

**Fitness Journal**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Grade | Semester | 20 Min.  Jog | Flex-Arm Hang | Plank | Sit and Reach | Lateral Jump | Total |
| 3 | Fall |  |  |  |  |  |  |
|  | Goal |  |  |  |  |  |  |
|  | Spring |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 4 | Fall |  |  |  |  |  |  |
|  | Goal |  |  |  |  |  |  |
|  | Spring |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| 5 | Fall |  |  |  |  |  |  |
|  | Goal |  |  |  |  |  |  |
|  | Spring |  |  |  |  |  |  |



**Levels**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Levels | Continuous Jog | Flex-Arm Hang | Plank | Sit and Reach | Lateral Jump | Pacer |
| 1 | 0:00-2:59 | :00 sec. | :00-:29 | 5 cm. or less | 0-6 | 0-10 |
| 2 | 3:00-5:59 | :01-:04 | :30-:59 | 5.5-10 | 7-12 | 11-20 |
| 3 | 6:00-8:59 | :05-:08 | 1:00-1:29 | 10.5-15 | 13-18 | 21-30 |
| 4 | 9:00-11:59 | :09-:16 | 1:30-1:59 | 15.5-20 | 19-24 | 31-45 |
| 5 | 12:00-14:59 | :17-:25 | 2:00-2:29 | 20.5-25 | 25-30 | 46-60 |
| 6 | 15:00-17:59 | :26-:37 | 2:30-2:59 | 25.5-30 | 31-36 | 61-75 |
| 7 | 18:00-19:59 | :38-:49 | 3:00-3:29 | 30.5-34.5 | 37-42 | 76-90 |
| 8 | 20:00-21:59 | :50-:61 | 3:30-3:59 | 35-39.5 | 43-48 | 91-100 |
| 9 | 22:00-24:59 | :62-:74 | 4:00-4:29 | 40-44.5 | 49-59 | 101-110 |
| 10 | 25:00 | :75-:90 | 4:30-5:00 | 45 cm. + | 60 + | 111 + |



**Awards**

**Level 6 Award 30-34 Points**

**Level 7 Award 35-39 Points**

**Level 8 Award 40 Points**

**The awards will be given out for the Spring Fitness test results. We will add up all 5 Fitness test level to come up with the total points for the awards.**



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|  | Test | What is it testing? | Suggested activities to help improve in these areas |
| 1 | Continuous Jog | Cardiorespiratory endurance | jog, bike, swim, rollerblade, play sports |
| 2 | Flex- Arm Hang | Upper Body Muscular Strength and Endurance | pull-ups, push-ups, resistance bands, |
| 3 | Plank | Core Muscular Strength and Endurance | sit-ups, planks, suitcases |
| 4 | Sit and Reach | Lower Body Flexibility | stretch daily |
| 5 | Lateral Jump | Agility/ Lower Body Muscular Strength | squats, box jumps, lunges, sprints |

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|  | Areas of Fitness | Definition |
| 1 | Cardiorespiratory endurance | the ability of the heart and lungs to absorb, transport, and utilize oxygen over an extended period of physical exertion. |
| 2 | Muscular Strength | the maximum amount of force that a muscle can exert against some form of resistance in a single effort. |
| 3 | Muscular Endurance | is the ability to move your body or an object repeatedly without getting tired. |
| 4 | Core strength | the strength of the underlying muscles of the torso, which help determine posture. |
| 5 | Flexibility | It also refers to the mobility of your muscles, which allows for more movement around the joints. |
| 6 | Agility | the ability to be quick and graceful. |