

Fitness Gram Information

9th grade students are tested for the Fitness Gram during their PE class in terms 3 and 4.

Students are expected to pass at least 5 out of the 6 tests.

The 6 tests include:

- Aerobic Capacity: One mile run or 20 meter pacer or walk test
- Body Composition: Body mass index based on height and weight
- Curl-Ups
- Push-ups or modified pull-up or flexed arm hang
- Trunk Lift
- Flexibility: Shoulder stretch or Sit and Reach

****If a student does not pass 5 out of the 6 tests, they will be re-tested on ONLY the test(s) they do not pass during terms 3 or 4 of their 10th grade PE class.**

If a 10th grader does not pass at least 5 tests, they will be enrolled into a PE elective class (walking or weight training) their 11th grade year. OR, they can re-enroll in a PE 10 class if they feel that will get them better prepared to pass the test(s).

OPTIONS for 11th and 12th graders who have not passed the Fitness Gram:

1. Take a PE elective at least once per year.
2. Sign up to take the test(s) they have not passed yet during the pre scheduled WolfPack Hour. (See Schedule on School Loop) You will need to get a pass from a PE teacher to show to your advocacy teacher allowing you to take the test.
3. When a student passes at least 5 of the test, they will be excused from taking any further PE classes.
4. If a student passes the test, but is currently enrolled in a PE class, they will need to finish the current PE class until the end of the term. They will not be allowed to drop the class they are currently in just because they passed the test.