|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Physical Fitness Charts** |  |  |  |  |  |  |
| **Mr. Kirk's Class 2012-2013** |  |  |  |  |  |  |
| **Student Name** | **Age** | **Sex** | **Push-Ups** | **Shuttle Run** | **Sit and Reach** | **Curl-Ups** | **One Mile Run** |
|  |  | **M/F** | **(# w/o stopping)** | **(seconds)** | **(cm)** | **(# in 1 minute)** | **(min:sec)** |
|  |  |  |  |  |  |   |  |
|  |  |  |  |  |   |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  | ***National*** | ***Fitness*** | ***Standards*** |  |  |  |
| **Boys/Girls** | **Age** | **Curl-Ups** | **Shuttle Run (sec)** | **Sit and Reach** | **1 Mile Run (min:sec)** | **Rt. Angle Push-ups\* (#)** |  |
|  |  | **(# 1 min)** |  | **(cm)** |  |   |  |
|   |  |   |  |   |  |   |  |
| **B** | 11 | 37 | 11.1 | 25 | 9:20 | 15 |  |
| **O** | **12** | **40** | **10.6** | **26** | **8:40** | **18** |  |
| **Y** | **13** | **42** | **10.2** | **26** | **8:06** | **24** |  |
| **S** | **14** | **45** | **9.9** | **28** | **7:44** | **24** |  |
|  | **15** | **45** | **9.7** | **30** | **7:30** | **30** |  |
|  |   |   |   |   |   |   |  |
| **G** | 11 | 32 | 11.5 | 29 | 11:17 | 11 |  |
| **I** | **12** | **35** | **11.3** | **30** | **11:05** | **10** |  |
| **R** | **13** | **37** | **11.1** | **31** | **10:23** | **11** |  |
| **L** | **14** | **37** | **11.2** | **33** | **10:06** | **10** |  |
| **S** | **15** | **36** | **11** | **36** | **9:58** | **15** |  |
|  |   |   |   |   |   |   |  |
|  |  |  |  |  |  |  |  |
| ***My goals for this year are:*** |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
| ***How I am going to get there:*** |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |