



## FITNESS TEST RESULTS

Name ..... Year Group .....

You will be regularly assessing your fitness as the year goes on to see how much you have improved.  
 Make sure that you always prioritise technique over speed.

Try your best and only compare your results to your previous results.  
 It does not matter what others get. We care most about how much you have improved.

Work with a partner to record your results as accurately as you can.  
 All tests will be recorded over 1 minute.

	Initial Fitness test September	2nd Fitness test December Christmas	3rd Fitness test April Easter	4th Fitness test July Summer
Sit-ups				
Jumping Jacks				
Plank Shoulder Taps				
Squats				
Vertical Jumps				
Leg Throw Downs				
Squat Jacks				
Plank Challenge				
High Knees				
3 Min Run How many laps?				