

DESTINATION MOVEMENT

PHYSICAL QUALITIES AND CAPACITIES FOR SPORT AND PHYSICAL ACTIVITY IN SECONDARY SCHOOL

The objective of this criterion for this school stage is to develop physical qualities (strength, endurance, speed, flexibility, agility) in a specific and personalized way, applying basic training principles and understanding their relationship with health and performance.

Key Skills to Develop:

- **Training Program Design:** Designing basic warm-up, stretching, and training routines (bodyweight or resistance band strength, aerobic endurance).
- **Progress Documentation:** Systematically recording the results of fitness tests performed.
- **Self-Assessment of Physical Condition:** Performing basic fitness tests (e.g., Cooper test, push-ups, sit-ups) and analyzing results.
- **Understanding Training Principles:** Comprehending concepts such as overload, progression, specificity, recovery (FITT: Frequency, Intensity, Type, Time).
- **Injury Prevention:** Knowledge of appropriate stretching techniques, the importance of warm-up and cool-down, and the correct use of equipment.
- **Nutrition and Performance:** Understanding the relationship between diet, hydration, and physical performance.

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Fitness Tests for Physical Progress Documentation

This table presents commonly used and validated tests to evaluate the main physical qualities. It is crucial that the tests are performed under standardized conditions to ensure the reliability of the results.

Cualidad Física	Test Sugerido	Descripción Breve del Test	Rango de Edad / Etapa de Desarrollo Recomendada
Endurance	Mile Run Test (or Half Mile/600 meters)	The time it takes the student to run a mile (1600 m) or an adapted distance (600 m/900 m) is measured. It evaluates aerobic capacity.	Primary (8 to 11 years): 600 meters or 900 meters Secondary (12+ years): Mile
	Abdominal Muscular Endurance Test (Curl-ups)	Maximum number of correctly performed sit-ups in one minute. Measures the endurance of the abdominal muscles.	Primary to Secondary (6-18 years)
Strength	Standing Broad Jump	The distance a student can jump forward from a static position is measured. It evaluates explosive leg strength.	Preschool-Primary (5-11 years)
	Medicine Ball Throw	A medicine ball (1-3 kg depending on age) is thrown with both hands from the chest, measuring the distance. It evaluates upper body strength and power.	Primary to Secondary (8-18 years)
Agility	Shuttle Run Agility Test (4x10 meters)	The student runs 10 meters, touches a line, returns 10 meters, and so on 4 times. The total time is measured. It evaluates the ability to change direction quickly.	Primary to Secondary (7-18 years)
	T-Test Agility Test	Athletes run around a 'T' shaped pattern as fast as possible. It evaluates multidirectional agility.	Secondary (12+ years)
Speed	20 or 30-meter Sprint	The time it takes the student to run a short distance is measured. It evaluates maximum speed and acceleration.	Primary to Secondary (6-18 years)
Flexibility	Trunk Flexibility Test (Sit and Reach)	The student sits with legs extended and tries to reach their feet as far as possible with their fingers. It measures the flexibility of the lower back and hamstrings.	Primary to Secondary (6-18 years)