**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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