

# Physical Fitness Test 2023-24

5th, 7th, 9th Grades

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

Teacher: \_\_\_\_\_

Grade (circle one): 5th 7th 9th

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

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

2. *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) \_\_\_\_\_

3. *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)

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

5. *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 22nd. Thank you!**