

NAME:			G.P.E. (<u>G</u> rade <u>P</u> hysical <u>E</u> ducation)				
PERIOD:							
Year:		<i>Record Sheet</i>				Trial #2	
	SCORE	GRADE	GRADE POINTS	NOTES:	SCORE	POINTS	
CARDIO:	<i>Ability for heart, lungs, and muscles to work continuously for extended periods of time.</i>						
1.) Pacer							
2.) Mile							
STRENGTH:	<i>Maximal force you can exert when you contract your muscles.</i>						
1.) Bench Press							
2.) Vertical Jump							
3.) Standing Long Jump							
ENDURANCE:	<i>Ability to contract your muscles several times without excessive fatigue.</i>						
1.) Push Ups							
2.) Curl Ups							
FLEXIBILITY:	<i>Range of motion your joints have during movement.</i>						
1.) Sit and Reach							
		Total Points:	0			0	
		div. by total tests taken:	#DIV/0!			#DIV/0!	
		G.P.E.	#DIV/0!			#DIV/0!	
BODY COMPOSITION:	<i>The proportion of lean tissue (muscle) compared to fat tissue.</i>				Body Fat %	%=	

PACER	MILE	BENCH PRESS	VERTICAL JUMP	ST LONG JUMP	PUSH UPS	CURL UPS	SIT & REACH
A = 70+	A =<7:45	A = 40+	A = 20+	A = 6'2+	A = 21+	A = 47+	A = 43+
B = 58	B = 8:10	B = 30	B = 16	B = 5'6"	B = 17	B = 37	B = 39
C = 50	C = 9:05	C = 15	C = 12	C = 4'10"	C = 13	C = 27	C = 32
D = 41	D = 10:05	D = 7	D = 10	D = 3'9"	D = 10	D = 18	D = 25
F = 40	F = >10:06	F = 6	F = 9	F = 3'8"	F = 9	F = 17	F = 24

GIRLS

PACER	MILE	BENCH PRESS	VERTICAL JUMP	ST LONG JUMP	PUSH UPS	CURL UPS	SIT AND REACH
A = 85+	A = 6:10	A = 35+	A = 25+	A = 7'3"	A = 48+	A = 55+	A = 40
B = 70	B = 6:50	B = 25	B = 20	B = 6'4"	B = 36	B = 45	B = 33
C = 60	C = 7:50	C = 15	C = 16	C = 5'7"	C = 25	C = 34	C = 25
D = 50	D = 9:00	D = 6	D = 12	D = 4'8"	D = 15	D = 20	D = 16
F = 49	F = 9:01	F = 5	F = 11	F = 4'7"	F = 14	F = 19	F = 15

BOYS

North High Fitness Standards and Grades							
GRADE POINTS							
				A	4		
				B	3		
				C	2		
				D	1		
				F	0		