

PHYSICAL EDUCATION DEPARTMENT

FITNESS TESTING

NAME: _____ GRADE: _____

RUNNING

100

200

400

800

1600

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EXERCISE

Sit -Reach

Push-ups (10-15-20)

Sit-ups (1:00)

Pull-ups

Arm Hang

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

FIELD

Std. Brd. Jump

High Jump

Vert. Jump

Shuttle Run

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

ROPE JUMPING

Forward (1:00)

Backward (2:00)

Squat (1:00)

Line Jump (:30)

4 Sq. Jump (:30)

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____