

# Fitness Gram Testing

Name- \_\_\_\_\_

Period- \_\_\_\_\_

**Directions:** each month you will record your scores for each of the 5 fitness gram tests. In the chart below find your age and see what scores you want to work towards for each test. Remember if you try your best each day and focus on proper technique your scores will improve weekly as the year goes on.

At the end of each month we will take 1 period to test you on each of the 5 fitness tests. You need to print this sheet out and record your scores . You will turn this sheet in periodically throughout the year for a grade. It's not about how many you can do it's about how much effort you put it during class and outside of class.

Fitness Gram Tests	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	Jun
Mile run/walk										
Push-ups										
Curl-ups										
Shoulder stretch										
Back extension										

Mile run/walk		Curl-Up		Push-Up		Trunk Lift		Shoulder Stretch	Girls/Boys  passing = touching fingertips together behind back
Age	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	
11-	8:30-11	9-12	15-28	15-29	8-20	7-15	9-12	9-12	
12-	8-10:30	9-12	18-36	18-32	10-20	7-15	9-12	9-12	
13-	7:30-10	9-11:30	21-40	18-32	12-25	7-15	9-12	9-12	
14-	7-9:30	8:30-11	24-45	18-32	14-30	7-15	9-12	9-12	