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| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | | |  | | --- | |  | | ***FitnessGram Fitness Test*** | | | |
| |  |  | | --- | --- | | Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Test #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | |  |  | |
| |  |  |  |  | | --- | --- | --- | --- | | |  |  |  | | --- | --- | --- | |  |  |  | | | |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | |  | **4** | **3** | **2** | **1** |  | | **Mile Run** | Student Maxed Out of the Mile Run for their age and gender | Student met the criteria of the Mile Run for their age and gender | Student did not meet the criteria of the Mile Run for their age and gender | Student did not meet the criteria of the Mile Run for their age and gender and was more than 1:30 minutes away from meeting the criteria | \_\_\_  20%  \_\_\_\_ | | **Sit-Ups** | Student Maxed Out of the Sit-Ups for their age and gender | Student met the criteria of the Sit-Ups for their age and gender | Student did not meet the criteria of the Sit-Ups for their age and gender | Student did not meet the criteria of the Sit-Ups for their age and gender and was more than 8 away from meeting the criteria | \_\_\_  20%  \_\_\_\_ | | **Push-Ups** | Student Maxed Out of the Push-Ups for their age and gender | Student met the criteria of the Push-Ups for their age and gender | Student did not meet the criteria of the Push-Ups for their age and gender | Student did not meet the criteria of the Push-Ups for their age and gender and was more than 8 away from meeting the criteria | \_\_\_  20%  \_\_\_\_ | | **Standing Long Jump** | Student Maxed Out of the Standing Long Jump for their age and gender | Student met the criteria of the Standing Long Jump for their age and gender | Student did not meet the criteria of Standing Long Jump for their age and gender | Student did not meet the criteria of the Standing Long Jump for their age and gender and was more than 14 inches from meeting the criteria | \_\_\_  20%  \_\_\_\_ | | **Flex Arm-Hang** | Student Maxed Out of the Flex Arm Hang for their age and gender | Student met the criteria of the Flex Arm-Hang for their age and gender | Student did not meet the criteria of the Flex Arm-Hang for their age and gender | Student did not meet the criteria of the Flex arm-Hang for their age and gender and was more than 8 seconds from meeting the criteria | \_\_\_  20%  \_\_\_\_ | | **Pacer Test** | Student Maxed Out of the Pacer Test for their age and gender | Student met the criteria of the Pacer Test for their age and gender | Student did not meet the criteria of the Pacer Test for their age and gender | Student did not meet the criteria of the Pacer test for their age and gender and was more than 10 laps from meeting the criteria | \_\_\_  20%  \_\_\_\_ | | **Agility Test** | Student Maxed Out of the Agility Test for their age and gender | Student met the criteria of the Agility Test for their age and gender | Student did not meet the criteria of the Agility Test for their age and gender | Student did not meet the criteria of the Agility Test for their age and gender and was more than 1.5 seconds from meeting the criteria | \_\_\_  20%  \_\_\_\_ |   **Number of Test Standards Met:\_\_\_\_\_\_ Number Of Test Standards Exceeded**:\_\_\_\_\_\_\_\_  **Number of Test Standards Not Met, but 20% Improvement Shown:\_\_\_\_\_\_\_\_** | |  | |  | |