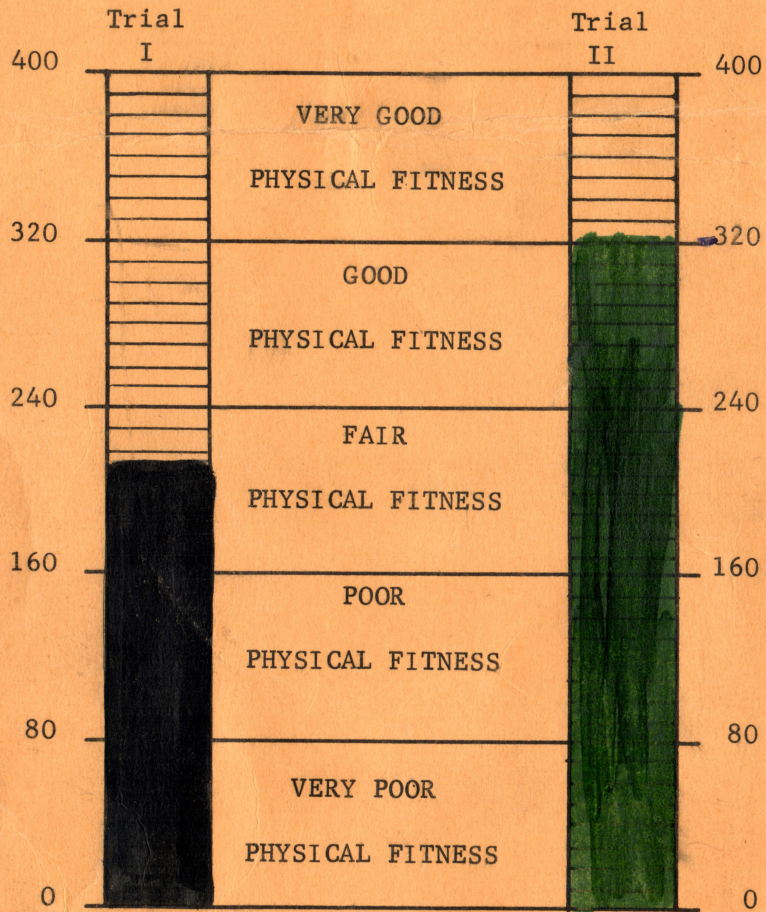


A C H I E V E M E N T   L E V E L  
S T A N D A R D S



PARENT'S SIGNATURE

TRIAL I Mrs. C. Fuller

TRIAL II Mrs. C. Fuller

SASKATOON PUBLIC SCHOOLS

Physical Fitness Test

Report

NAME Cameron Fuller

GRADE VI AGE 11

SCHOOL Montgomery

### MESSAGE TO PARENTS

The purpose of this physical fitness test and report card is to tell you how your child compares in physical fitness with other children of his age in the province of Saskatchewan. We also hope that this test will stimulate, in you and your child, a genuine interest in your child's physical fitness.

Your child will be tested twice a year; once in the fall and once in the spring. His two trials could be compared and his improvement recognized.

This test may be used to evaluate the ability of pupils to sustain vigorous physical activity. Pupils who do well on the test may be expected to participate in vigorous physical activity for longer periods with less fatigue than pupils who score low on the test.

It should be realized that this test is not a physical or medical examination. High scores do not attest to the soundness of the organs within the body.

Robert S. Scott                      F.J. Gathercole  
SUPERVISOR PHYSICAL              SUPERINTENDENT OF SCHOOLS  
EDUCATION

### HOW TO RECORD YOUR SCORE

As you take the test, record your score in the space provided on this report card. After you have completed all the test items, use the appropriate age classification tables to find your achievement level. Enter this level in the space provided. Your achievement level tells you where you stand in relation to other students.

For instance, if your score was at an achievement level of 60, you scored higher than 60% of the students in your classification.

Find the sum of your achievement levels and enter this figure in the space provided. Now, compare your total with scores in the scale on the back page.

### TEST SCORES

#### TRIAL I

	ITEM	RAW SCORE	ACHIEVEMENT LEVEL
1	Full Squats	43	55
2	Sit-ups	25	40
3	Trunk Flexion	6	35
4	Flexed Arm Hang	45	85
Achievement level total for Trial One →			215

#### TRIAL II

	ITEM	RAW SCORE	ACHIEVEMENT LEVEL
1	Full Squats	59	100
2	Sit-ups	42	100
3	Trunk Flexion	6	35
4	Flexed Arm Hang	45	85
Achievement level total for Trial Two →			320