

## Primary School Physical Fitness Award Scheme Student's Record Sheet

Name : \_\_\_\_\_

Sex : \_\_\_\_\_

School Year																	
Class (Class No.)		____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )	____ ( )
Date																	
Age Group																	
Results/Scores		Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score
Items																	
Height (cm)																	
Weight (kg)																	
Triceps and Calf Skinfolds (mm)	Triceps																
	Calf																
	#Sum																
Sit-ups (times in 1 min.)																	
Sit-and-reach (cm)																	
Handgrip (kg)	Left																
	Right																
	#Sum																
Endurance Run/Walk (m) 6 min.(Ages 6-8) / 9 min.(Ages 9 or above)																	
Total Scores																	

\*Score: If the result does not reach a particular level, the score should be calculated according to the next lower level listed in the scoring table.

# Sum up the middle results out of the three trials.