

Individual Student Report

Name: _____













Age: _____

Grade: _____

Teacher: _____

CONNECTICUT PHYSICAL FITNESS ASSESSMENT

STANDARDS FOR HEALTH-RELATED FITNESS ZONES

Boys	One-Mile Run/Jog/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
Age												
8	> 12:30	12:30 - 10:00	< 10:00	0-7	8	-	0-4	5-13	> 13	0-5	6-20	> 20
9	> 12:00	12:00 - 9:30	< 9:30	0-7	8	-	0-5	6-15	> 15	0-8	9-24	> 24
10	> 11:30	11:30 - 9:00	< 9:00	0-7	8	-	0-6	7-20	> 20	0-11	12-24	> 24
11	> 11:00	11:00 - 8:30	< 8:30	0-7	8	-	0-7	8-20	> 20	0-14	15-28	> 28
12	> 10:30	10:30 - 8:00	< 8:00	0-7	8	-	0-9	10-20	> 20	0-17	18-36	> 36
13	> 10:00	10:00 - 7:30	< 7:30	0-7	8	-	0-11	12-25	> 25	0-20	21-40	> 40



= Needs Improvement Zone



= Health Fitness Zone



= High Fitness Performance Zone

Test	Score	What it Measures	How it is Measured
One-Mile Run/Jog/Walk Met Health Standard: <input type="checkbox"/>		Heart & Lungs Aerobic Endurance	<ul style="list-style-type: none"> Run, jog, or walk for 1 mile Timed with a stopwatch
Sit-and-Reach Met Health Standard: <input type="checkbox"/>	L: _____ R: _____	Hamstrings Flexibility	<ul style="list-style-type: none"> Extend one leg, bend other Straight leg measured first Reach with both hands Hold stretch for 2 seconds Both legs must meet standard
90° Push-Ups Met Health Standard: <input type="checkbox"/>		Upper Body Strength & Endurance	<ul style="list-style-type: none"> Follow cadence from speaker 1 push-up every 3 seconds Bend elbows 90° to lower body Extend elbows to push up
Curl-Ups Met Health Standard: <input type="checkbox"/>		Abdominals Strength & Endurance	<ul style="list-style-type: none"> Follow cadence from speaker 1 curl-up every 3 seconds Slide hands on floor on way up 3" (age 7-9) or 4.5" (age 10+)

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CONNECTICUT PHYSICAL FITNESS ASSESSMENT

STANDARDS FOR HEALTH-RELATED FITNESS ZONES

Girls	One-Mile Run/Jog/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
Age												
8	> 12:30	12:30 - 10:00	< 10:00	0-8	9	-	0-4	5-13	> 13	0-5	6-20	> 20
9	> 12:30	12:30 - 9:30	< 9:30	0-8	9	-	0-5	6-15	> 15	0-8	9-22	> 22
10	> 12:30	12:30 - 9:30	< 9:30	0-8	9	-	0-6	7-15	> 15	0-11	12-26	> 26
11	> 12:00	12:00 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-14	15-29	> 29
12	> 12:00	12:00 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32
13	> 11:30	11:30 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32



= Needs Improvement Zone



= Health Fitness Zone



= High Fitness Performance Zone

Test	Score	What it Measures	How it is Measured
One-Mile Run/Jog/Walk Met Health Standard: <input type="checkbox"/>		Heart & Lungs Aerobic Endurance	<ul style="list-style-type: none"> Run, jog, or walk for 1 mile Timed with a stopwatch
Sit-and-Reach Met Health Standard: <input type="checkbox"/>	L: _____ R: _____	Hamstrings Flexibility	<ul style="list-style-type: none"> Extend one leg, bend other Straight leg measured first Reach with both hands Hold stretch for 2 seconds Both legs must meet standard
90° Push-Ups Met Health Standard: <input type="checkbox"/>		Upper Body Strength & Endurance	<ul style="list-style-type: none"> Follow cadence from speaker 1 push-up every 3 seconds Bend elbows 90° to lower body Extend elbows to push up
Curl-Ups Met Health Standard: <input type="checkbox"/>		Abdominals Strength & Endurance	<ul style="list-style-type: none"> Follow cadence from speaker 1 curl-up every 3 seconds Slide hands on floor on way up 3" (age 7-9) or 4.5" (age 10+)