**Form B**

**PHYSICAL FITNESS SUMMARY SHEET**

**SY 2016 – 2017**

**Name of School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ District: ­­­­­\_\_\_\_\_\_\_\_\_\_\_ Date Submitted: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of School Head: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name of MAPEH Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART I: HEALTH - RELATED FITNESS TESTS**

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| **No.** | **NAME OF STUDENT** | **Grade**  **Level** | **Age** | **Gender** | **BODY COMPOSITION** | | | | **3- MINUTE STEP TEST** | | | **PUSH-**  **UP** | **BASIC**  **PLANK**  **(min/sec)** | **ZIPPER TEST** | | | **SIT &**  **REACH** |
| **Weight**  **(kg)** | **Height**  **(meters)2** | **BMI** | **CLASSIFI-CATION** | **HR**  **(Rest)** | **HR**  **(Post)** | **HR**  **(Recovery)** | **Right**  **(cm)** | **Left**  **(cm)** | **Ave.**  **Score** |
| **Best Score** |
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**Form C**

**PHYSICAL FITNESS SUMMARY SHEET**

**SY 2016 – 2017**

**Name of School: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ District: ­­­­­\_\_\_\_\_\_\_\_\_\_\_ Date Submitted: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Name of School Head: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Name of MAPEH Teacher: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**PART II: SKILL - RELATED FITNESS TESTS**

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| **No.** | **NAME OF STUDENT** | **Grade**  **Level** | **Age** | **Gender** | **JUGGLING**  **(No. of hits)** | **HEXAGON AGILITY** | | | **40m SPRINT**  **(min./sec.)** | **STANDING LONG**  **JUMP (distance - cm)** | **STORK BALANCE** | | | **STICK-DROP**  **(middle score - cm)** |
| **A – Rt.** | **A – Lft.** | **Ave. Score** | **B – Rt.** | **B - Lft.** | **Ave.** |
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