Physical Fitness Testing Lesson 1  
Beginner Level

Lesson 1 is for first-year students only. It is not recommended for classes that have already taken the fitness test once. For grade levels with experience, skip to the next lesson.

Table 3.1 Fitness Testing Student Portfolio Checklist

Student name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Has completed the 10-second agility test

Has completed the sit-up strength tests for one minute

Has completed the shuttle run by running three times around cones separated by 45 feet

Has completed the one-mile walk/run

Understands what achievement-level scores mean

Knows own achievement-level score for agility

Knows own achievement-level score for abdominal strength

Knows own achievement-level score for the speed dash

Knows own achievement-level score for the mile walk/run

Knows, statistically, if in the range of performance that is considered average fitness, below average, or above average

Is considered to be performing at least in the average fitness range

Is improving performance on the fitness test, though not yet in the average range

Is using best effort when being tested

Is self-motivated to pursue fitness on own