



Sport Fitness 344
Mrs. Bachand



Term #1

ACTIVITY	RESULT	GOAL FOR 2ND ATTEMPT	RESULT OF ATTEMPT #2
4 Laps (back field no endzones)			
Push Up Test 1 minute			
Sit Ups Test 1 minute			
Burpees Test 1 Minute			

1. After your first attempt, how well do you think you performed? What are your strengths and weaknesses?

2. After your second attempt, did you reach your goals? Why or Why not?



Sport Fitness 344
Mrs. Bachand



Term #2

ACTIVITY	RESULT	GOAL FOR 2ND ATTEMPT	RESULT OF ATTEMPT #2
Beep Test			
10 meter Shuttle Run			
Wall Toss (30 seconds each hand)			
Standing Long Jump			

1. After your first attempt, how well do you think you performed? What are your strengths and weaknesses?

2. After your second attempt, did you reach your goals? Why or Why not?



Sport Fitness 344
Mrs. Bachand



Term #3

ACTIVITY	RESULT	GOAL FOR 2ND ATTEMPT	RESULT OF ATTEMPT #2
12 Minute Run (# of laps ex: 5.75)			
Vertical Leap Test (height jumped-your height) in CM			
Illinois Agility Test			
50 Meter Dash			

1. After your first attempt, how well do you think you performed? What are your strengths and weaknesses?

2. After your second attempt, did you reach your goals? Why or Why not?



Overall Fitness Assessment

1. Looking back on all of your fitness test, in which areas were you the most successful? (i.e. Agility, balance, coordination, endurance, etc...). Be specific.

2. Looking back on all of your fitness test, in which areas were you the least successful? (i.e. Agility, balance, coordination, endurance, etc...). Be specific.

3. What area of fitness (Agility, balance, coordination, endurance, etc...) would you like to improve on the most? How do you plan on doing this? Be specific.
