



Getting Better at Sports: How to Track and Improve

KS3 PE Ages 11-14 ⌚ 3 min read

Why Measure Your Performance?

If you want to get better at sport, you need to know where you stand right now. **Assessing your performance** means checking how well you're doing in specific skills and fitness areas. It's like taking a photo of yourself at the start of a journey so you can see how far you've travelled.

Think of it like a video game: you need to know your current score before you can beat your high score!

How to Measure Your Performance

There are lots of ways to track how you're doing. You might time yourself running **100 metres**, count how many press-ups you can do, or measure how high you can jump. You could also film yourself playing and watch it back to spot mistakes. Some sports use **heart rate monitors** to show how hard your body is working.

Coaches and teachers often use **fitness tests** like the **beep test** (a running test that gets faster and faster) or **flexibility tests** to see how bendy you are. The important thing is to pick tests that match your sport.

Making Your Own Improvement Plan

Once you know where you are, you can plan how to get better. **Set realistic goals** — don't try to run twice as fast overnight! Instead, aim for small improvements like running **5 seconds** faster or doing **3 more press-ups**. Write your goals down so you don't forget them.

Think of it like climbing stairs: each small step up gets you closer to the top, but giant jumps won't work!

Practice and Track Progress

The secret to improvement is **consistent practice**. Train regularly, do the same tests every **2-4 weeks**, and write down your results. You'll spot patterns — maybe you're getting faster but weaker, or stronger but less flexible. This tells you what to focus on.

Remember: small improvements add up! A **1% improvement** each week sounds tiny, but after **10 weeks** you're **10% better**. That's the real power of tracking yourself and sticking to your plan.