

NAME: \_\_\_\_\_

BLOCK: \_\_\_\_\_

**Physical Fitness Assessment - 6th Grade Female**\* Students who demonstrate improvement on a fitness component in trimester 2 and 3 will earn a B

\*A student may choose to re-take one assessment within the trimester

**Mile run/walk (cardiovascular endurance measured in minutes)**

A+	A	B	C+	C-	F	Fitness Goal
8:59 or lower	9:00 - 12:00	12:01 - 12:30	12:31 - 13:00	13:01 or higher	Did not attempt or make up	
<b>                    </b>	Assessment #1	Assessment #2	Assessment #3	<u>Workout Routine</u>		
Date:						
Mile Time:						
Grade Earned:						

**90 Degree Push Up (muscular strength measured in repetitions)**

A+	A	B	C+	C-	F	Fitness Goal
16 or more	7 -15 reps	6 reps	4 - 5 reps	0 - 3 reps	Did not attempt or make up	
<b>                    </b>	Assessment #1	Assessment #2	Assessment #3	<u>Workout Routine</u>		
Date:						
Repetitions:						
Grade Earned:						

**Curl Up (muscular endurance measured in repetitions)**

A+	A	B	C+	C-	F	Fitness Goal
33 or more reps	18 - 32 reps	16 - 17 reps	14 - 15 reps	0 - 13 reps	Did not attempt or make up	
<b>                    </b>	Assessment #1	Assessment #2	Assessment #3	<u>Workout Routine</u>		
Date:						
Repetitions:						
Grade Earned:						

### Back Saver Sit & Reach (flexibility measured in inches)

A+	A	B	C+	C-	F	Fitness Goal
10.5 or more inches	10 inches	9 inches	8 inches	0 - 7 inches	Did not attempt or make up	
<b>                    </b>	Assessment #1	Assessment #2	Assessment #3	<u>Workout Routine</u>		
Date:						
Inches:						
Grade Earned::						

### Low Plank/Core Assessment (muscular Endurance measured in minutes)

A+	A	B	C+	C-	F	Fitness Goal
< 3:00	2:00 - 2:59	1:40 - 1:59	1:00 - 1:39	0 - :59	Did not attempt or make up	
<b>                    </b>	Assessment #1	Assessment #2	Assessment #3	<u>Workout Routine</u>		
Date:						
Time:						
Grade Earned:						

### Benefits For Life Long Fitness

<u>Cardiovascular Endurance</u>	<u>Abdominal Strength/Endurance</u>	<u>Muscular Strength/Endurance</u>	<u>Flexibility</u>
Improved heart health	Supports your spine	Builds muscle	Prevents Injury
Increased stamina	Improves posture	Improves Bone Density	Improves Posture
Weight Management	Enhances daily movement	Improves joint stability	Reduces Pain
Improves mental well-being	Improves balance for fitness and athletics	Improves speed and explosiveness for athletics	Aids in daily movement
Building muscle increases the body's metabolism. Metabolism is the rate that the body burns calories. Building muscle helps the body burn more calories each day to achieve strong fitness.			

### Connecticut Physical Fitness Assessment (CPFA)

Mile Run/ Walk		Sit and Reach		Push - Ups		Curl - Ups	
time:	grade:	inches:	grade:	reps:	grade:	reps:	grade:

### 6 Minute Jog (cardiovascular endurance measured in laps)

A+	A	B	C+	C-	F	Fitness Goal
18 laps or more	15 - 17 laps	13 - 14 laps	11 - 12 laps	0 - 10 laps	Did not attempt or make up	
<div style="background-color: black; width: 100px; height: 1.2em;"></div>	Assessment #1	Assessment #2	Assessment #3	<u>Workout Routine</u>		
Date:						
Laps:						
Grade Earned:						