

Lopez Island Middle School

Physical Fitness Test

Name: _____

Grade: _____

School Year: _____

Health Information

	Fall (Sept/Oct)	Winter (Jan/Feb)	Spring (Apr/May)
Height			
Weight			
Resting Heart Rate			

Physical Tests

	Fall	Winter	Spring
Cardiovascular			
(1) 1600 Meter Run			
(2) 400 Meter Run			
Strength			
(3) Push Ups			
(4) Sit Ups			
Flexibility			
(5) Sit & Reach			
Agility			
(6) Shuttle Run (40 yard)			
(7) Standing Broad Jump			
(8) Dot Drills (2-1-2)			

Notes: