

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

Table with 8 columns: Standard, Pre Test - Fall, Standard Passed, Mid Test - Winter, Standard Passed, Post Test - Spring, Standard Passed. Rows include BMI, Sit & Reach, Trunk Lift, Push-ups, Mile, and Curl Ups.

Student Name

Fitness Plan

Teacher / Period

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

Table with 7 columns: Example (Mile run), Curl-ups, Mile Run, Push-ups, Sit & Reach, Trunk Lift. Rows include Frequency, Intensity / Effort, Time / Distance, and Goal.

Optional: Other modifications to help improve fitness.

- Four checkboxes with text: I will increase my physical activity, I will decrease the amount of time I watch T.V., I will reduce the amount of soft drinks I drink, I will increase the number of servings of fruit and vegetables I eat every day.

Parent Signature: \_\_\_\_\_ Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_