

## **Instructions for California Fitness Assessment**

### **Grades 5, 7, and 9**

#### **Materials needed:**

**One stop-watch OR a watch with a timer**

**Scale to weigh students**

**Tape measure**

#### **Test #1 HEIGHT/WEIGHT**

**Use the scale and tape measure, then record results in the 2 sections provided.**

#### **Test #2 MILE**

**Students may RUN, JOG, or WALK (or a combination of those) to complete one mile. Use a stop-watch or watch with a timer to record how many minutes and seconds for each student.**

#### **Test #3 CURL-UPS**

**Each student lays on his/her back, with knees bent, crosses his/her arms on the chest (grab the shirt with hands), then lifts the body up until the elbows touch the knees. Count the number of times each students successfully does this in one minute.**

#### **Test #4 TRUNK LIFT**

**Each student lays on the ground/floor on his/her stomach, with arms at the sides, then arches up with shoulders, neck and head raised off the ground/floor. While he/she holds up the head and neck, measure the number of inches the chin is off the floor/ground.**

#### **Test #5 PUSH-UPS**

**With body straight on the ground/floor, push up with the hands until the body is above the height of the forearm, then lower the body almost to the ground/floor and repeat the process. Count the number of push-ups successfully completed in one minute.**

#### **Test #6 SIT AND REACH**

**Sit up, with legs extended in front. Reach forward with the right hand, as far as possible, beyond the left foot. The reach forward with the left hand, as far as possible, beyond the right foot. Measure how many inches the right hand extended beyond the left foot and how many inches the left hand extended beyond the right foot.**

Student Name: \_\_\_\_\_ Grade: 5 7 9

(circle one)

Male of Female

D.O.B \_\_\_\_\_

(circle one)

(Month/Day/Year)

1. Height \_\_\_\_\_ ft. \_\_\_\_\_ inches

Weight \_\_\_\_\_ lbs.

2. Mile (run, jog, walk or any combination)

\_\_\_\_\_ minutes \_\_\_\_\_ seconds

3. Curl-ups \_\_\_\_\_ number done in 1 minute

4. Trunk Lift \_\_\_\_\_ inches (from floor to chin)

5. Push-ups \_\_\_\_\_ number done in 1 minute

6. Sit and Reach

\_\_\_\_\_ inches (right hand extended past left foot)

\_\_\_\_\_ inches (left hand extended past right foot)

**COMPLETE THIS AT HOME AND RETURN IT TO YOUR TEACHER DURING THE MONTHS OF APRIL OR MAY. MCS STAFF MAY ARRANGE GROUP PHYSICAL FITNESS TESTING FOR GRADES 5, 7, AND 9. YOUR TEACHER WILL LET YOU KNOW ABOUT THOSE OPPORTUNITIES AS THEY ARE ORGANIZED.**