

6-8th Grade Assessment

Name: _____

Date: _____

Assessment	Score	Comments
6 minute walk test (if time allows)	Walk for 6 minutes back and forth between 2 cones 20 meters apart	# Laps _____ X 20 meters= _____m
Full jumping jacks for 1' (if short on time)	1= Able to perform full JJ for 1' 2= Able to perform full JJ for >50% of the time 3= Able to perform full JJ for < 50% of the time	# JJ _____
Squat fingertips to floor for 30"	1= Able perform full squats for 30" 2= Able to perform full squats for >50% of the time 3= Able to perform full squats for <50% of the time	# Squats _____
Push up test (males full push-ups, females kneeling push-ups)	1= Able to perform push-ups in full range for 100% of the repetitions 2= Able to perform push-ups in full range for >50% of the repetitions 3= Unable to achieve full range for push-ups	# Push-ups _____

6-8th Grade Assessment

Single leg balance	1= Able to stand on one leg for full minute 2= Able to stand on one leg for >50% of the time 3= Able to stand on one leg for <50% of the time	R leg duration _____ L leg duration _____
Vertical jump (3 trials)	Start with feet shoulder width apart on jump mat, use arms to swing and jump as high as you can	Trial 1 _____ Trial 2 _____ Trial 3 _____ _____