

Jefferson-Nava-Physical Education

Fitness Gram Log: Health Components

Name: _____ Period: _____ D.O.B. _____ Age: _____

The primary goal of this lesson is to give you a better understanding of your fitness status and help you improve your overall fitness. Include physical activity in your daily schedule to establish a long term fitness goal.

Standard: 2.3 Measure and assess multiple performances of another in the following areas: Muscular strength, muscular endurance, cardio respiratory endurance, flexibility and body composition.

Body Composition

	Pre		Post	
Weight				
Height	Ft.	Inches	Ft.	Inches
Body Mass Index				

Cardiovascular Endurance

	Pre	Post
One Mile	:	:
Pacer		

Flexibility

	Pre	Post
Right Shoulder		
Left Shoulder		
Sit & Reach	inches	inches

Muscle Strength & Muscle Endurance

	Pre	Post
Push Up		
Curl Up		
Trunk Lift	inches	inches

Jefferson-Nava-Physical Education

SPARQ Log: Skill Components

Name: _____ Period: _____ D.O.B. _____ Age: _____

The primary goal of this lesson is to give you a better understanding of your fitness status and help you improve your overall fitness. Include physical activity in your daily schedule to establish a long term fitness goal.

Standard: 2.3 Measure and assess multiple performances of another in the following areas: Muscular strength, muscular endurance, cardio respiratory endurance, flexibility and body composition.

Speed

	Pre	Post
40 yard	.	.

Power

	Pre	Post
Broad Jump	inches	inches

Agility

	Pre	Post
20 yard Shuttle	.	.

Quickness

	Pre	Post
1 Min. Jump Rope		
30 sec. Jump		