

5th grade PHYSICAL FITNESS testing

SPRING testing

ONE-MILE RUN

- This test measures aerobic capacity. Run the distance as fast as possible.
- Start when timer says to begin.
- Don't run too fast at first so that you can run a steady pace for the entire test.
- Walking is permitted.
- Your partner should write down the time when you complete the mile distance. Record your height and weight.



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PUSH-UP (90 DEGREES)

- This test measures upper-body strength. Do as many push-ups as you can.
- Begin with hands under the shoulders, fingers stretched out, legs straight, and back straight.
- Bend arms until elbows are at 90 degrees, keeping back and legs straight. Then push up to starting position.
- Stay with the cadence from the CD.
- Stop test on second incorrect push-up. Record score.



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90° Push-Up: Standards for Healthy Fitness Zone®

Age	Boys (no. completed)	Girls (no. completed)
5	≥3	≥3
6	≥3	≥3
7	≥4	≥4
8	≥5	≥5
9	≥6	≥6
10	≥7	≥7
11	≥8	≥7
12	≥10	≥7
13	≥12	≥7
14	≥14	≥7
15	≥16	≥7
16	≥18	≥7
17	≥18	≥7
>17	≥18	≥7



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CURL-UP

- This test measures abdominal strength and endurance. Do as many curl-ups as you can.
- Lie down with knees bent, feet flat, and head touching paper on mat.
- Curl up until fingers go completely across the strip. Heels must stay on mat.
- Return to starting position. Head must touch paper each time.
- Stay with the cadence from the CD.
- Stop the test on the second incorrect curl-up. Record score.



Curl-Up: Standards for Healthy Fitness Zone®

Age	Boys (no. completed)	Girls (no. completed)
5	≥2	≥2
6	≥2	≥2
7	≥4	≥4
8	≥6	≥6
9	≥9	≥9
10	≥12	≥12
11	≥15	≥15
12	≥18	≥18
13	≥21	≥18
14	≥24	≥18
15	≥24	≥18
16	≥24	≥18
17	≥24	≥18
>17	≥24	≥18

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TRUNK LIFT

- The trunk lift measures low back strength and flexibility.
- Begin test by lying on front, toes pointed, and hands under thighs. Place a marker on the mat right under the nose.
- While keeping your eyes looking at the marker, lift upper body off the floor.
- Neck should remain straight. Do not look up.
- Hold position until measurement is made. Do two trials.
- A height of 12 inches is the highest number that can be recorded.



Number on left is lower end of HFZ; number on right is upper end of HFZ.

Trunk Lift: Standards for Healthy Fitness Zone®

Age	Boys (inches)	Girls (inches)
5	6-12	6-12
6	6-12	6-12
7	6-12	6-12
8	6-12	6-12
9	6-12	6-12
10	9-12	9-12
11	9-12	9-12
12	9-12	9-12
13	9-12	9-12
14	9-12	9-12
15	9-12	9-12
16	9-12	9-12
17	9-12	9-12
>17	9-12	9-12

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SHOULDER STRETCH

- This test measures upper-arm and shoulder flexibility.
- Stand with both arms to side, right palm facing forward, and left palm facing back.
- With right hand, reach up over right shoulder and down back as if pulling up a zipper. Reach up with left hand and touch fingertips together.
- Do fingers touch? Record score as yes or no.
- Test the left side and record the score.



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ASSIGNMENT: One Mile Run (10 minutes)

STANDARDS: _____

INPUT INTO AERIES Y N

STUDENT NAME	STANDARD BASED GRADE
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ASSIGNMENT: Push-Ups (≥ 7) 90

Degrees

STANDARDS: _____

INPUT INTO AERIES Y N

STUDENT NAME	STANDARD BASED GRADE
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ASSIGNMENT: *Curl Ups (15-18)*

STANDARDS:

INPUT INTO AERIES Y N

STUDENT NAME	STANDARD BASED GRADE
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ASSIGNMENT: *Trunk Lifts (9-12 inches)*

STANDARDS:

INPUT INTO AERIES Y N

STUDENT NAME	STANDARD BASED GRADE
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ASSIGNMENT: *Shoulder Stretch (Y/N)*

STANDARDS:

INPUT INTO AERIES Y N

STUDENT NAME	STANDARD BASED GRADE
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