

PHYSICAL CONDITION TEST

Student 1 _____

Student 2 _____

Class: _____

Each participant must complete all tests at least once. Once all tests are completed, they may be repeated to improve their time.

TEST	TIME 1 STUDENT 1	TIME 2 STUDENT 1	TIME 1 STUDENT 2	TIME 2 STUDENT 2
ENDURANCE				
SPEED				
FLEXIBILITY				
LONG JUMP				
HIGH JUMP				
HEART RATE				