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