

PHYSICAL EDUCATION

READING TABLES

12-minute Cooper Test Results

	Age	Poor	Below Average	Average	Above Average	Excellent
Male	13-14	<2100m	2100 - 2199m	2200 - 2399m	2400 - 2700m	>2700m
	15-16	<2200m	2200 - 2299m	2300 - 2499m	2500 - 2800m	>2800m
	17-19	<2300m	2300 - 2499m	2500 - 2699m	2700 - 3000m	>3000m
	20-29	<1600m	1600 - 2199m	2200 - 2399m	2400 - 2800m	>2800m
	30-39	<1500m	1500 - 1999m	1900 - 2299m	2300 - 2700m	>2700m
	40-49	<1400m	1400 - 1699m	1700 - 2099m	2100 - 2500m	>2500m
	>50	<1300m	1300 - 1599m	1600 - 1999m	2000 - 2400m	>2400m
Female	13-14	<1500m	1500 - 1599m	1600 - 1899m	1900 - 2000m	>2000m
	15-16	<1600m	1600 - 1699m	1700 - 1999m	2000 - 2100m	>2100m
	17-20	<1700m	1700 - 1799m	1800 - 2099m	2100 - 2300m	>2300m
	20-29	<1500m	1500 - 1799m	1800 - 2199m	2200 - 2700m	>2700m
	30-39	<1400m	1400 - 1699m	1700 - 1999m	2000 - 2500m	>2500m
	40-49	<1200m	1200 - 1499m	1500 - 1899m	1900 - 2300m	>2300m
	>50	<1100m	1100 - 1399m	1400 - 1699m	1700 - 2200m	>2200m

Reading tables is an important skill for everyday life; tables are used in media, on the internet and even on food packaging.

Steve is 42 and completes 2350m in the test. How would we rate this result?

Michelle completes the same distance and is also 42. Can you think of a reason why she appears to have performed better?

The results for 'excellent' can be put on a graph with age, could you describe the shape of this graph? Why is it this shape?

Can you think of other subjects where reading tables is a useful skill?