

Personal Fitness Record

Mile: (Cardiovascular)

Standard: _____ Long Term Goal: _____

Date	Goal	Time	Comment / Emoji
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____

Bobcat Run (Cardiovascular)

Date	Goal	Time	Comment / Emoji
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Triple Bobcat Run (Cardiovascular)

Date	Goal	Time	Comment / Emoji
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Pacers (Cardiovascular)

Standard: _____ Long Term Goal: _____

Date	Goal	Score	Comment / Emoji
1st. _____	_____	_____	_____
T1. _____	_____	_____	_____
T2. _____	_____	_____	_____
T3. _____	_____	_____	_____



Name: _____

Period _____ Grade _____

Grade: T1: /10 T2: /10 T3: /10

Girl Physical Fitness Standards

<u>Girls</u>	<u>6th grade</u>	<u>7th grade</u>	<u>8th grade</u>
Pacer	15 - 41	23 - 51	23 - 51
Mile Run	9:00 - 12:00	9:00 - 11:30	8:30 - 11:00
Curl Ups	18 - 32	18 - 32	18 - 32
Push Ups	7 - 15	7 - 15	7 - 15
Sit & Reach	10 in.	10 in.	10 in.

Boys Physical Fitness Standards

<u>Boys</u>	<u>6th grade</u>	<u>7th grade</u>	<u>8th grade</u>
Pacer	32 - 62	41 - 73	41 - 73
Mile Run	8:00 - 10:30	7:30 - 10:00	7:00 - 9:30
Curl Ups	18 - 36	21 - 40	24 - 45
Push Ups	10 - 20	12 - 25	14 - 30
Sit & Reach	8 in.	8 in.	8 in.

Curl ups (Muscle endurance)

Standard: _____ Long Term Goal: _____

Date	Goal	Score	Comment / Emoji
1 st . _____	_____	_____	_____
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Push Ups (Muscle strength)

Standard: _____ Long Term Goal: _____

Date	Goal	Score	Comment / Emoji
1 st _____	_____	_____	_____
T1 _____	_____	_____	_____
T2 _____	_____	_____	_____
T3 _____	_____	_____	_____

Sit & Reach (Hamstring flexibility)

Standard: _____ Long Term Goal: _____

Date	Goal	Left	Right	Comment	Emoji
1 st	_____	_____	_____	_____	_____
T1	_____	_____	_____	_____	_____
T2	_____	_____	_____	_____	_____
T3	_____	_____	_____	_____	_____

Pull Ups (Strength)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Shuttle Run (Agility)

Date	Goal	Time	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

40 yard dash (Speed)

Date	Goal	Time	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Standing Long Jump (Power)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Vertical Jump (Power)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

Seated Medicine Ball Toss (Upper body Power)

Date	Goal	Score	Comment / Emoji
1 st	_____	_____	_____
T1	_____	_____	_____
T2	_____	_____	_____
T3	_____	_____	_____

HEALTH FITNESS DEFINITIONS

- Muscular Strength-** The amount of force your muscles can produce.
- Muscular Endurance-** the ability to use your muscles many times without tiring.
- Flexibility-** The ability to use your joints fully through a wide range of motion.
- Cardiovascular Fitness-** how well your heart, lungs and blood vessels use oxygen during your work-out.
- Body Composition-** the percentage of fat, muscle and bone in your body.

SKILL FITNESS DEFINITIONS

- Power =** Strength x Speed
- Speed =** The ability to move quickly.
- Agility =** The ability to change directions while moving.
- Balance =** The ability to stay in control of body movement.
- Coordination =** The ability to move two or more body parts under control, smoothly and efficiently.
- Reaction Time =** How quickly your body can respond to an outside stimulus (ex: whistle to start a race).



