

District #621 (Mounds View Schools) Gross Motor Mechanics Tri-Annual Fitness Testing:

Test each student and document scores 3 times per year in the following test areas.

Physical Fitness:

- 1) Endurance Test:
 - A) Fall/Spring = 12 minute walk/run test in distance traveled (1/10 mi)
 - B) Winter = PACER Test in laps completed

- 2) Flexibility:
 - A) Sit-Bend-Reach measured in cm (box measure)

- 3) Core Strength:
 - A) Straight Arm Plank measured in 1/10 of a second. (On a mat unless modified. Specify modification)
 - B) Curl-ups measured # completed in 1 minute. (elbows touching thighs/knees)

- 4) Leg Strength:
 - A) Timed Wall Sit: (knees at 90*)
 - B) Standing Long Jump: measured in cm

- 5) Agility:
 - A) Shuttle Run: (measured in 1/10 sec.)