

ANNEX II- Physical fitness

Step 3 of the selection process involves students travelling to Luxembourg for one day to participate in the physical fitness tests.

Biobanding and evaluation of results

Students are divided into different groups prior to the physical tests. The division is made according to the child's level of development. Thus, it is not the calendar age that is taken into account for the evaluation, but the biological age.

This reflects the philosophy of Lëtzebuerg lieft Sport, which wants to offer all citizens sports activities adapted to their developmental stage and their personal interests and needs.

The physical tests will be as follows:

1. Shuttle test ;
2. Course ;
3. Triple jump;
4. Dead Hang;
5. Reaction test.

Depending on the results of the tests, up to 60 students will be selected to participate in stage 4.