FITNESSGRAM SKILLS RUBRIC #2

Skills	Exceeded the HFZ Level 4 pts	Reached the HFZ Level 3 pts	Approaching the HFZ Level 2 pts	Fitness Improvement Needed Level 1 pt	No Effort Skill Level 0 pts = Inc.
Timed Mile/Pacer Test	Student reached the HFZ for their age and gender. Aerobic endurance is within a healthy range. *OR Do better than your first score*	Students maintain their level of fitness outside the HFZ from previous test.	Student performed the test and their score went down from the first test	Did not give any effort	No Effort
Flex-Arm Hang	Student reached the HFZ for their age and gender. *OR Do better than your first score*	Students maintain their level of fitness outside the HFZ from previous test.	Student performed the test and their score went down from the first test	Did not give any effor	No Effort
Curl-Ups	Student reached the HFZ for their age and gender. Core abdominal muscular strength is within a healthy range. *OR Do better than your first score*	Students maintain their level of fitness outside the HFZ from previous test.	Student performed the test and their score went down from the first test	Did not give any effor	No Effort
Trunk Lift	Student reached the HFZ for their age and gender. *OR Do better than your first score*	Students maintain their level of fitness outside the HFZ from previous test.	Student performed the test and their score went down from the first test	Did not give any effor	No Effort
Sit and Reach Assessment (Left)	Student reached the HFZ for their age and gender. Flexibility is within a healthy range. *OR Do better than your first score*	Students maintain their level of fitness outside the HFZ from previous test.	Student performed the test and their score went down from the first test	Did not give any effor	No Effort
Sit and Reach Assessment (Right)	Student reached the HFZ for their age and gender. Flexibility is within a healthy range. *OR Do better than your first score*	Students maintain their level of fitness outside the HFZ from previous test.	Student performed the test and their score went down from the first test	Did not give any effor	