Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Age \_\_\_\_\_\_\_

Standards for Connecticut Fitness Test

**Male Students**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **Mile** | **Curl-Up** | **Push-Up** | **Sit & Reach** |
| **8** | **10:00-12:30** | **6-20** | **5-13** | **8** |
| **9** | **9:30-12:00** | **9-24** | **6-15** | **8** |
| **10** | **9:00-11:30** | **12-24** | **7-20** | **8** |
| **11** | **8:30-11:00** | **15-28** | **8-20** | **8** |
| **12** | **8:00-10:30** | **18-36** | **10-20** | **8** |

Standards for Connecticut Fitness Test

**Female Students**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **Mile** | **Curl-Up** | **Push-Up** | **Sit & Reach** |
| **8** | **10:00-12:30** | **6-20** | **5-13** | **9** |
| **9** | **9:30-12:30** | **9-22** | **6-15** | **9** |
| **10** | **9:30-12:30** | **12-26** | **7-15** | **9** |
| **11** | **9:00-12:00** | **15-29** | **7-15** | **10** |
| **12** | **9:00-12:00** | **18-32** | **7-15** | **10** |

What is your Goal for the 2014-2015 Connecticut Fitness Test? Remember, when you set your goal it does NOT have to be in the Healthy Fitness Zone. Your goal should be a realistic challenge for you. i.e. Miss Holden does 2 perfect push-ups during warm-ups, but her third push-up is not perfect. Should Miss Holden set a goal of 5 push-ups or 12 push-ups? **5 PUSH-UPS because it is a realistic goal that she could meet.**

MY GOALS ARE………….

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | Pre Fitness Test Goal | Fitness Test Scores | Revised Goal | Mid Year Scores | Revised Goal | End of the Year Scores |
| Mile Run |  |  |  |  |  |  |
| Push-ups |  |  |  |  |  |  |
| Curl-ups |  |  |  |  |  |  |
| Flexibility |  |  |  |  |  |  |

Parent/Guardian Signature (Fall): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature (mid year): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent/Guardian Signature (End of year): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_