

Student Name

Amelia Earhart Middle School

ID Number

Physical Education

Fitness Testing Report

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. 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.

Your Student's Fitness Testing Results

	Standard	Scores					
		Pre Test - Fall	Standard Passed	Mid Test - Winter	Standard Passed	Post Test - Spring	Standard Passed
BMI	24.5	17.88	YES	18.95	YES		
Sit & Reach	10 Inches	Left 7 in / Right 6 in	NO	Left 8 in / Right 8 in	NO		
Trunk Lift	9 Inches	11 Inches	YES	11 Inches	YES		
Push-ups	7	4	NO	2	NO		
Mile	12 min 0 sec	12 Min 45 Sec	NO	10 Min 22.7 Sec	YES		
Curl Ups	18	30	YES	30	YES		

Student Name

Fitness Plan

Teacher / Period

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

	Example (Mile run)	Curl-ups	Mile Run	Push-ups	Sit & Reach	Trunk Lift
Frequency <i>(how often per week)</i>	3 times a week					
Intensity / Effort <i>(sets & reps, or heart rate)</i>	Keep my heart rate between 150 - 170					
Time / Distance <i>(How long the workout session is)</i>	Run 1 ½ miles					
Goal <i>(what you want to get on the next test)</i>	8 minute mile					

Optional: Other modifications to help improve fitness.

- 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: _____