

# Primary to Secondary Applications for September 2022



## Criteria 6 - PROVEN APTITUDE IN SPORT

Due to a mandatory change to our Admission criteria regarding Sporting Aptitude, the tests are held in October, earlier than published.

**Applications to register a child for Sporting Aptitude closed on Monday 4th October at midday.**

Applicants are invited into school to take the tests before the Hull City Council application deadline of 31st October 2021.

If more applicants pass than there are places available, applicants will be ranked based on the overall points score.

**Eligibility under this criteria does not guarantee an allocated place at St Mary's College.**

### The Sporting Aptitude Test

Our sporting aptitude tests are designed to provide a well-balanced measure of a child's general athletic skills and fitness. Each of the tests have been carefully selected from the *British Athletics Sportshall Primary Award* scheme.

#### **To help ensure reliability and validity of tests:**

- All children will be told and shown how to perform the tests correctly.
- They will be kept together in their allocated groups.
- Instructions will be exactly the same for all tests.
- The tests will be carried out in identical conditions with identical equipment.
- The tests will be administered in the same order.
- The tests will be measured with accuracy and consistency by trained staff.

The 6 tests are:



Test	What this test measures?
Balance Bar Test	Balance & flexibility
Standing Long Jump	Coordination & explosive leg strength
Speed Bounce	Speed, rhythm, and coordination
Shuttle Run	Acceleration, speed and agility
Foam Javelin	Coordination, arm strength and power
Linear Track Test	Pacing and Endurance