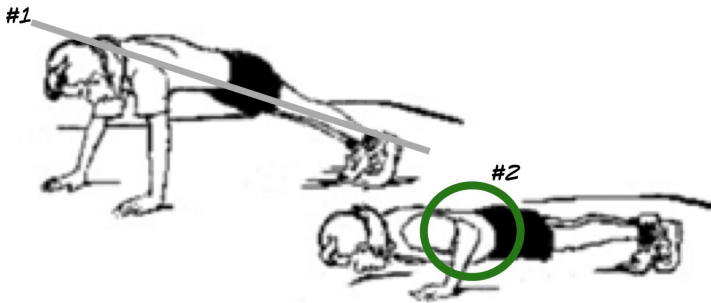


PUSH UP ASSESSMENT

FITNESSGRAM PUSH UP



THINGS TO WATCH

- 1) BACK ALIGNMENT
- 2) ELBOWS AT 90 DEGREES
- 3) STAYING WITH CADENCE

Directions:

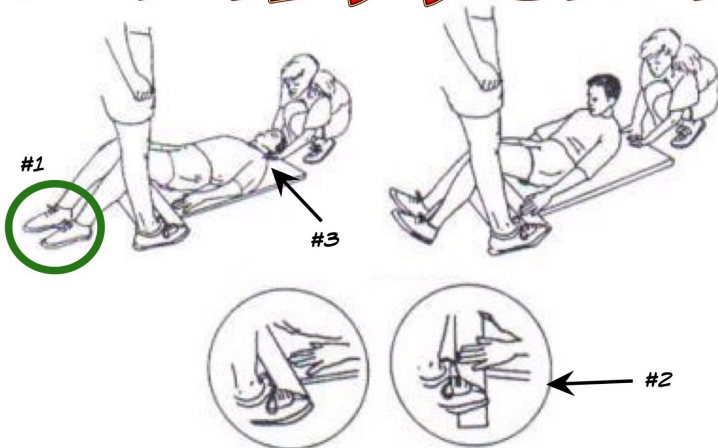
Use the Following Form (QR code & TinyURL to the right) to provide a practice test for your FitnessGram Push Ups. The performer will fill in their name and email. The assessor will fill in the remaining information. When completed, the form will be sent to your email.



[TINYURL.COM/FGPUSHUP](https://tinyurl.com/FGPUSHUP)

CURL UP ASSESSMENT

FITNESSGRAM CURL UP



THINGS TO WATCH

- 1) HEELS ON GROUND
- 2) FINGERS TRAVELING ACROSS THE STRIP
- 3) HEAD TOUCHING MAT
- 4) STAYING WITH CADENCE

DIRECTIONS:
USE THE FOLLOWING
FORM (QR CODE &
TINYURL TO THE RIGHT)
TO PROVIDE A
PRACTICE TEST FOR
YOUR FITNESSGRAM
CURL UPS. THE
PERFORMER WILL
FILL IN THEIR NAME
AND EMAIL. THE
ASSESSOR WILL FILL
IN THE REMAINING
INFORMATION. WHEN
COMPLETED, THE
FORM WILL BE SENT
TO YOUR EMAIL.



[TINYURL.COM/FGCURLUP](https://tinyurl.com/FGCURLUP)

PACER ASSESSMENT

FITNESSGRAM PACER



THINGS TO WATCH

- 1) MARK OUT 20 METER DISTANCE
- 2) RUN IN A STRAIGHT LINE
- 3) START OUT SLOW, PACE WILL GRADUALLY INCREASE

DIRECTIONS:
USE THE FOLLOWING
FORM (QR CODE &
TINYURL TO THE RIGHT)
TO PROVIDE A
PRACTICE TEST FOR
YOUR FITNESSGRAM
PACER TEST. THE
PERFORMER WILL
FILL IN THEIR NAME
AND EMAIL. THE
ASSESSOR WILL FILL
IN THE REMAINING
INFORMATION. WHEN
COMPLETED, THE
FORM WILL BE SENT
TO YOUR EMAIL.



[TINYURL.COM/FGPACER](https://tinyurl.com/FGPACER)