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| ***FitnessGram Fitness Test***  |

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|  | **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:\_\_\_\_\_\_\_\_**  |
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