



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **TRISTAN 11217**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	7.34	4	Outstanding
		2nd term	8.10	3	Healthy and Fit
		3rd term	8.00	4	Outstanding
	Pacer 15m	1st term	34	2	Room for Development
		2nd term	45	3	Healthy and Fit
	Pacer 20m	1st term	15	1	Needs Improvement
		2nd term	45	4	Outstanding
		3rd term	12	1	Needs Improvement
	Muscular strength	Chin-ups	2nd term	0	1
Push-ups		1st term	10	2	Room for Development
Muscular endurance	Curl-ups	1st term	55	4	Outstanding
		2nd term	59	4	Outstanding
		3rd term	75	4	Outstanding
Flexibility	Sit and reach	1st term	27	3	Healthy and Fit
		2nd term	26	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 15m	26 or less	27 - 39	40 - 52	53 or greater
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

MUSCULAR ENDURANCE: A measurement of how long a muscle group can perform to exhaustion. The Curl-Ups test measures the endurance of the abdominal muscles, which is important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **ANNA 11586**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	8.37	4	Outstanding
		2nd term	10.49	3	Healthy and Fit
		3rd term	12.12	2	Room for Development
	Pacer 15m	1st term	23	2	Room for Development
		2nd term	34.3	3	Healthy and Fit
	Pacer 20m	1st term	25	3	Healthy and Fit
		2nd term	15	1	Needs Improvement
		3rd term	3	1	Needs Improvement
	Muscular strength	Chin-ups	2nd term	5	4
Push-ups		1st term	25	4	Outstanding
Muscular endurance	Curl-ups	1st term	75	4	Outstanding
		2nd term	31	3	Healthy and Fit
		3rd term	10	1	Needs Improvement
Flexibility	Sit and reach	1st term	32	3	Healthy and Fit
		2nd term	29	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 15m	22 or less	23 - 31	32 - 47	48 or greater
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

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Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **KARL 11864**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	11.38	1	Needs Improvement
		2nd term	11.00	2	Room for Development
		3rd term	15.29	1	Needs Improvement
	Pacer 20m	1st term	35	3	Healthy and Fit
		2nd term	16	1	Needs Improvement
		3rd term	4	1	Needs Improvement
Muscular strength	Chin-ups	2nd term	0	1	Needs Improvement
	Push-ups	1st term	5	1	Needs Improvement
Muscular endurance	Curl-ups	1st term	12	1	Needs Improvement
		2nd term	23	1	Needs Improvement
		3rd term	26	2	Room for Development
Flexibility	Sit and reach	1st term	26	3	Healthy and Fit
		2nd term	28	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

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Written CRES	Fitness CRES	Summative CRES
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N/A	N/A	N/A

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **MARK 11515**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	10.10	2	Room for Development
		2nd term	9.34	3	Healthy and Fit
		3rd term	20.00	1	Needs Improvement
	Pacer 20m	1st term	40	3	Healthy and Fit
		2nd term	21	2	Room for Development
		3rd term	56	4	Outstanding
Muscular strength	Chin-ups	2nd term	1.5	3	Healthy and Fit
	Push-ups	1st term	12	2	Room for Development
Muscular endurance	Curl-ups	1st term	21	1	Needs Improvement
		2nd term	38	3	Healthy and Fit
		3rd term	43	3	Healthy and Fit
Flexibility	Sit and reach	1st term	35	4	Outstanding
		2nd term	32	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **JOSHUA 11499**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	8.10	3	Healthy and Fit
		2nd term	8.00	4	Outstanding
		3rd term	21.21	1	Needs Improvement
	Pacer 20m	1st term	51	4	Outstanding
		2nd term	39	3	Healthy and Fit
		3rd term	78	4	Outstanding
Muscular strength	Chin-ups	2nd term	1.5	3	Healthy and Fit
	Push-ups	1st term	11	2	Room for Development
Muscular endurance	Curl-ups	1st term	56	4	Outstanding
		2nd term	60	4	Outstanding
Flexibility	Sit and reach	1st term	26	3	Healthy and Fit
		2nd term	30	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **LUCAS 11471**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	8.06	3	Healthy and Fit
		2nd term	7.58	4	Outstanding
		3rd term	9.59	3	Healthy and Fit
	Pacer 20m	1st term	68	4	Outstanding
		2nd term	25	2	Room for Development
		3rd term	34	3	Healthy and Fit
Muscular strength	Chin-ups	2nd term	0	1	Needs Improvement
	Push-ups	1st term	11	2	Room for Development
Muscular endurance	Curl-ups	1st term	75	4	Outstanding
		2nd term	75	4	Outstanding
Flexibility	Sit and reach	1st term	30	3	Healthy and Fit
		2nd term	32	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **DEONTE 13006**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	8.09	3	<i>Healthy and Fit</i>
		2nd term	20.00	1	<i>Needs Improvement</i>
	Pacer 20m	2nd term	23	2	<i>Room for Development</i>
Muscular strength	Chin-ups	2nd term	5	3	<i>Healthy and Fit</i>
	Push-ups	1st term	29	4	<i>Outstanding</i>
Muscular endurance	Curl-ups	1st term	59	4	<i>Outstanding</i>
		2nd term	75	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	28	3	<i>Healthy and Fit</i>
		2nd term	32	3	<i>Healthy and Fit</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **ALEXIS 09952**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	16.45	1	<i>Needs Improvement</i>
	Pacer 20m	2nd term	9	1	<i>Needs Improvement</i>
Muscular strength	Chin-ups	2nd term	0	1	<i>Needs Improvement</i>
Muscular endurance	Curl-ups	1st term	32	3	<i>Healthy and Fit</i>
		2nd term	47	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	32	3	<i>Healthy and Fit</i>
		2nd term	31	3	<i>Healthy and Fit</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **MICHAEL 11482**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	9.35	3	<i>Healthy and Fit</i>
	Pacer 20m	2nd term	22	2	<i>Room for Development</i>
Muscular strength	Chin-ups	2nd term	0	1	<i>Needs Improvement</i>
	Push-ups	1st term	15	3	<i>Healthy and Fit</i>
Muscular endurance	Curl-ups	1st term	33	2	<i>Room for Development</i>
		2nd term	54	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	29	3	<i>Healthy and Fit</i>
		2nd term	30	3	<i>Healthy and Fit</i>

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Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
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Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

MUSCULAR ENDURANCE: A measurement of how long a muscle group can perform to exhaustion. The Curl-Ups test measures the endurance of the abdominal muscles, which is important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **BRIAN 11180**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	10.37	2	<i>Room for Development</i>
	Pacer 20m	2nd term	17	1	<i>Needs Improvement</i>
Muscular strength	Chin-ups	2nd term	0	1	<i>Needs Improvement</i>
	Push-ups	1st term	5	1	<i>Needs Improvement</i>
Muscular endurance	Curl-ups	1st term	21	1	<i>Needs Improvement</i>
		2nd term	53	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	15	1	<i>Needs Improvement</i>
		2nd term	11	1	<i>Needs Improvement</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

MUSCULAR ENDURANCE: A measurement of how long a muscle group can perform to exhaustion. The Curl-Ups test measures the endurance of the abdominal muscles, which is important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **CHRISTOPHER 11232**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	10.15	2	<i>Room for Development</i>
	Pacer 20m	2nd term	20	1	<i>Needs Improvement</i>
Muscular strength	Chin-ups	2nd term	0	1	<i>Needs Improvement</i>
	Push-ups	1st term	22	4	<i>Outstanding</i>
Muscular endurance	Curl-ups	1st term	29	2	<i>Room for Development</i>
		2nd term	50	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	28	3	<i>Healthy and Fit</i>
		2nd term	35	4	<i>Outstanding</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

MUSCULAR ENDURANCE: A measurement of how long a muscle group can perform to exhaustion. The Curl-Ups test measures the endurance of the abdominal muscles, which is important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **ERICA 11455**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	10.35	3	<i>Healthy and Fit</i>
	Pacer 20m	2nd term	25	3	<i>Healthy and Fit</i>
Muscular strength	Chin-ups	2nd term	1	3	<i>Healthy and Fit</i>
Muscular endurance	Curl-ups	1st term	41	3	<i>Healthy and Fit</i>
		2nd term	51	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	36	3	<i>Healthy and Fit</i>
		2nd term	39	4	<i>Outstanding</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

MUSCULAR ENDURANCE: A measurement of how long a muscle group can perform to exhaustion. The Curl-Ups test measures the endurance of the abdominal muscles, which is important for posture and maintenance of low back health. To improve, perform curl-ups, pilates, yoga, weight training, and other abdominal exercises 3-5 days per week.

MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **KAYCEE 11230**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	12.20	2	<i>Room for Development</i>
	Pacer 20m	2nd term	13	1	<i>Needs Improvement</i>
Muscular strength	Chin-ups	2nd term	0	1	<i>Needs Improvement</i>
	Push-ups	1st term	4	1	<i>Needs Improvement</i>
Muscular endurance	Curl-ups	1st term	53	4	<i>Outstanding</i>
		2nd term	43	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	21	1	<i>Needs Improvement</i>
		2nd term	22	1	<i>Needs Improvement</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

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FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **CARL 11219**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	9.25	3	<i>Healthy and Fit</i>
	Pacer 20m	2nd term	29	2	<i>Room for Development</i>
Muscular strength	Chin-ups	2nd term	3	3	<i>Healthy and Fit</i>
	Push-ups	1st term	14	3	<i>Healthy and Fit</i>
Muscular endurance	Curl-ups	1st term	34	3	<i>Healthy and Fit</i>
		2nd term	28	2	<i>Room for Development</i>
Flexibility	Sit and reach	1st term	34	3	<i>Healthy and Fit</i>
		2nd term	23	2	<i>Room for Development</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

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MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **REBECCA 12675**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Pacer 20m	2nd term	16	1	<i>Needs Improvement</i>
		1st term	0	1	<i>Needs Improvement</i>
Muscular strength	Push-ups	1st term	3	1	<i>Needs Improvement</i>
		2nd term	31	3	<i>Healthy and Fit</i>
Muscular endurance	Curl-ups	1st term	31	3	<i>Healthy and Fit</i>
		2nd term	47	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	37	4	<i>Outstanding</i>
		2nd term	24	2	<i>Room for Development</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

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MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **SEAN 11492**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	8.18	3	Healthy and Fit
	Pacer 20m	2nd term	41	4	Outstanding
Muscular strength	Chin-ups	2nd term	3.5	3	Healthy and Fit
	Push-ups	1st term	21	4	Outstanding
Muscular endurance	Curl-ups	1st term	27	2	Room for Development
		2nd term	29	2	Room for Development
Flexibility	Sit and reach	1st term	25	3	Healthy and Fit
		2nd term	30	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

CARDIO-RESPIRATORY ENDURANCE: A measurement of aerobic fitness. For optimal fitness, you need to be active most days of the week for 60 minutes. To improve, perform activities such as walking, running, biking, swimming, other sports or aerobic activities that you enjoy. This is the most important area of fitness in terms of your overall health.

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MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **CONNOR 11926**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	7.27	4	Outstanding
	Pacer 20m	2nd term	53	4	Outstanding
Muscular strength	Chin-ups	2nd term	11	4	Outstanding
	Push-ups	1st term	34	4	Outstanding
Muscular endurance	Curl-ups	1st term	75	4	Outstanding
		2nd term	75	4	Outstanding
Flexibility	Sit and reach	1st term	34	3	Healthy and Fit
		2nd term	34	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
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N/A	N/A	N/A

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COMPONENTS (PARTS) OF FITNESS

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FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **THEODORA 15234**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	16.30	1	<i>Needs Improvement</i>
	Pacer 20m	2nd term	7	1	<i>Needs Improvement</i>
Muscular strength	Chin-ups	2nd term	0	1	<i>Needs Improvement</i>
	Push-ups	1st term	3	1	<i>Needs Improvement</i>
Muscular endurance	Curl-ups	1st term	4	1	<i>Needs Improvement</i>
		2nd term	19	1	<i>Needs Improvement</i>
Flexibility	Sit and reach	1st term	27	2	<i>Room for Development</i>
		2nd term	25	2	<i>Room for Development</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
(Summative written test administered during Term 4)	(Average of best fitness rubric scores in the four parts of fitness for the year)	(Average of Written CRES percentage & Fitness CRES percentage)
N/A	N/A	N/A

MASTERY = Summative CRES score of 70% or above
NON-MASTERY = Summative CRES score of 69% or below

COMPONENTS (PARTS) OF FITNESS

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MUSCULAR STRENGTH: A measurement of how much force a muscle group can exert. The Chin-Ups and Push-Ups tests measure upper body strength. To improve, perform sports that use upper body muscles like gymnastics and swimming. You can also do climbing activities, push-ups, and chin-ups 3-5 days per week.

FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **DELANEY 11194**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	10.30	3	<i>Healthy and Fit</i>
	Pacer 20m	2nd term	45	4	<i>Outstanding</i>
Muscular strength	Chin-ups	2nd term	1.5	3	<i>Healthy and Fit</i>
	Push-ups	1st term	9	2	<i>Room for Development</i>
Muscular endurance	Curl-ups	1st term	48	4	<i>Outstanding</i>
		2nd term	57	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	25	2	<i>Room for Development</i>
		2nd term	25	2	<i>Room for Development</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

measures content knowledge for the year; recorded at year-end only

Written CRES	Fitness CRES	Summative CRES
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N/A	N/A	N/A

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **JORDIN 11647**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	9.48	3	<i>Healthy and Fit</i>
	Pacer 20m	2nd term	13	1	<i>Needs Improvement</i>
Muscular strength	Chin-ups	2nd term	0.5	2	<i>Room for Development</i>
	Push-ups	1st term	2	1	<i>Needs Improvement</i>
Muscular endurance	Curl-ups	1st term	13	1	<i>Needs Improvement</i>
		2nd term	10	1	<i>Needs Improvement</i>
Flexibility	Sit and reach	1st term	37	4	<i>Outstanding</i>
		2nd term	39	4	<i>Outstanding</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

(Criterion Referenced Evaluation System)

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N/A	N/A	N/A

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **CASSIE 11224**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	9.37	3	<i>Healthy and Fit</i>
	Pacer 20m	2nd term	24	2	<i>Room for Development</i>
Muscular strength	Chin-ups	2nd term	2	4	<i>Outstanding</i>
	Push-ups	1st term	2	1	<i>Needs Improvement</i>
Muscular endurance	Curl-ups	1st term	75	4	<i>Outstanding</i>
		2nd term	75	4	<i>Outstanding</i>
Flexibility	Sit and reach	1st term	27	2	<i>Room for Development</i>
		2nd term	23	2	<i>Room for Development</i>

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

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N/A	N/A	N/A

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FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **PAGE 14857**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Female**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	9.27	3	Healthy and Fit
	Pacer 20m	2nd term	33	3	Healthy and Fit
Muscular strength	Chin-ups	2nd term	2.5	4	Outstanding
	Push-ups	1st term	5	1	Needs Improvement
Muscular endurance	Curl-ups	1st term	75	4	Outstanding
		2nd term	52	4	Outstanding
Flexibility	Sit and reach	2nd term	38	4	Outstanding

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	12.59 or greater	12.58 - 11.19	11.18 - 8.46	8.45 or less
Pacer 20m	17 or less	18 - 24	25 - 36	37 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 1.5	2 or greater
Push-ups	7 or less	8 - 9	10 - 17	18 or greater
Curl-ups	20 or less	21 - 30	31 - 42	43 or greater
Sit and reach	22 or less	23 - 28	29 - 36	37 or greater

CRES SCORES

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FLEXIBILITY: A measurement of the range of motion of the muscles and tendons surrounding a joint. The sit and reach stretch test measures hamstring flexibility. To improve, perform safe stretching activities 2-3 days per week.



FITNESS PROFILE - HILLCREST ELEM SCHOOL

Student Name: **MATTHEW 15174**
 Physical Education Teacher: **Cli BaerCli**

Grade: **Grade 04**
 Classroom Teacher: **TEACHER2**

Sex: **Male**

FITNESS TEST SCORES

Part of Fitness	Test	Term	Raw Score	Rubric Score	Description
Cardio-respiratory endurance	Mile run	1st term	9.31	3	Healthy and Fit
	Pacer 20m	2nd term	32	3	Healthy and Fit
Muscular strength	Chin-ups	2nd term	1.5	3	Healthy and Fit
	Push-ups	1st term	30	4	Outstanding
Muscular endurance	Curl-ups	1st term	38	3	Healthy and Fit
		2nd term	75	4	Outstanding
Flexibility	Sit and reach	1st term	16	1	Needs Improvement
		2nd term	26	3	Healthy and Fit

Fitness Standards To Determine Rubric Scores

Test	RUBRIC 1	RUBRIC 2	RUBRIC 3	RUBRIC 4
	Needs Improvement	Room for Development	Healthy and Fit	Outstanding
Mile run	11.09 or greater	11.08 - 10.09	10.08 - 8.01	8 or less
Pacer 20m	20 or less	21 - 30	31 - 40	41 or greater
Chin-ups	0 or less	0.5 - 0.5	1 - 6.5	6.6 or greater
Push-ups	9 or less	10 - 13	14 - 19	20 or greater
Curl-ups	23 or less	24 - 33	34 - 48	49 or greater
Sit and reach	18 or less	19 - 24	25 - 34	35 or greater

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