



ACTIVITY SHEET A

As the role of aviation grew in importance the number of planes increased and so more pilots were needed. But these pilots had to be trained and not everybody was a suitable candidate... are you a suitable candidate? Are you 'pilot fit' and able to complete this training? Find out now by following the teachers direction!

You are now going to undergo a small sample of some of these tests to determine your eligibility for pilot training in the RFC. If you pass you will move onto Stage 2: Pilot fitness. Adapt the tasks depending upon the space you have available.

STAGE 1: GENERAL FITNESS

- Stand in a safe position with enough space around you and jog on the spot for 15 seconds (the teacher will measure the time). Make sure you do not move from your position and keep your arms by your sides!
- Jump up and down with straight legs and your arms by your sides for 20 seconds.
- Pull your chair out from your desk and stand in front of it (or stand on the carpet/floor). Stand up and sit down in a controlled (not fast) manner and count the number of times you do this with the teacher.
- Have a quick rest a big drink of water and repeat the steps outlined above!
- If you are taking part in the daily mile today try and do it in the fastest time you can manage!



STAGE 2: PILOT FITNESS

- Hearing: Stand on the spot marked **X** by your teacher (or behind a line) as directed. Listen to the phrases the teacher says to you in a forced whisper and repeat them back to her exactly. How is your hearing?
- Muscle tone and Fitness: Flex your arm muscles as and when directed and hold the tension. Try and make your stomach hard and hold the position until directed to let go. Are you muscle fit?
- Nervous system: Exaggerated reflex reaction may indicate an unstable/inadequate nervous system can reduce reaction time and coordination. The teacher will choose a few candidates that are suitable and gently tap the knee with a small wooden spoon. The knee should jerk - too little or too exaggerated a reaction suggests the candidate might not be a suitable!

A sense of balance is one of the most important things a pilot can have!

- Balance I: Can you stand on one leg, hands on hips with closed eyes for 10 seconds?
- Balance II: Can you walk along a straight line heel to toe with eyes open, turn round (180 degrees) without coming off the line and walk back, heel to toe?
- Balance III: Can you walk heel to toe in a straight line with your eyes closed?

If you have completed all of the above successfully you can enter pilot training to become a WW1 pilot.

Warning!! You are entering a dangerous and often deadly profession.

(although you are 100 years too late!)