

VOCABULARIO ESPECÍFICO PARA EDUCACIÓN FÍSICA 1º BACHILLER.

THESE ARE THE TESTS THAT YOU HAVE DONE IN THE P.E. CLASS THIS YEAR

Resistance/endurance/aerobic stamina tests

- COOPER TEST. 12 MINUTE RUN
- 1000 METRES TEST.
- JUMP ROPE TEST.

Strength/muscular power test

- STANDING LONG JUMP TEST (BROAD JUMP).
- SIT-UP TEST.
- MEDICINE BALL TEST.
- WALL BAR TEST (CHIN UP TEST).
- PUSH UP TEST.

Speed tests

- SPEED TEST (40 METRES SPRINT).

Flexibility test

- SIT AND REACH TEST.

VOCABULARY RELATED TO THE TEST.

Use this vocabulary to analyze your tests:

- I am good/bad at
- My resistance tests/strength tests are good/bad/poor/mid level/average.
- I´m better in resistance tests than in speed tests.
- My level is high/average/low.
- I´m strong/resistent/fast.
- I have to/must improve my resistance/speed/power.
- My favorite test is
- I like this test/I don´t like...
- I´m disappointed with my level/ I´m proud/ I´m satisfied.
- I´m good but not that good at... (soy bueno pero no tanto).
- I expected that my tests would be better or worse than they were.
- I think I can do better.
- I have or haven´t given as much effort as I could.
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- I have done my best (lo he dado todo) or I have not lived up to my potential (no he dado todo mi potencial).
- I didn't give up when the going got tough (no me rendí cuando tenía dificultad).
- I had to fight against myself. No pain no gain.
- I felt tired but I persevered.
- If I work harder I'll improve my marks in the future.