.



ParalympicsGB racer and runner, Kadeena Kox holding the Union Jack



will never know. If they don't try they will never know.

Team GB modern pentathlete, Garry Bowden

WARM UP

10 minutes

GET MOVING!

Play a game – e.g. tag, with/without a ball

INCLUSIVE OPTION:

Wheeling, stepping or jogging on the spot or in a forward motion

GET MOBILE!

Dynamic stretching routine.

Explore different movement patterns (sumo walk, walking lunges, high skips, bear crawl, mountain climbers)

INCLUSIVE OPTION:

Shoulder circles, torso twist, neck stretch

GET POWERFUL!

E.g. Bulldog, sprint across the hall/field to the other side.

Anyone tagged joins the middle group.

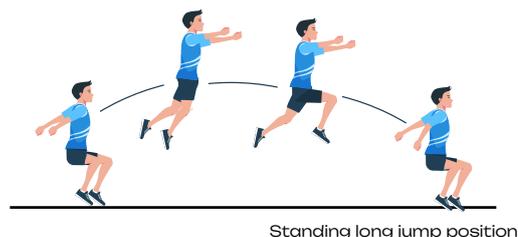
Frog jumps, 3 jumps in a row, compete to see how far you get.

INCLUSIVE OPTION:

Two-handed push in wheelchair to see how far you get, three large strides for those with walking frame.

MAIN SESSION

Split up the squad or class into groups. Each group has a go at each test. This may need to be staggered depending on how many groups/ how much equipment you have.



STANDING LONG JUMP

You will need:

- Throw down lines, chalk or masking tape
- Tape measure (up to 4m in length)

1. Using the throw down lines, chalk, or masking tape, mark a take-off line. Set the tape measure to the side, secure the end to the take-off line and roll out the tape measure ready to measure the effort.
2. Start with feet shoulder width apart behind the take-off line. Bend knees and swing arms to help jump forwards as far as possible. Take off and landing must be from both feet, without falling forwards or backwards.
3. Make a mark behind the heel (whichever one is closest to the take-off line), then measure the jump from this mark back to the take-off line.
4. Have two to three efforts each. Record the best jump in centimetres.

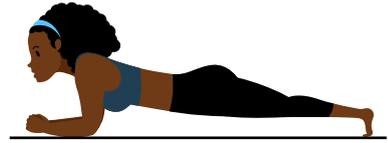
GRADE 1	Under 180cm
GRADE 2	180 - 199cm
GRADE 3	200 - 219cm
GRADE 4	220 - 239cm
GRADE 5	240cm +

The jump can be interpreted more widely; for example, as a two-handed push for distance by wheelchair users, or the fewest number of steps between two lines for those using a walking frame.

PLANK

You will need:

- Stopwatch or smart phone
- Lots of space
- Flat surface



Plank position

1. Find space on a flat dry surface
2. Start on hands and knees, extend legs out straight and lower onto forearms. The body should be in a straight line from head to toe, ensuring the bottom is level with the body. Instruct participants to use their core to maintain their position.
3. Start the stopwatch and hold this position for as long as possible.
4. When this position can be held no longer, stop the watch and record the time against the grades below.

GRADE 1	Under 15seconds
GRADE 2	15-30 seconds
GRADE 3	30-60seconds
GRADE 4	1-2minutes
GRADE 5	2minutes +

1KM TIME TRIAL

You will need:

- Stopwatch or smart phone
- Distance measuring device (1km)



Sprinting position

1. Measure a distance of 1km or find a flat space to run and track the distance on a fitness device. Alternatively, you could use Apple/ Google Maps to plot a 1km route.
2. Organise the group on the start line and set the stopwatch going.
3. Complete 1km in the fastest time possible (run, brisk walk or push for those in a wheelchair).
4. Record the time in minutes & seconds.

	Males	Females
GRADE 1	Over 5:30 mins	Over 6:30 mins
GRADE 2	4:30 – 5:30 mins	5:30 – 6:30 mins
GRADE 3	4:00 – 4:29 mins	4:30 – 5:29 mins
GRADE 4	3:30 – 3:59 mins	4:00 – 4:29 mins
GRADE 5	Under 3:30 mins	Under 4:00 mins

ADDITIONAL TESTS

These are additional tests to extend the session and / or for those not able to complete the standing long jump, plank or 1km time trial.



Sprinting position

20M SPRINT OR PUSH

- Throw down lines, chalk or masking tape
 - Tape measure (up to 20m)
 - A stopwatch or smart phone
 - Suitable flat surface (e.g. sports hall, track, netball court)
1. Measure out a 20m distance, using chalk or tape to mark the start and finish lines.
 2. Initiate the sprint or push with 'on your marks, get-set, go', and start the stopwatch.
 3. Stop the stopwatch immediately as the athlete crosses the finish line.
 4. Record the time in seconds to 2 decimal places (e.g. 3.35 seconds)
 5. Have two to three efforts each. Record the best time.

PICK-UP AND THROW

You will need:

- 2 tennis balls (or equivalent)
- Tape measure (up to 5m in length)
- Lots of space



1. Using the throw down lines, chalk, or masking tape, mark a start line. Set the tape measure to the side, secure the end to the take-off line and roll out the tape measure ready to measure the effort.
2. Place two tennis balls on the ground in front of the athlete
3. Make sure athletes are positioned at the start line, standing or sitting tall
4. With the stronger or dominant side, bend or squat down and pick up one of the balls. Return to standing or sitting tall and throw the ball as far as possible.
5. Measure the distance from where the ball lands back to the start line
6. Repeat steps 4 and 5 on the other side (if possible)

Team GB BMX racers, Kye Whyte and Beth Shriever MBE holding the Union Jack and medals



TARGET BALL

You will need:

- 3 boccia balls, bean bags or something similar would work
- Hula hoop
- Tape measure (up to 3m in length)
- Lots of space

1. Using the throw down lines, chalk, or masking tape, mark a start line.
2. Measure 3m from the start line and place the hula hoop
3. Players take turns to throw boccia balls/ bean bags into the hoop.
4. Record the number of successful attempts



Target ball position



Team GB mountain biker, Evie Richards



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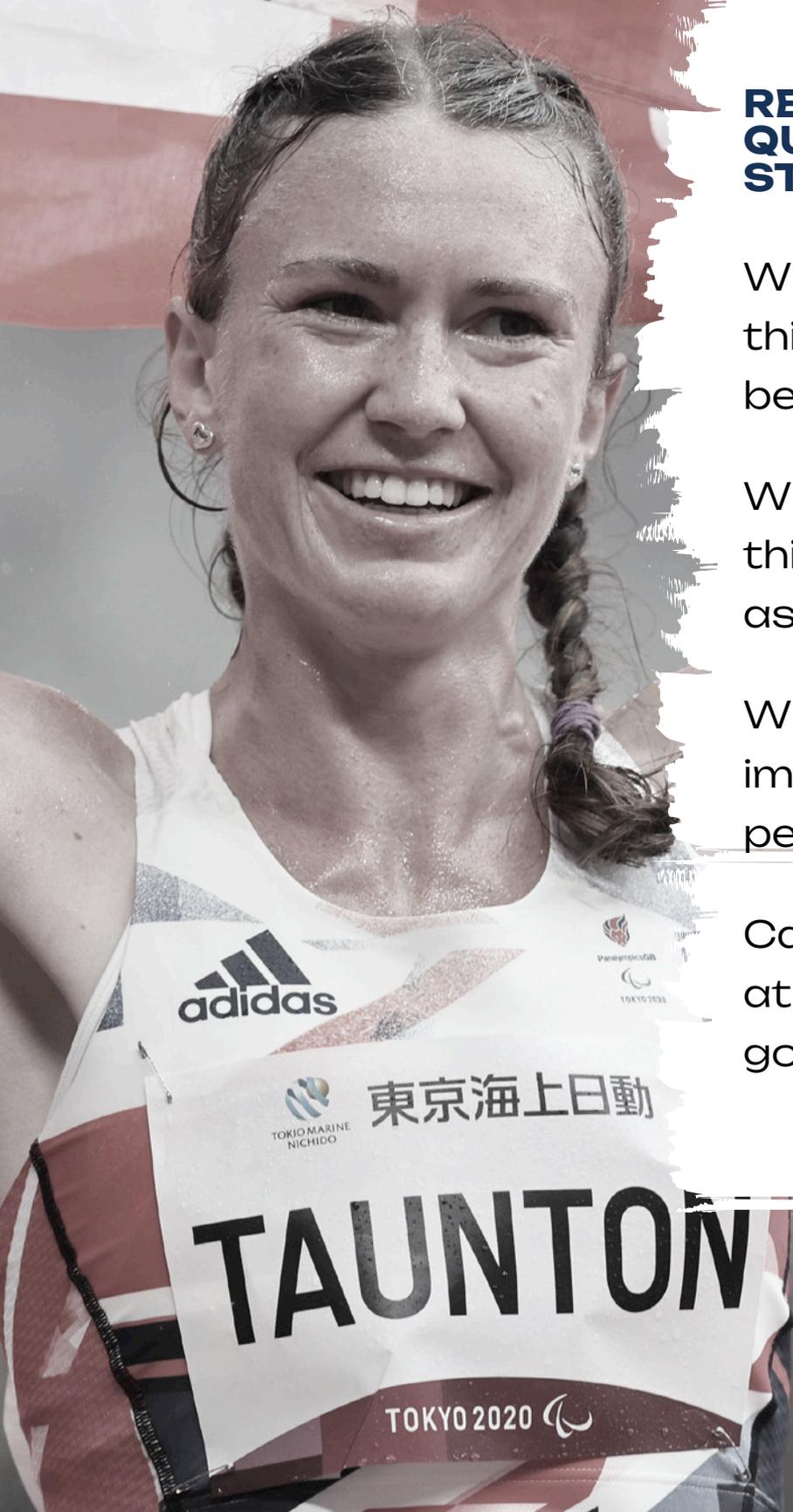
REFLECTIVE QUESTIONS TO ASK STUDENTS:

What sports do you think this exercise might be useful for?

What do you think this exercise might be assessing?

Why is that important for athletic performance?

Can you think of any athletes who might be good at this exercise?



SCORE SHEET

Record your scores for the first 3 tests here and then enter them into the online application form that you will find at findyourgreatness.co.uk. Applications will open on 20th August and close by 14th October.

If you have a physical, visual or intellectual impairment, you are welcome to apply to the programme and you do not need to submit any scores into the application form, but you can record them below for your own record. Please take a look at findyourgreatness.co.uk to see what impairments are eligible and for the application form. Applications will open on 20th August.

STANDING LONG JUMP

Record the distance in cm

ATHLETE NAME	
JUMP BEST DISTANCE	

PLANK

Record the time in minutes & seconds

ATHLETE NAME	
PLANK TIME	

1KM TIME TRIAL

Record the time in seconds to 1 decimal place

ATHLETE NAME	
1KM TIME	

The scores of these tests are not required for an application to the Find Your Greatness athlete recruitment programme. But record them here for your record.

20M SPRINT OR PUSH

Record the time in seconds

ATHLETE NAME	
SPRINT BEST TIME	

PICK UP AND THROW

Record the distance in cm

ATHLETE NAME	
BEST THROW - RIGHT	
BEST THROW LEFT	

TARGET BALL

ATHLETE NAME	
NUMBER OF SUCCESSFUL THROWS	

EQUAL OPPORTUNITIES FORM



Please find below a QR code to take you to our Equal Opportunities form. This form is anonymous and will help us to understand the demographic reach of Find Your Greatness, as well as capturing feedback on today's session. It would be great if all participants from today's session can scan the code and complete the short form individually. Thank you in advance for completing it, we hugely value your input.

