

SHAPE America

Diagnostic Assessment in Physical Education:
What, Why and How?

District 87 Fitness Test Report - Girls

	Doed Not Meet "HFZ"				Meets Healthy Fitness Zone (HFZ)				Exceed "HFZ"			
	Step	Step	Step	Step	Step	Step	Step	Step	Step	Step	Step	Step
Cardio Vascular	1	2	3	4	5	6	7	8	9	10	11	12
Mile Run	>16	14.00-15.59	12.00-13.59	10.00-11.59	9.30-9.59	9.00-9.29	8.30-8.59	8.00-8.29	7.30-7.59	7.00-7.29	6.30-6.59	6.00-6.29
Pacer	<23	24-29	30-34	35-40	41-45	45-50	51-55	56-61	62-67	68-73	74-81	82+
Muscle Strength	1	2	3	4	5	6	7	8	9	10	11	12
Push-ups	0	1-2	3-4	5-6	7-8	9-10	11-12	13-15	16-18	19-20	21-23	24+
Muscle Endurance	1	2	3	4	5	6	7	8	9	10	11	12
Sit-Ups	0-3	4-7	8-12	13-17	18-22	23-27	28-32	33-35	36-38	39-41	42-44	45+
Flexibility	1	2	3	4	5	6	7	8	9	10	11	12
Sit and Reach	7	8	9	10	11	12	13	14	15	16	17	18
Body Composition	1	2	3	4	5	6	7	8	9	10	11	12
BMI	>31	29-31	27-28	25-26	22-24	20-21	18-19	17	16	15	14	13 or less
% Body Fat	>31	30-31	28-29	25-27	24	23	22	21	20	18-19	16-17	16 or Less

			Sheet ID	Student	Student ID	Teacher					
			1	Jill Smith							
				Mile	Push-UP	Sit-Up	Sit & Reach	BMI	Body Fat		
			Pre-Test	12.00	6	25	13	24.7	19.6		
			Post-test	11.00	10	35	14	24.7	19.6		
				Mile Steps	PU Steps	SU Steps	S&R Steps	BMI	Body Fat	Pre-Test	115
				3	4	6	7	Not Graded		Post test	150
			Pre-Test	4	6	8	8	Not Graded		Score	35
			Post Test	4	6	8	8	Not Graded		Grade	A

Group 1 Does Not Meet HFZ	Group 2 Meets HFZ	Group 3 Exceeds HFZ
Red 0-100	Yellow 101-200	Green 201-300
A 50-75	B 30-60	C 15-25
B 26-49	C 20-29	D 10-14
C 1-25	D 10-19	E 5-9
D 0	E 1-9	F 1-4
F 0	F 0	F 0

District 87 Fitness Test Report - Boys

Does Not Meet "HFZ"

Meets healthy Fitness Zone "HFZ"

Exceeds "HFZ"

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	Step 11	Step 12
Cardio Vascular	1	2	3	4	5	6	7	8	9	10	11	12
Mile Run	> 15:00	13:00-14:59	10:01-12:59	9:01-10:00	9:00-8:31	8:01-8:30	7:31-8:00	7:00-7:30	6:30-6:59	6:05-6:29	5:45-6:04	5:30-5:44
Pacer	<20	21-30	31-40	41-50	51-59	60-68	69-77	77-84	85-90	91-96	97-102	103+

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	Step 11	Step 12
Muscle Strength	1	2	3	4	5	6	7	8	9	10	11	12
Push-ups	1-5	6-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	55 +

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	Step 11	Step 12
Muscle Endurance	1	2	3	4	5	6	7	8	9	10	11	12
Sit-Ups	1-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56-60	61+

	Step 1	Step 2	Step 3	Step 4	Step 5	Step 6	Step 7	Step 8	Step 9	Step 10	Step 11	Step 12
Flexibility	1	2	3	4	5	6	7	8	9	10	11	12
Sit and Reach	4	5	6	7	8	9	10	11	12	13	14	15+

	1	2	3	4	5	6	7	8	9	10	11	12
Body Composition												
BMI	>29.8	28.7 - 29.8	27.5 - 23.6	23.7 - 25.0	23.7 - 24.9	21.8 - 23.6	19.9 - 21.7	18.5 - 19.8	18.4 - 17.4	17.3 - 16.3	16.2 - 15.2	15.1 or less
% Body Fat	>25	23-25	20-22	18 - 19	17	16	15	14	13	12	11	10 or less

	Group 1 Does Not Meet HFZ	Group 2 Meets HFZ	Group 3 Exceeds HFZ
	Red 0-100	Yellow 101-200	Green 201-300
A	50-75	30-60	15-25
B	26-49	20-29	10-14
C	1-25	10-19	5-9
D	0	1-9	1-4
F	0	0	0

Sheet ID: 1 Student: Smith, Tim Student ID: 0 Teacher: 0

	Mile	Push-UP	Sit-Up	Sit & Reach	BMI	Body Fat
Pre-Test	9.00	15	30	12	22.5	20.0
Post-test	8.15	20	40	13	23.1	21.2

	Mile Steps	PU Steps	SU Steps	S&R Steps	BMI	Body Fat
Pre-Test	5	3	5	9	Not Graded	
Post Test	6	4	7	10		

Pre-Test	135
Post test	165
Score	30
Grade	A

Fitness Test Improvement 2014-2015 Semester 1

Mile Run

Year	Gender	Pre-Test	Post Test	IMP	%IMP
9	Girls	12:26	10:26	2:00	16.09%
	Boys	9:39	8:08	1:31	15.72%
10	Girls	11:25	9:28	1:57	17.08%
	Boys	8:36	8:05	0:31	6.01%
11	Girls	10:58	9:37	1:21	12.31%
	Boys	8:47	7:48	0:59	11.20%
12	Girls	11:01	9:24	1:37	14.67%
	Boys	8:49	7:54	0:55	10.40%
	9/10 Girls	11:50	9:53	1:57	16.48%
	9/10 Boys	9:00	8:06	0:54	10.00%
	11/12 Girls	11:00	9:30	1:30	13.64%
	11/12 Boys	8:48	7:51	0:57	10.80%
	All	10:03	8:46	1:17	12.77%

Push-Up

Year	Gender	Pre-Test	Post Test	IMP	%IMP
9	Girls	11.33	16.98	5.65	49.9%
	Boys	18.02	22.33	4.31	23.9%
10	Girls	12.92	16.38	3.46	26.8%
	Boys	18.53	23.95	5.42	29.2%
11	Girls	11.96	16.14	4.18	34.9%
	Boys	18.7	23.53	4.83	25.8%
12	Girls	12.37	16.9	4.53	36.6%
	Boys	20.08	24.95	4.87	24.3%
	9/10 Girls	12.24	16.63	4.39	35.9%
	9/10 Boys	18.33	23.32	4.99	27.2%
	11/12 Girls	12.21	16.57	4.36	35.7%
	11/12 Boys	19.32	24.16	4.84	25.1%
	All	15.71	20.4	4.69	29.9%

Sit-Up

Year	Gender	Pre-Test	Post Test	IMP	%IMP
9	Girls	32.81	50.38	17.57	53.55%
	Boys	35.43	56.71	21.28	60.06%
10	Girls	33.54	45.12	11.58	34.53%
	Boys	40.65	53.46	12.81	31.51%
11	Girls	30.13	40.51	10.38	34.45%
	Boys	33.57	47.12	13.55	40.36%
12	Girls	32.03	42.24	10.21	31.88%
	Boys	40.67	49.32	8.65	21.27%
	9/10 Girls	33.23	47.35	14.12	42.49%
	9/10 Boys	38.62	54.74	16.12	41.74%
	11/12 Girls	31.14	41.41	10.27	32.98%
	11/12 Boys	36.76	48.09	11.33	30.82%
	All	34.85	47.48	12.63	36.24%

Sit and Reach

Year	Gender	Pre-Test	Post Test	IMP	%IMP
9	Girls	12.55	13.35	0.8	6.4%
	Boys	9.9	10.51	0.61	6.2%
10	Girls	13.68	14.83	1.15	8.4%
	Boys	11.33	11.78	0.45	4.0%
11	Girls	13.65	14.7	1.05	7.7%
	Boys	11.6	12.64	1.04	9.0%
12	Girls	14.24	16.09	1.85	13.0%
	Boys	11.63	12.68	1.05	9.0%
	9/10 Girls	13.2	14.2	1	7.6%
	9/10 Boys	10.79	11.29	0.5	4.6%
	11/12 Girls	13.96	15.42	1.46	10.5%
	11/12 Boys	11.61	12.66	1.05	9.0%
	All	12.42	13.44	1.02	8.2%

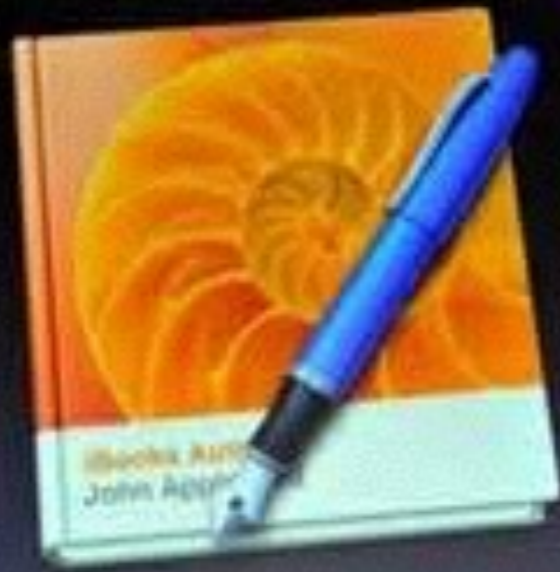
Mile Run

Year	Gender	Pre-Test	Post Test	IMP	%IMP
9	Girls	12:26	10:26	2:00	16.09%
	Boys	9:39	8:08	1:31	15.72%
10	Girls	11:25	9:28	1:57	17.08%
	Boys	8:36	8:05	0:31	6.01%
11	Girls	10:58	9:37	1:21	12.31%
	Boys	8:47	7:48	0:59	11.20%
12	Girls	11:01	9:24	1:37	14.67%
	Boys	8:49	7:54	0:55	10.40%
	9/10 Girls	11:50	9:53	1:57	16.48%
	9/10 Boys	9:00	8:06	0:54	10.00%
	11/12 Girls	11:00	9:30	1:30	13.64%
	11/12 Boys	8:48	7:51	0:57	10.80%
	All	10:03	8:46	1:17	12.77%

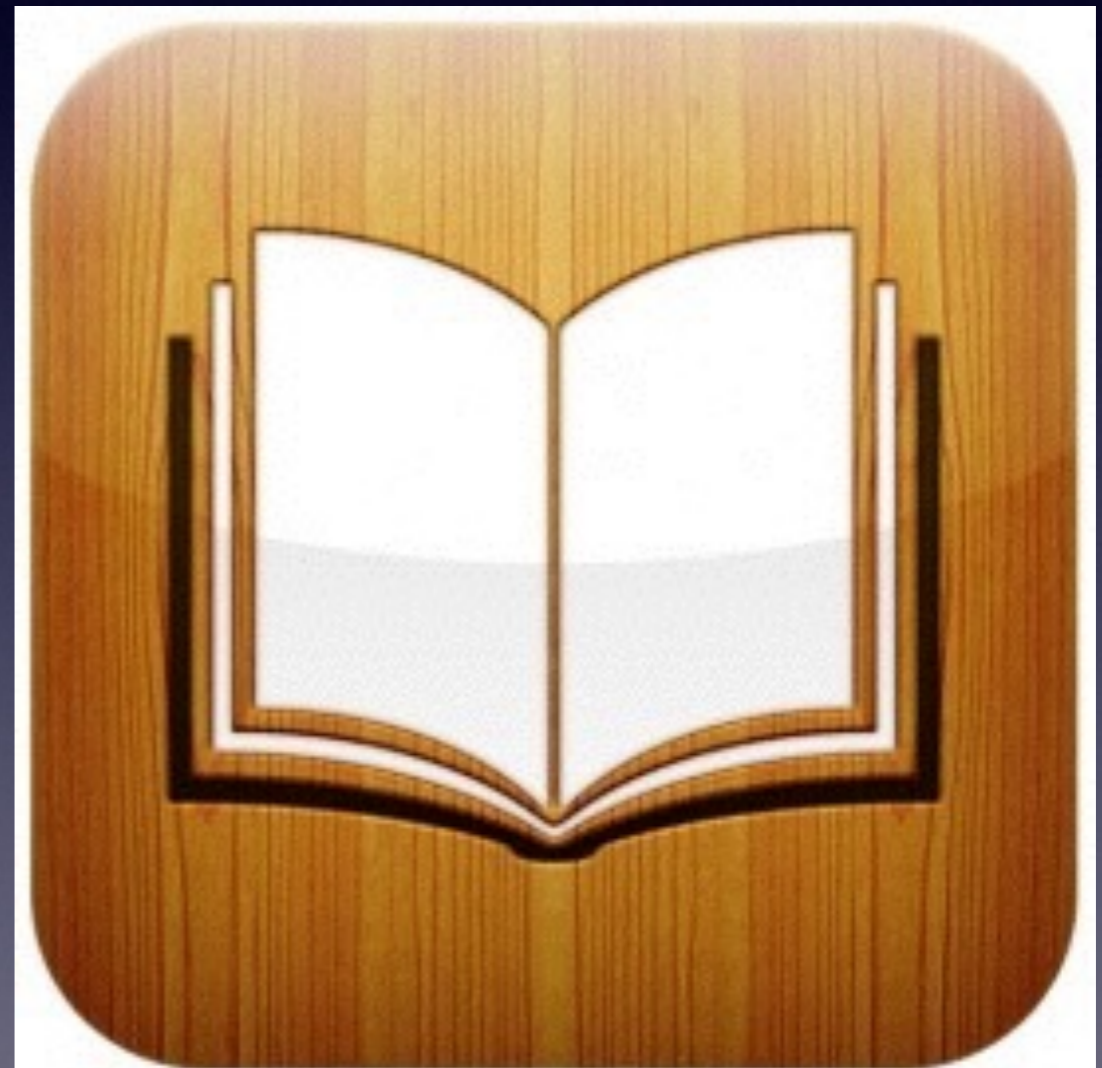
Sit Up

Push-Up

Year	Gender	Pre-Test	Post Test	IMP	%IMP
9	Girls	11.33	16.98	5.65	49.9%
	Boys	18.02	22.33	4.31	23.9%
10	Girls	12.92	16.38	3.46	26.8%
	Boys	18.53	23.95	5.42	29.2%
11	Girls	11.96	16.14	4.18	34.9%
	Boys	18.7	23.53	4.83	25.8%
12	Girls	12.37	16.9	4.53	36.6%
	Boys	20.08	24.95	4.87	24.3%
	9/10 Girls	12.24	16.63	4.39	35.9%
	9/10 Boys	18.33	23.32	4.99	27.2%
	11/12 Girls	12.21	16.57	4.36	35.7%
	11/12 Boys	19.32	24.16	4.84	25.1%
	All	15.71	20.4	4.69	29.9%



iBooks Author



iBooks

Fitness Test Card

Name: _____ ID # _____ Line # _____
 Locker # _____ Combination: _____ - _____ - _____

	Mile	Push - Up	Sit - Up	Sit and Reach	Height (inches)	Weight	Body %
Pre-test							

1 2 3 4 5 Split time ____:____ 6 7 8 9 10

	Mile	Push - Up	Sit - Up	Sit and Reach	Height (inches)	Weight	Body %
Formative							

1 2 3 4 5 Split time ____:____ 6 7 8 9 10

	Mile	Push - Up	Sit - Up	Sit and Reach	Height (inches)	Weight	Body %
Post Test							

1 2 3 4 5 Split time ____:____ 6 7 8 9 10



Fitness Test Scoring/ Grading

Pre-Test

	Score	Color	Step	
Mile				X 10 = _____
Push-Up				X 5 = _____
Sit-Up				X 5 = _____
Sit & Reach				X 5 = _____

Total Points = _____

Post Test

	Score	Color	Step	
Mile				X 10 = _____
Push-Up				X 5 = _____
Sit-Up				X 5 = _____
Sit & Reach				X 5 = _____

Total Points = _____

Post Test _____ - Pre -Test _____ = _____ Grade = _____

Grading Scale

	Group 1	Group 2	Group 3
	Emerging	Progressing	Achieving
	Does Not Meet	Meets "HFZ"	Exceeds "HFZ"
	Red 0 - 100	Yellow 101-200	Green 201-300
A	50-75	30-60	15-25
B	26-49	20-29	10-14
C	1-25	10-19	5-9
D	0	1-9	5-9
F	0	0	0



Student Name: Ahmed, Mohammed
 Building: North High School (140534)
 Teacher Name: Heilers, Gary
 Course: Fitness/Liv 1 (PE1112)
 Section: 2-140534
 Page: 1 of 1

3	1	8	0	0	4	5													
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Test (Blank=Absent 1=Attempted 98=DidNotAttempt 99=Medical)

1

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2 Push-Up Count
 (100) Performance - Teacher use only

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	20	30	40	50	60	70	80	90	100
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
0	1	2	3	4	5	6	7	8	9

4 Sit and Reach
 (100) Performance - Teacher use only

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10	20	30	40	50	60	70	80	90	100
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0	1	2	3	4	5	6	7	8	9

3 Sit-Up Count
 (100) Performance - Teacher use only

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10	20	30	40	50	60	70	80	90	100
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0	1	2	3	4	5	6	7	8	9

(5) Height (6) Weight (7) Body Fat

5

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6

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6	<input type="radio"/>	6	<input type="radio"/>	6	<input type="radio"/>	6	<input type="radio"/>	6	<input type="radio"/>
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8	<input type="radio"/>	8	<input type="radio"/>	8	<input type="radio"/>	8	<input type="radio"/>	8	<input type="radio"/>
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7

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1	<input type="radio"/>	1	<input type="radio"/>	1	<input type="radio"/>	1	<input type="radio"/>	1	<input type="radio"/>
2	<input type="radio"/>	2	<input type="radio"/>	2	<input type="radio"/>	2	<input type="radio"/>	2	<input type="radio"/>
3	<input type="radio"/>	3	<input type="radio"/>	3	<input type="radio"/>	3	<input type="radio"/>	3	<input type="radio"/>
4	<input type="radio"/>	4	<input type="radio"/>	4	<input type="radio"/>	4	<input type="radio"/>	4	<input type="radio"/>
5	<input type="radio"/>	5	<input type="radio"/>	5	<input type="radio"/>	5	<input type="radio"/>	5	<input type="radio"/>
6	<input type="radio"/>	6	<input type="radio"/>	6	<input type="radio"/>	6	<input type="radio"/>	6	<input type="radio"/>
7	<input type="radio"/>	7	<input type="radio"/>	7	<input type="radio"/>	7	<input type="radio"/>	7	<input type="radio"/>
8	<input type="radio"/>	8	<input type="radio"/>	8	<input type="radio"/>	8	<input type="radio"/>	8	<input type="radio"/>
9	<input type="radio"/>	9	<input type="radio"/>	9	<input type="radio"/>	9	<input type="radio"/>	9	<input type="radio"/>

Excel spreadsheet showing fitness test results for 2014-2015 sem 1. The spreadsheet is organized into columns for different fitness metrics and rows for individual students.

	Does Not Meet "WFZ"			Meets healthy fitness Zone "WFZ"				Exceeds "WFZ"				
	Step	Step	Step	Step	Step	Step	Step	Step	Step	Step	Step	
Cardio Vascular	1	2	3	4	5	6	7	8	9	10	11	12
Mile Run	> 11:00	11:00-14:59	10:01-12:59	9:01-10:00	8:01-9:00	7:01-8:00	6:01-7:00	5:01-6:00	4:01-5:00	3:01-4:00	2:01-3:00	1:01-2:00
Pacer	>20	21-30	31-40	41-50	51-59	60-68	69-77	77-84	85-90	91-96	97-102	103+
Muscle Strength Push-ups	1-5	6-10	11-15	16-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56+
Muscle Endurance Sit Ups	1-20	21-25	26-30	31-35	36-40	41-45	46-50	51-55	56-60	61-65	66-70	71+
Flexibility Sit and Reach	4	5	6	7	8	9	10	11	12	13	14	15+
Body Composition BMI	>29.9	28.7-29.8	27.5-28.6	26.3-27.4	25.1-26.2	23.9-25.0	22.7-23.8	21.5-22.6	20.3-21.4	19.1-20.2	17.9-19.0	16.7-17.8
% Body Fat	>25	20-25	20-22	18-20	17	16	15	14	13	12	11	10 or less

Group 1	Group 2	Group 3
Does Not Meet WFZ	Meets WFZ	Exceeds WFZ
Red	Yellow	Green
0-500	101-200	201-300
10-75	30-40	15-25
25-45	20-29	10-14
1-25	10-19	5-9
0	1-9	1-4
0	0	0

Sheet ID	Student	Student ID	Teacher
1	Tim Jones	12345	Tim Jones

	Mile	Push UP	Sit Up	Sit & Reach	BMI	Body Fat
Pre-Test	10.00	25	35	20	21.6	17.2
Post-Test	8.59	30	45	11	22.5	18.5

	Mile Steps	PU Steps	SU Steps	S&R Steps	BMI	Body Fat
Pre-Test	4	5	6	7		
Post-Test	5	6	8	8	Not Graded	

Excel spreadsheet titled "Fitness test results 2014 2015 sem 1 bid.xlsx". This spreadsheet provides a detailed breakdown of student performance across various fitness metrics.

Student ID	Year	Last Name	First Name	Ethnic	Gen	GP	LCP	Sem	Course Name	Class Period	Teacher	Mile Time	Mile Min	Mile Max	Mile Avg	Mile %	Mile %	Push Ups	Push Up Steps	Push Up Steps	Push Up Steps	Push Up %	Sit Up	Sit Up Steps	
3040010	11	Alford	Daryl	0	M	0	0		Coed Sport 1	2(A)	Hahn, Mark	8:50	5	7:49	7	1.01	11.0%	20	4	21	5	1	1.0%	19	3
3030010	12	Hobart	Tana	0	F	0	0		Coed Sport 1	4(A)	Cherry, Jeffery	10:43	3	10:40	4	9.02	22.1%	5	4	10	6	5	100.0%	57	4
3030020	11	Albrite	Vitor	0	M	0	0		Coed Sport 1	4(A)	Debenedetti, Debra	8:29	5					25	5	18			29	4	
3070090	10	Abdella	John	0	F	0	0		Fitness/Le 2	4(A)	Wagner, Kristin R	10:55	3	9:52	7	5.09	36.9%	12	7	14	9	4	59.5%	21	5
3076225	10	Abdurrahman	Sayed	0	M	0	0		Modified PE-1	2(A)	Karwowski, Mark R														
3040090	11	Abella	Alicandra	0	F	0	0		Coed Sport 1	6(A)	Smelko, Richard	8:51	7	7:52	9	1.29	14.9%	30	12	39	12	5	10.0%	55	12
3040040	11	Abella	Carolina	0	F	0	0		Coed Sport 1	4(A)	Debenedetti, Debra	8:42	7	7:57	9	0.95	8.6%	11	7	17	9	6	54.1%	36	8
3070045	10	Abrera	Joshua	0	M	0	0		Fitness/Le 1	2(A)	Hahn, Mark	10:51	3	9:51	5	2.00	18.4%	7	2	20	4	13	185.7%	30	5
3040044	11	Abumaysa	Ara	0	F	0	0		Coed Sport 1	2(A)	DiOno, Angela T	11:14	4	8:24	8	2.48	24.9%	10	6	10	6	0	0.0%	24	6
3030020	12	Acord	Kathleen	0	F	0	0		Nutrition and Fitness	2(A)	Hahn, Lisa	7:55	9	7:40	9	0.05	1.3%	10	6	14	8	4	40.0%	41	12
3040050	11	Adamski	Steven	0	M	0	0		Coed Sport 1	5(A)	Karwowski, Mark R	7:51	7	7:55	7	0.04	0.8%	21	5	23	5	2	9.5%	40	7
3030025	12	Adeeb	Narmon	0	F	0	0		Nutrition and Fitness	2(A)	Wagner, Kristin R	14:05	2	10:54	5	1.01	8.4%	4	5	8	5	4	100.0%	52	7
3070079	10	Ahira	Shaza	0	F	0	1		Fitness/Le 2	2(A)	DiOno, Angela T	14:43	2	13:01	3	1.92	11.6%	9	6	5	4	-4	-44.4%	14	4
3070074	10	Ahnew	Napoleon	0	M	0	0		Fitness/Le 1	2(A)	Hellers, Gary														
3070080	10	Aguilar	Gabriela	0	F	0	1		Coed Sport 1	2(A)	Debenedetti, Debra														
3070076	10	Ahmed	Raiva	0	F	0	0		Fitness/Le 2	1(A)	DiMello, Dorothy	15:57	2	10:45	3	2.12	18.8%	2	2	7	5	5	210.0%	28	7
3040025	12	Ahmed	ShadJah	0	F	0	0		Nutrition and Fitness	6(A)	Hahn, Lisa	12:40	3	12:21	3	0.19	2.5%	7	5	9	6	2	28.6%	22	5
3070075	10	Ajmani	Muhammad	0	M	0	0		Fitness/Le 1	4(A)	Hahn, Mark	8:04	5	7:29	8	0.78	7.8%	26	6	27	6	1	3.8%	21	8
3030030	12	Ahif	Muhammad	0	M	0	0		Coed Sport 1	6(A)	Cherry, Jeffery							20	4	30	6	10	50.0%	40	7
3070035	10	Ahmed	Kulum	0	F	0	0		Fitness/Le 2	4(A)	Wagner, Kristin R	12:40	3	11:09	4	1.92	12.1%	8	5	12	7	4	50.0%	19	4
3030040	12	Ahmed	Ayasha	0	F	0	0		Nutrition and Fitness	2(A)	Wagner, Kristin R	14:01	2	11:07	4	2.04	20.7%	5	4	8	5	3	60.0%	37	8
3030050	12	Ahmed	Muhammad	0	M	0	0		Adv Strength Tr	2(A)	Smelko, Richard							25	5	31	7	6	24.0%	30	5
3070120	10	Ahmed	Edwards	0	M	0	0		Stress/Le 1	2(A)	Hellers, Gary	11:31	3	10:01	3	1.30	12.0%	15	3	18	4	3	20.0%	21	4
3080075	9	Ahmer	Fala	0	F	0	0		Fitness/Le 2	4(A)	Wagner, Kristin R	10:34	8					1	1	8	5	7	700.0%	25	8

Fitness Test Spreadsheet

Excel File Edit View Insert Format Tools Data Window Help

Fitness test results 2014 2015 sem 1 bid.xlsm

Search in Sheet

Home Layout Tables Charts SmartArt Formulas Data Review Developer

Font:Calibri (Body) 18

Alignment:abc Wrap Text

Number:General

Format:Normal_Sheet1 Normal Bad Good Neutral Calculation

Cells:Insert Delete Format Themes

S1 Paste the contents of the clipboard 14_15

14_15	S1 Final Results										S1		Mile				PushUps				Sit Up						
											Males	Females	# of Students -->	Mile Pre	1557	Mile Post	1534	PushUp Pre	1589	PushUp Post	1552	Sit Up Pre	157				
2											915	874	Top Score Only (=12)	6	0.4%	35	2.3%	46	2.9%	132	8.5%	228	14.5%				
3	students listed	Mile											9 <= score <= 12	119	7.6%	339	22.1%	218	13.7%	438	28.2%	474	30.1%				
4	1789	Push Ups											5 <= score <= 8	618	39.7%	777	50.7%	667	42.0%	765	49.3%	745	47.4%				
5	filtered students	Reset Columns											0 <= score <= 4	820	52.7%	418	27.2%	704	44.3%	349	22.5%	354	22.5%				
6	1789	Sit Ups											school average	5.0	6.5	1.5	30.9%	5.4	6.7	1.4	25.1%	6.8	6.8				
7		Reset Filters											filtered average	5.0	6.5	1.5	30.9%	5.4	6.7	1.4	25.1%	6.8	6.8				
8		Sit & Reach											SCORE school average	10:03	8:46	1:17	12.8%	15.71	20.40	4.69	29.9%	34.85	34.85				
9		Total Prints											filtered average	10:03	8:46	1:17	12.8%	15.71	20.40	4.69	29.9%	34.85	34.85				
10													S1 Pre	S1 Pre	S1 Post	S1 Post	S1 Pre	S1 Pre	S1 Post	S1 Post	S1 Pre	S1 Pr	S1 Pr				
11	Student ID	Year	Last Name	First Name	Ethnic	Gen	IEP	LEP	Sem	Course Name	Class Period	Teacher	Mile	Mile Time	Mile Steps	Mile Time	Mile Steps	Mile + -	Mile %	Push Ups	Push Up Steps	Push Ups	Push Up Steps	Push Up + -	Push Up %	Sit Ups	Sit Up Step
12	3160010	11	Abad	Daryl	0	M	0	0		Coed Sport 1	2(A)	Hahn, Mark	8:50	5	7:49	7	1:01	11.5%	20	4	21	5	1	5.0%	15	2	
13	3150010	12	Abbasi	Sana	0	F	0	0		Coed Sport 1	4(A)	Cherry, Jeffery	13:42	3	10:40	4	3:02	22.1%	5	4	10	6	5	100.0%	17	4	
14	3160020	11	Abbate	Victor	0	M	0	0		Coed Sport 1	4(A)	Debenedetti, Dedra	8:29	6						25	5	EX			25	4	
15	3170030	10	Abdalla	Jolya	0	F	0	0		Fitness/Liv 2	4(A)	Wagner, Kristin R	13:55	3	8:52	7	5:03	36.3%	12	7	16	9	4	33.3%	21	5	
16	3176225	10	Abdurrehman	Sayeed	0	M	0	0		Modified PE-1	2(A)	Karowski, Mark R															
17	3160030	11	Abella	Alejandra	0	F	0	0		Coed Sport 1	6(A)	Smelko, Richard	8:51	7	7:32	9	1:19	14.9%	30	12	33	12	3	10.0%	55	12	
18	3160040	11	Abella	Carolina	0	F	0	0		Coed Sport 1	4(A)	Debenedetti, Dedra	8:42	7	7:57	9	0:45	8.6%	11	7	17	9	6	54.5%	36	9	
19	3170045	10	Abreu	Joshua	0	M	0	0		Fitness/Liv 1	1(A)	Hahn, Mark	10:51	3	8:51	5	2:00	18.4%	7	2	20	4	13	185.7%	30	5	
20	3160044	11	Abumaye	Asia	0	F	0	0		Coed Sport 1	3(A)	DOrio, Angelo T	11:14	4	8:26	8	2:48	24.9%	10	6	10	6	0	0.0%	24	6	
21	3150020	12	Acord	Kathleen	0	F	0	0		Nutrition and Fitness	7(A)	Heim, Lisa	7:35	9	7:40	9	0:05	1.1%	10	6	14	8	4	40.0%	61	12	
22	3160050	11	Adamatis	Steven	0	M	0	0		Coed Sport 1	5(A)	Karowski, Mark R	7:51	7	7:55	7	0:04	0.8%	21	5	23	5	2	9.5%	40	7	
23	3150023	12	Adeeb	Narmeen	0	F	0	0		Nutrition and Fitness	7(A)	Wagner, Kristin R	14:05	2	12:54	3	1:11	8.4%	4	3	8	5	4	100.0%	32	7	
24	3170073	10	Afroz	Shaiza	0	F	0	1		Fitness/Liv 2	1(A)	DOrio, Angelo T	14:43	2	13:01	3	1:42	11.6%	9	6	5	4	-4	-44.4%	14	4	
25	3170074	10	Agnew	Napoleon	0	M	0	0		Fitness/Liv 1	2(A)	Heilers, Gary															
26	3170080	10	Aguilar	Gabriela	0	F	0	1		Coed Sport 1		Debenedetti, Dedra			10:23	4						6	4				
27	3170076	10	Ahed	Asiya	0	F	0	0		Fitness/Liv 2	5(A)	O'Malley, Dorothy	15:57	2	13:45	3	2:12	13.8%	2	2	7	5	5	250.0%	28	7	
28	3150025	12	Ahmed	Khadjah	0	F	0	0		Nutrition and Fitness	8(A)	Heim, Lisa	12:40	3	12:21	3	0:19	2.5%	7	5	9	6	2	28.6%	22	5	
29	3170075	10	Ajmeri	Mohammed	0	M	0	0		Fitness/Liv 1	4(A)	Hahn, Mark	8:06	6	7:28	8	0:38	7.8%	26	6	27	6	1	3.8%	21	4	
30	3150030	12	Akil	Mahmood	0	M	0	0		Coed Sport 1	6(A)	Cherry, Jeffery			8:24	6				20	4	30	6	10	50.0%	40	7
31	3170105	10	Alaidroos	Kulsum	0	F	0	0		Fitness/Liv 2	4(A)	Wagner, Kristin R	12:40	3	11:08	4	1:32	12.1%	8	5	12	7	4	50.0%	15	4	
32	3150040	12	Alaidroos	Aysha	0	F	0	0		Nutrition and Fitness	7(A)	Wagner, Kristin R	14:01	2	11:07	4	2:54	20.7%	5	4	8	5	3	60.0%	37	9	
33	3150050	12	Alaidroos	Mohammed	0	M	0	0		Adv Strength Tr	1(A)	Smelko, Richard			6:51	9				25	5	31	7	6	24.0%	30	5
34	3170120	10	Alarcon	Eduardo	0	M	0	0		Fitness/Liv 1	2(A)	Heilers, Gary	11:31	3	10:01	3	1:30	13.0%	15	3	18	4	3	20.0%	23	4	
35	3180075	9	Albiter	Talia	0	F	0	0		Fitness/Liv 2	4(A)	Wagner, Kristin R	13:34	3						1	1	8	5	7	700.0%	25	6

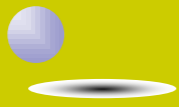
14 15 S1_Final_1314 S2_Pre_1314 S2_Post_1314 S2_Final_1314 Cumulative Graphs GraphSetup StudentGraphs Table

	Mile Pre	766	Mile Post	745			
# of Students -->							
Top Score Only (=12)	1	0.1%	17	2.3%			
9 <= score <= 12	29	3.8%	125	16.8%			
5 <= score <= 8	220	28.7%	367	49.3%			
0 <= score <= 4	517	67.5%	253	34.0%			
school average		5.0		6.5	1.5	30.9%	
filtered average		4.3		6.0	1.8	41.5%	
school average	10:03		8:46		1:17	12.8%	
filtered average	11:19		9:39		1:40	14.7%	
	S1 Pre	S1 Pre	S1 Post	S1 Post			

Push-Up Workouts

		Group 1	Group 2	Group 3	Group 4	Group 5
		1-4	5-10	11-15	16-21	22-29
Week 1	Day 1	2,3,2,2,3	4,5,4,4,5	6,7,6,6,7	12,13,12,12,13	18,19,18,18,19
	Day 2	2,3,2,2,4	4,5,4,4,6	6,7,6,6,8	12,13,12,12,14	18,19,18,18,20
	Day 3	2,3,2,2,5	4,5,4,4,7	6,7,6,6,9	12,13,12,12,15	18,19,18,18,21
Week 2	Day 1	3,4,3,3,6	5,6,5,5,8	7,8,7,7,10	13,14,14,13,16	19,20,19,19,22
	Day 2	3,4,3,3,7	5,6,5,5,9	7,8,7,7,11	13,14,14,13,17	19,20,19,19,23
	Day 3	3,4,3,3,8	5,6,5,5,10	7,8,7,7,12	13,14,14,13,18	19,20,19,19,24
Week 3	Day 1	4,5,4,4,9	6,7,6,6,11	8,9,8,8,13	14,15,13,13,19	20,21,20,20,25
	Day 2	4,5,4,4,10	6,7,6,6,12	8,9,8,8,14	14,15,13,13,20	20,21,20,20,26
	Day 3	4,5,4,4,11	6,7,6,6,13	8,9,8,8,15	14,15,13,13,21	20,21,20,20,27
Week 4	Day 1	5,6,5,5,12	7,8,7,7,14	9,10,9,9,16	15,16,15,15,22	21,22,21,21,28
	Day 2	5,6,5,5,13	7,8,7,7,15	9,10,9,9,17	15,16,15,15,23	21,22,21,21,29
	Day 3	5,6,5,5,14	7,8,7,7,16	9,10,9,9,18	15,16,15,15,24	21,22,21,21,30

Glenbard North Physical Education



BACK SQUAT RUBRIC

Name: _____

	BASIC 1-2	DEVELOPING 3	PROFICIENT 4	ADVANCED 5	SCORE
STANCE	Feet are not shoulder width apart.	Feet are shoulder width apart.	Feet are shoulder width apart, toes point straight ahead.	Feet a little wider than shoulder width apart with toes pointing out.	
EYES	Eyes are not looking up.	Eyes are looking straight ahead.	Eyes are looking up for part of the lift.	Eyes are looking up throughout the entire lift.	
BACK	Back is rounded and not straight.	Back is straight with signs of rounding.	Back is straight.	Back is straight with signs of little arching.	
ALIGNMENT	<ul style="list-style-type: none"> * Knees out in front of toes * Weight on your toes * Shoulders out in front of your hips 	<ul style="list-style-type: none"> * Knees are only slightly in front of toes * Weight is not even among your feet 	Weight is mostly on your heels.	<ul style="list-style-type: none"> • Shoulders in line with hips • Knees in line with toes • Weight on Heels 	
DEPTH	The depth of the lift is only a slight bend in the knees.	The depth of the lift is a bend of the knees.	The depth of the lift is close, but not quite beyond 90 degrees.	The depth of the lift should be a little further than 90 degrees.	
SPEED	Finish the lift as quickly as possible.	Lift takes 2 seconds on the way down and 2 seconds on the way up.	The lift takes three seconds on the way down, but come up as quickly as possible.	The lift should take 3 seconds on the way down and 3 seconds on the way back up.	

Total =

Gary Heilers

gary_heilers@glenbard.org