**Form A**



Department of Education

Region X-Northern Mindanao

**DIVISION OF MALAYBALAY CITY**

Purok 6, Casisang, Malaybalay City

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**PHYSICAL FITNESS TEST (PFT) SCORE CARD**

**S.Y. 2016 - 2017**

**NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ GRADE/SECTION: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_AGE: \_\_\_\_\_ SEX: \_\_\_\_**

**SCHOOL: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DISTRICT: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ BIRTHDAY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART I. HEALTH – RELATED FITNESS TEST**

|  |  |  |  |
| --- | --- | --- | --- |
| **PARAMETERS** | **ACTIVITIES** | **PRE-TEST****(1st Quarter)** | **POST-TEST****(4th Quarter)** |
| 1. **BODY COMPOSITION**
 | **Body Mass Index (BMI)****BMI = Weight (kg.)**  **Height (m)2** | * Height (meters)
 |  |  |
| * Weight (kilograms)
 |  |  |
| * BMI
 |  |  |
| * Classification
 |  |  |
| 1. **CARDIOVASCULAR**

 **ENDURANCE** | **3 – Minute Step Test** | Heart Rate Per Minute* Before the Activity
 |  |  |
| Heart Rate Per Minute* After the Activity
 |  |  |
| Heart Rate Recovery |  |  |
| 1. **STRENGTH**
 | **90 Degrees Push-Up** | * Number of Push-Up
 |  |  |
| **Basic Plank** | * Time (00:00)
 |  |  |
| 1. **FLEXIBILITY**
 | **Zipper Test** | Overlap Gap – Right Arm (cm) |  |  |
| Overlap Gap – Left Arm (cm) |  |  |
| **Sit and Reach (cm)** | * First Try
 |  |  |
| * Second Try
 |  |  |
| * Best Score
 |  |  |

**PART II. SKILL – RELATED FITNESS TEST**

|  |  |  |  |
| --- | --- | --- | --- |
| **PARAMETERS** | **ACTIVITIES** | **PRE-TEST** | **POST-TEST** |
| 1. **COORDINATION**
 | **Juggling** | * Score: Number of Hits
 |  |  |
| 1. **AGILITY**
 | **Hexagon Agility Test** | * Clockwise Time (00:00)
 |  |  |
| * Counter Clockwise Time
 |  |  |
| 1. **SPEED**
 | **40 Meter Sprint** | * Time (00:00)
 |  |  |
| 1. **POWER**
 | **Standing Long Jump****(distance in cm)** | * First Trial (cm)
 |  |  |
| * Second Trial (cm)
 |  |  |
| * Middle Score (cm)
 |  |  |
| 1. **BALANCE**
 | **Stork Balance Stand Test** | * Right Foot Time (00:00)
 |  |  |
| * Left Foot Time (00:00)
 |  |  |
| 1. **REACTION TIME**
 | **Stick Drop Test** | * First Trial (cm)
 |  |  |
| * Second Trial (cm)
 |  |  |
| * Third Trial (cm)
 |  |  |
| * Middle Score (cm)
 |  |  |

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Name of MAPEH Teacher Name of MAPEH Dept. Head