WARNERS BAY HIGH SCHOOL

PHYSICAL EDUCATION

NAME: Libby MARSHALL

AGE: 14 CLASS: 8S4

FITNESS RATING FOR 19

BODY AREA TESTED	TEST USED	TERM 1 SCORE	TERM 1 POINTS	TERM 2 SCORE	TERM 2 POINTS	TERM 3 SCORE	TERM 3 POINTS
Height	Height	145					
Weight	Weight	36					
Body Fat	Chart below						
Leg Endurance/Strength	Squat Jumps	60	4				
Trunk Endurance/Strengh	Sit Ups	58	4				
Arm Endurance/Strength	Push Ups	58	3				
Maximum Arm Strength	Chin Ups	35	4				
Arm Explosive Power	Softball Throw	26.	5				
Leg Explosive Power	Standing B/Jump	2-0	6				
Take Off Speed/Ability	Shuttle Run	12	4				
Speed and Strength	600 Metre Run	3	4				
Overall Endurance	12 Minute Run	2175	4				

SUMMARY OF POINTS:

		% OF GROUP
1	UNFIT	0 - 20%
2	BELOW AVERAGE	21% - 40%
3	AVERAGE	41% - 60%
4	ABOVE AVERAGE	61% - 80%
5	VERY FIT	81% - 95%
6	EXCEPTIONALLY FIT	96% -100%

BODY FAT

0 - 5	Lean
5 - 10	Average
10 - 15	Mildly Heavy
15 - 20	Moderately Heavy
20 - 25	Severely Heavy

OVERALL FITNESS STANDARD 4

SIGNATURE C Buchlan