

# Physical Fitness Test 2020

5th, 7th, 9th Grades

Student Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Teacher: \_\_\_\_\_

Grade Level: \_\_\_\_\_ SSID# \_\_\_\_\_

## 1. *Body Composition (BMI):*

What is your height? \_\_\_\_\_ feet \_\_\_\_\_ inches

What is your weight: \_\_\_\_\_ pounds

## 2. *Aerobic Capacity:* How fast can you WALK or RUN (circle one) a mile in minutes and seconds?

Minutes \_\_\_\_\_ Seconds \_\_\_\_\_

## 3. *Abdominal Strength:* How many curl ups can you complete in one session? (Curl ups are crunches with hands remaining on the ground - no break in form - 75 maximum.) \_\_\_\_\_

## 4. *Trunk Lift:* How far can you lift your chin up off the floor, lying on your stomach, with your arms at your sides (like a snake)? \_\_\_\_\_ inches (12 inch maximum)

## 5. *Upper Body Strength:* How many push-ups can you complete in one session? ("Standard" push-ups: legs straight out, back straight.) \_\_\_\_\_

## 6. *Flexibility:*

Can you touch your right fingertips with your left hand, reaching over your right shoulder, behind your back? (Circle one) YES / NO

Can you touch your left hand fingertips with your right hand, reaching over your left shoulder? (Circle one) YES / NO

**Please fill out and return this form to your CT or Stefani before March 13th. Thank you!**