Lakes Community High School - Physical Education

Fitness Test Record Card

2011-2012

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Teacher:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Hour:\_\_\_\_\_\_\_\_\_\_\_\_\_\_Year:\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Fitness Test | Previous Best  Score | Score #1 | Test Percentage | Goal for  Semester | Score #2 | Test Percentage |
| Push-ups |  |  |  |  |  |  |
| Mile |  |  |  |  |  |  |
| Standing Long  Jump |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Pacer |  |  |  |  |  |  |
| Plank |  |  |  |  |  |  |
| Coordination |  |  |  |  |  |  |

Semester #2

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Fitness Test | Best Score  1st Semester | Score #1 | Test Percentage | Goal for  Semester | Score #2 | Test Percentage |
| Push-ups |  |  |  |  |  |  |
| Mile |  |  |  |  |  |  |
| Standing Long  Jump |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |
| Pacer |  |  |  |  |  |  |
| Plank |  |  |  |  |  |  |
| Coordination |  |  |  |  |  |  |