

Earhart Middle School
Physical Education
Fitness Testing Report

ID#:

Introduction

The following six assessments are part of the battery of fitness tests given to every 5th, 7th, and 9th grader statewide every spring. Earhart uses these tests to monitor and gauge the progress of your student's fitness as fitness is a part of each student's physical education grade. We strongly encourage students to practice these tests at home at least three times a week. For further explanation of the standards please refer to our website at www.hawkspe.org. **Please review your student's scores with him or her, assist your student in completing the improvement contract, and sign and return the bottom portion of this form.**

Fitness Testing Results

Test	Standard	Scores					
		Pre Test - Fall	Standard Passed	Mid Test - Winter	Standard Passed	State Test - Spring	Standard Passed
Aerobic Capacity							
Body Composition							
Curl Ups							
Trunk Lift							
Upper Body Strength							
Flexibility							

Fitness Plan

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I plan on improving my health and fitness by committing to follow the workout program below:

	Example (Mile Run)	Aerobic Capacity	Curl Ups	Trunk Lift	Upper Body Strength	Flexibility
Frequency <small>(How often per week.)</small>	<i>3 times a week</i>					
Intensity/Effort <small>(Sets & Reps, or Heart Rate)</small>	<i>Keep my heart rate between 150 - 170</i>					
Time/Distance <small>(How long the workout session is.)</small>	<i>Run 1 1/2 Miles</i>					
Goal <small>(What you want to get on the next test.)</small>	<i>8 minute mile</i>					

Optional:

- I will increase my physical activity (jog three days a week, jump rope 10 minutes a day, etc).
- I will decrease the amount of time I watch T.V., play video games, sit at the computer, etc.
- I will reduce the amount of soft drinks I drink and reduce my portion sizes at every meal.
- I will increase the number of servings of fruit and vegetables I eat every day (goal is 5 a day).

Parent Signature: _____

Student Signature: _____

Date: _____