

# St. Lawrence Health Initiative, Inc.

## Carol M. White Physical Education Program (PEP) FY 2010 Student Fitness Reporting Form



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

**Please provide an aggregated summary of students' sex-specific fitness data in percentiles, according to the grade level and fitness categories below.** Acceptable fitness tests include Fitnessgram PACER, Mile Run; Paced Curl-Up, Push-Up, Modified Pull Up, Pull Up or Flexed Arm Hang; Sit & Reach, Modified Sit & Reach, Back Saver Sit & Reach. If other tests are used, please contact Carol to clarify their acceptability. **Please note: data collected within the last year is acceptable and is needed for only the grades you administer testing.**

Write In Which Test is Given!	5 <sup>th</sup> Grade Female	5 <sup>th</sup> Grade Male	6 <sup>th</sup> Grade Female	6 <sup>th</sup> Grade Male	7 <sup>th</sup> Grade Female	7 <sup>th</sup> Grade Male	8 <sup>th</sup> Grade Female	8 <sup>th</sup> Grade Male
<b>Cardio:</b>								
Needs Improvement								
Healthy Fitness Zone								
Exceeds								
<b>Strength:</b>								
Needs Improvement								
Healthy Fitness Zone								
Exceeds								
<b>Strength:</b>								
Needs Improvement								
Healthy Fitness Zone								
Exceeds								
<b>Flexibility:</b>								
Needs Improvement								
Healthy Fitness Zone								
Exceeds								

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PO Box 5069, 6439 SH 56, Potsdam, NY 13676 Phone 315-261-4760 Fax 315-261-4728 [gethealthyslc.org](http://gethealthyslc.org)

*The root organizations that support our efforts...*

Canton-Potsdam Hospital • Claxton-Hepburn Medical Center • Clifton-Fine Hospital • EJ Noble Hospital • Kinney Drugs • Massena Memorial Hospital • Medical Society of St. Lawrence County • St. Lawrence County Community Services • St. Lawrence County Department of Social Services • St. Lawrence County Public Health Department • St. Lawrence Psychiatric Center • State University of NY at Potsdam • United Helpers Management Company, Inc. • Planned Parenthood of Northern New York

Write In Which Test is Given!	9 <sup>th</sup> Grade Female	9 <sup>th</sup> Grade Male	10 <sup>th</sup> Grade Female	10 <sup>th</sup> Grade Male	11 <sup>th</sup> Grade Female	11 <sup>th</sup> Grade Male	12 <sup>th</sup> Grade Female	12 <sup>th</sup> Grade Male
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<b>Flexibility:</b>								
Needs Improvement								
Healthy Fitness Zone								
Exceeds								

Please complete and return this form by **June 4, 2010** via fax (261.4728, attn: Carol) or email (carol@gethealthyslc.org). Questions can be directed to Carol Zimmerman at 261.4760 ext. 15 or the above email address. Thank You!