



Practice Physical Fitness Test: Spring 2021

The Spring 2021 HRCS Physical Fitness Test has been cancelled, but students are encouraged to try each activity at home to see if they can meet or exceed these Healthy Fitness goals for each exercise. Please refer to the HRCS Healthy Fitness Zones chart to determine your personalized goal.

My Score	Goal from Healthy Fitness Zone Chart
Body Mass Index* Height: _____ in Weight: _____ lbs	Body Mass Index* _____ % (min) - _____ % (max)
Curl Ups: _____	Curl Ups: _____
Pushups: _____	Pushups: _____
Trunk Lift: _____	Trunk Lift: 9-12 inches
Shoulder Stretch Left: yes _____ no _____ Right: yes _____ no _____	Shoulder Stretch Left: yes (pass) Right: yes (pass)
Mile Run Time: _____ minutes _____ seconds	Mile Run Time: _____ minutes _____ seconds

***Body Mass Index** is computed by the state using the standard growth zone comparison charts.

We do not compute this for the practice test. The formula is $\text{weight (lbs)} \div \text{stature (in)}^2 \times 703$.



Did you know?

-The CA standards for Physical Education requires a minimum of **100 minutes per week** of exercise in grades TK-6 and **200 minutes per week** in grades 7-12.

-All children should strive to maintain levels of fitness within the Healthy Fitness Zone. Developing good exercise habits is important to maintaining lifelong health. You can help your child by encouraging regular participation in physical activity.

-Check out our resources, including demo videos of each exercise on our website at <http://www.hart-ransomcharter.com/fitness-testing.html> or contact your AT for additional help