

How to Get in the Healthy Fitness Zone!

Please incorporate the following activities into your P.E. regimen in the upcoming weeks to prepare for the Physical Fitness Test. Be sure to have your child do warm up exercises before testing, drink plenty of water and wear comfortable clothing and shoes.

Thank you for your participation. If your 5th and 7th graders cannot participate in the testing offered at CHEP, please provide your CHEP teacher a note to waive the test.

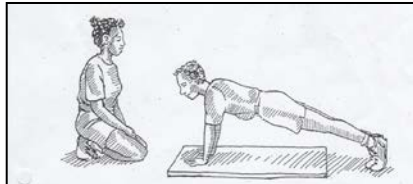


One – Mile Run/Walk

Test objective: To run a mile at the fastest pace possible. If a student cannot run the total distance, walking is permitted. Four times around a typical high school track would mark a mile. Record your child's time in minutes and seconds.

Curl-Ups

Test objective: To complete as many curl-ups as possible up to a maximum of 75 at a specified pace. Heels should remain on the ground at all times. The head should return to the ground or mat with each repetition. Pauses and rests are not allowed. The movement should be continuous and with the cadence. Fingertips should touch the far side of a stationary measuring strip, such as a strip of masking tape. Record the number of curl-ups performed.

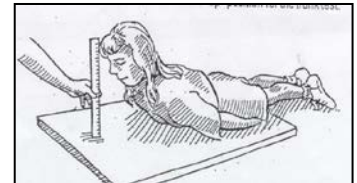


Push Ups

Test objective: To complete as many push-ups as possible at a rhythmic pace. The body should be at a 90 degree angle with the elbow on each repetition. Record the number of push ups performed.

Trunk lift

Test objective: To lift the upper body off the floor using the muscles of the back and hold the position to allow for the measurement (not to exceed 12 in.) Measure and record the inches (to the nearest inch) from floor to chin.



Sit-and-Reach Flexibility Test

Test objective: To reach past the foot on the right and left sides of the body. Boxes for this test are available at your site. Fully extend one leg with the foot flat against the back of the box. The other foot is bent with the sole of the foot flat on the floor. Reach forward, past the line on the top of the box with both hands. Measure and record the inches (to the nearest inch) that the longest finger passes the line. If the student cannot reach far enough to meet the line, measure the negative inches and record the score with a negative sign in front. Repeat the process with the opposite leg.

Shoulder Stretch Flexibility Test - upper body flexibility

Test objective: Students are to touch the fingertips together behind the back with one hand reaching over the shoulder and the other under the elbow as shown. Both shoulders should be tested. Yes or no will be recorded to indicate student's ability to touch the fingertips.

