

## **CST – 9<sup>th</sup> Grade PE Testing**

**Oakhurst Campus - MONDAY, March 23<sup>rd</sup> 12:30-3pm – drop in  
Kingsburg Campus – WEDNESDAY, April 8, 9am-3pm by appointment  
Glacier High School Charter  
(testing should only last about ½ hour)**

### **Aerobic Capacity**

**One-Mile Run.** The goal of this test is to run and/or walk a distance of one mile at the fastest pace possible (**please provide us with your student's one mile time when you come on March 23<sup>rd</sup> or April 8<sup>th</sup>**).

### **Body Composition**

**BMI.** Height and weight.

### **Abdominal Strength**

**Curl-up.** This is the test option for abdominal strength. The objective of the curl-up (a modified sit-up), is to complete as many curl-ups as possible at a specific pace, up to a maximum of 75.

### **Trunk Extension**

**Trunk Lift.** The goal of this test is to lift the upper body a maximum of 12 inches off the floor using the muscles of the back. Students hold this position long enough to allow for the measurement of the lift distance.

### **Upper Body Strength**

**Push-Ups.** Students are asked to complete as many push-ups as possible at a specific pace.

### **Flexibility**

**Back Saver Sit and Reach.** The goal of this task is to assess the flexibility of the lower back and posterior thigh. Using a special box designed for this test, students are asked to reach forward as far as possible and to the maximum distance of 12 inches. The actual reach distance is measured for both the right and left sides of the body.

Please wear comfortable shoes and clothing. Don't forget to bring your time for the mile run. If you have questions, please contact your Charter Teacher.