TMS MISSION STATEMENT

Bee Hozhoogo Tsehootsooi Middle School fosters a safe learning environment that provides for a broad range of experiences learning to academic growth technological literacy, and self-confidence for all students.

TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2025-2026



Naasgo Tsehootsooi Middle School will empower Dine scholars committed to lifelong learning that enriches their lives, their culture, and their environment.

TMS VISION STATEMENT

THINK ROCKS

Grade 7 & 8

RESPECT-ORGANIZED-CHARACTER-KINDNESS-SAFETY

BEFORE YOU MAKE YOUR ACTION AND DECISION. KEEP IN MIND THAT YOU ARE RESPONSIBLE AND ACCOUNTABLE IN EVERYTHING YOU DO.

Name:			Grade Level:	Hour:
Gender:		Date of birth:		Age:
		PHYSICAL FITNES	SS TEST	
		QUARTER 1	1	
PRE-TEST [Date:		POST-TEST	Date:
Weight			Weight	
Height			Height	
Push-up			Push-up	
Sit-up			Sit-up	
Sit and Reach			Sit and Reach	
Standing Long Jump			Standing Long Jump	
28m Run			28m Run	
1 Mile Run			1 Mile Run	
ВМІ			ВМІ	
		QUARTER 2	2	
PRE-TEST [Date:		POST-TEST	Date:
Weight			Weight	
Height			Height	
Push-up			Push-up	
Sit-up			Sit-up	
Sit and Reach			Sit and Reach	
Standing Long Jump			Standing Long Jump	
28m Run			28m Run	
1 Mile Run			1 Mile Run	
RMI			RMI	



Name: Cayden R. James

28m Run

TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Grade Level: 7

28m Run

Hour: 7th

second

Gender: M		Date of birth: _		Age:	·
		PHYSICAL	FITNESS TEST		
		QUA	ARTER 1		
PRE-TEST	Date:		POST-TEST	Date:	
Weight	-	lbs	Weight	-	lbs
Height	· 	ft	Height		ft
Push-up	-	rep/s	Push-up	-	rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	ARTER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch

second

1 Mile Run		min	1 Mile Run			min
BMI			BMI			
		QUAR	TER 3			
PRE-TEST	Date:	•	POST-TEST	Date:		
Weight			Weight			lbs
Height		41	Height			ft
Push-up			Push-up			rep/s
Sit-up			Sit-up			rep/s
Sit and Reach		to a la	Sit and Reach	· · · · · · · · · · · · · · · · · · ·		inch
28m Run			28m Run			second
1 Mile Run			1 Mile Run			min
BMI			BMI	-		
Dirii		 QUAR				
PRE-TEST	Date:	₹	POST-TEST	Date		
		IIa a				lbs
Weight	-		Weight	· · · · · · · · · · · · · · · · · · ·		
Height			Height			ft
Push-up		•	Push-up			rep/s
Sit-up		•	Sit-up			rep/s
Sit and Reach			Sit and Reach			inch
28m Run			28m Run			second
1 Mile Run		min	1 Mile Run			min
BMI			BMI			
						TCP23-24
		TSEHOOTSOOI N	MIDDLE SCHOOL			
			23-2024			
		PHYSICAL E	DUCATION			
			e 7 & 8			
		Grade	,, ,,			
Name: Kaiden M.	John		Grade Level: 7		Hour: 7th	
Gender: M		Date of birth:			Age:	
Condon II					7.801	
		PHYSICAL F	ITNESS TEST			
		QUAR	RTER 1			
PRE-TEST	Date:		POST-TEST	Date:		
Weight		lbs	Weight			lbs
Height			Height			ft
Push-up			Push-up			rep/s
Sit-up			Sit-up			rep/s
Sit and Reach			Sit and Reach			inch
28m Run			28m Run			second
1 Mile Run			1 Mile Run			min
BMI			BMI			111111
DI'II		 QUAR				
PRE-TEST	Date:	NAUY	POST-TEST	Date:		
			. 551 1201	- 4.0.		

lbs

Weight

lbs

Weight

Height		ft	Height		ft
Push-up			Push-up		rep/s
Sit-up			Sit-up		
Sit and Reach			Sit and Reach		
28m Run			28m Run		
1 Mile Run			1 Mile Run	-	min
BMI			BMI	-	
		 OUA	RTER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		£1.	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		<u> </u>
		QUA	RTER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		_
					TCP23-24
		TSEHOOTSOOL	MIDDLE SCHOOL		
	· E		023-2024		
		PHYSICAL	EDUCATION		
		Grad	de 7 & 8		
Name: Kaiden Mo	сСоу		Grade Level: 7	Hour:	7th
Gender: M	-	Date of hirth:		Δσε.	

Name: Kaiden McCoy	Grade Level: 7	Hour: 7th
Gender: M	Date of birth:	Age:

OUADTED 1

QUARTER 1					
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run	-	second	28m Run		second

1 Mile Run		min	1 Mile Run		min	
BMI			BMI			
		QUAR	TER 2			
PRE-TEST	Date:		POST-TEST	Date:		
Weight		lbs	Weight		lbs	
Height		ft	Height		ft	
Push-up	-	rep/s	Push-up	-	rep/s	
Sit-up	-	rep/s	Sit-up	-	rep/s	
Sit and Reach		inch	Sit and Reach		inch	
28m Run		second	28m Run		second	
1 Mile Run		min	1 Mile Run		min	
BMI			BMI			
		QUAR	TER 3			
PRE-TEST	Date:		POST-TEST	Date:		
Weight		lbs	Weight		lbs	
Height		ft	Height		ft	
Push-up		rep/s	Push-up		rep/s	
Sit-up		rep/s	Sit-up		rep/s	
Sit and Reach		inch	Sit and Reach		inch	
28m Run		second	28m Run		second	
1 Mile Run		min	1 Mile Run		min	
BMI			BMI			
		QUAR	TER 4			
PRE-TEST	Date:		POST-TEST	Date:		
Weight		lbs	Weight		lbs	
Height		ft	Height		ft	
Push-up		rep/s	Push-up		rep/s	
Sit-up		rep/s	Sit-up		rep/s	
Sit and Reach		inch	Sit and Reach		inch	
28m Run		second	28m Run		second	
1 Mile Run		min	1 Mile Run		min	
BMI			BMI			
					TCP23-24	
		TSEHOOTSOOI M	1IDDLE SCHOOL			
		S.Y. 202	23-2024			
		PHYSICAL E	DUCATION			
		Grade				
		2.3.00				
Name: Desean P. N	1organ		Grade Level: 8	Н	our: 7th	
Gender: M	J	Date of birth:			ge:	
					, 	
		PHYSICAL FI	TNESS TEST			
		QUARTER 1				

Height		ft	Height		ft
Push-up	-	rep/s	Push-up	·	rep/s
Sit-up	-	rep/s	Sit-up	·	rep/s
Sit and Reach	-	inch	Sit and Reach		inch
28m Run	-	second	28m Run		second
1 Mile Run	-	min	1 Mile Run		min
BMI	-		BMI	·	
		QUA	RTER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lla a	Weight		lle e
Height		ft	Height		ft
Push-up	-	rep/s	Push-up		rep/s
Sit-up	-	rep/s	Sit-up	·	rep/s
Sit and Reach	-	inch	Sit and Reach	·	inch
28m Run	-	second	28m Run	-	second
1 Mile Run	-	min	1 Mile Run	-	min
BMI	-		BMI	·	
		QUA	RTER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight	-	lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run	-	min	1 Mile Run		min
BMI			BMI		
		QUA	RTER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up	-	rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
					TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Jarom J. Owens	Grade Level: 8	Hour: 7th
Gender: M	Date of birth:	Age:

QUARTER 1

PRE-TEST	Date:		POST-TEST	Date:	
Weight		11	Weight	·	H
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	RTER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	RTER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	RTER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI	-		BMI		



TSEHOOTSOOI MIDDLE SCHOOL

TCP23-24

S.Y. 2023-2024

Memphis T. Pino	Grade Level: 8	Hour: 7th
Gender: M	Date of birth:	Age:

QUARTER 1 PRE-TEST Date: _____ POST-TEST Date: _____ lbs lbs Weight Weight ft Height Height ft Push-up rep/s Push-up rep/s Sit-up rep/s Sit-up rep/s Sit and Reach Sit and Reach inch inch 28m Run 28m Run second second 1 Mile Run min 1 Mile Run min BMI BMI **QUARTER 2** PRE-TEST POST-TEST Date: Date: Weight lbs Weight lbs Height ft Height ft Push-up Push-up rep/s rep/s Sit-up rep/s Sit-up rep/s Sit and Reach inch Sit and Reach inch 28m Run second 28m Run second 1 Mile Run 1 Mile Run min min BMI BMI **QUARTER 3** PRF-TFST Date: POST-TEST Date: Weight lbs Weight lbs Height ft Height ft Push-up Push-up rep/s rep/s Sit-up rep/s Sit-up rep/s Sit and Reach inch Sit and Reach inch 28m Run 28m Run second second 1 Mile Run 1 Mile Run min min BMI BMI **QUARTER 4** PRE-TEST **POST-TEST** Date: Date: lbs Weight lbs Weight ft ft Height Height Push-up Push-up rep/s rep/s Sit-up rep/s Sit-up rep/s Sit and Reach inch Sit and Reach inch 28m Run second 28m Run second 1 Mile Run min 1 Mile Run min BMI BMI



28m Run

TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Kelson D. Scott	Grade Level: 8	Hour: 7th		
Gender: M	Date of birth:	Age:		
PHYSICAL FITNESS TEST				

QUARTER 1 PRE-TEST Date: _____ **POST-TEST** Date: _____ lbs Weight lbs Weight Height ft ft Height Push-up rep/s Push-up rep/s Sit-up rep/s Sit-up rep/s Sit and Reach inch Sit and Reach inch 28m Run 28m Run second second 1 Mile Run 1 Mile Run min min BMI BMI **QUARTER 2** Date: ____ PRE-TEST **POST-TEST** Date: lbs Weight lbs Weight Height ft ft Height Push-up rep/s Push-up rep/s Sit-up rep/s Sit-up rep/s inch Sit and Reach Sit and Reach inch 28m Run second 28m Run second 1 Mile Run min 1 Mile Run min BMI BMI **QUARTER 3** PRE-TEST Date: **POST-TEST** Date: _____ Weight lbs Weight lbs ft Height Height ft Push-up rep/s Push-up rep/s Sit-up rep/s Sit-up rep/s Sit and Reach inch Sit and Reach inch 28m Run 28m Run second second 1 Mile Run min 1 Mile Run min BMI BMI **QUARTER 4 PRE-TEST** Date: **POST-TEST** Date: _____ Weight lbs Weight lbs Height ft Height ft Push-up rep/s Push-up rep/s Sit-up rep/s Sit-up rep/s Sit and Reach inch Sit and Reach inch

second

28m Run

second

I Mile Run	mir	1	1 Mile Run	- <u></u> -	min
3MI			BMI		

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: LaDEll A.	Shorty		Grade Level: 8	Hour: 7th	1
Gender: M		Date of birth:		Age:	
		PHYSICAL FIT	TNESS TEST		
		QUART	FR 1		
PRE-TEST	Date:	-	POST-TEST	Date:	
Weight			Weight		lbs
Height		ft	Height		ft
Push-up			Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach			Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUART	TER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUART	TER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight	-	lbs	Weight	·	lbs
Height	-	ft	Height	·	ft
Push-up	-	rep/s	Push-up	·	rep/s
Sit-up	-	rep/s	Sit-up	·	rep/s
Sit and Reach	-	inch	Sit and Reach	·	inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUART	TER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs

Height	ft	Height	ft
Push-up	rep/s	Push-up	rep/s
Sit-up	rep/s	Sit-up	rep/s
Sit and Reach	inch	Sit and Reach	inch
28m Run	second	28m Run	second
1 Mile Run	min	1 Mile Run	min
BMI		BMI	
			TCP23-24

		TSEHOOTSOOI M S.Y. 202			
		PHYSICAL E	DUCATION		
		Grade	7 & 8		
Name: Joel Char	lse N Smith		Grade Level: 8	ı	Hour: 7th
Gender: M		Date of birth:		,	Age:
		PHYSICAL FI	TNESS TEST		
		QUAR	TER 1		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUAR	TER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUAR	TER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second

1 Mile Run		min	1 Mile Run		min
BMI			BMI		
PRE-TEST	Date:	•	I RTER 4 POST-TEST	Dato:	
Weight			Weight		
Height			Height		
Push-up			Push-up		
Sit-up		,	Sit-up		
Sit and Reach			Sit and Reach	-	
28m Run			28m Run		
1 Mile Run	-		1 Mile Run		
BMI			BMI	-	
DI 11			51 11		TCP23-24
			MIDDLE SCHOOL		
		S.Y. 20	023-2024		
			EDUCATION		
		Grad	de 7 & 8		
Name: Andy S Ts	sosie		Grade Level: 8	ı	Hour: 7th
Gender: M		Date of birth: _		,	Age:
		PHYSICAL	FITNESS TEST		
DDE TEGT	Data	•	NRTER 1	Data	
PRE-TEST	Date:	U	POST-TEST		
Weight			Weight		
Height		ft	Height		ft
Push-up		•	Push-up		rep/s
Sit-up Sit and Reach			Sit-up Sit and Reach		: !-
28m Run			28m Run		
1 Mile Run		:	1 Mile Run		:-
BMI			BMI		
וויום			IRTER 2		
PRE-TEST	Date:	•	POST-TEST	Date:	
Weight		11	Weight		lle e
Height			Height		
Push-up			Push-up		
Sit-up			Sit-up		
Sit and Reach		in ala	Sit and Reach		la
28m Run			28m Run		accord
1 Mile Run			1 Mile Run		
BMI			BMI		111111
וויוט			IRTER 3		
PRE-TEST	Date:	•	POST-TEST	Date:	
Weight	Date.	U	Weight	Dutc	lbs
1101PIIL			* * CIBIIL		

Height	·	ft	Height		ft
Push-up		_ rep/s	Push-up		rep/s
Sit-up		_ rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run	·	min
BMI		_	BMI		
		QUA	ARTER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		_ rep/s	Push-up		rep/s
Sit-up		_ rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI		<u></u>	BMI	·	
					TCP23-24
		TSEHOOTSOOI	MIDDLE SCHOOL		
			023-2024		



Name: Leilani A. Williams

28m Run

PHYSICAL EDUCATION

Grade 7 & 8

Grade Level: 8

28m Run

Hour: 7th

second

Gender: F	Date of birth:		Age:		
		PHYSICAL	. FITNESS TEST		
		QUA	ARTER 1		
PRE-TEST	Date:		POST-TEST	Date:	
Weight	-	lbs	Weight		lbs
Height	-	ft	Height		ft
Push-up	-	rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	ARTER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch

second

1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUART	TER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUAR1	TER 4		
PRE-TEST	Date:	•	POST-TEST	Date:	
Weight		II	Weight		lbs
Height		£1.	Height		 ft
Push-up			Push-up		
Sit-up		,	Sit-up		,
Sit and Reach		i na a la	Sit and Reach		inah
28m Run	-		28m Run		second
1 Mile Run			1 Mile Run		
BMI			BMI		
-			2		 TCP23-24
		S.Y. 202 Physical E			
		Grade	7 & 8		
Name: Nikesh V Gender: M	Vilson	Date of birth:	Grade Level: 7	7th Age:	
		PHYSICAL FI	TNESS TEST		
		QUART	TER 1		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUART	TER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		11	Weight		11

Height		ft	Height		ft
Push-up			Push-up		rep/s
Sit-up			Sit-up		rep/s
Sit and Reach			Sit and Reach		inch
28m Run			28m Run		second
1 Mile Run			1 Mile Run		min
BMI			BMI		
		 OUA	RTER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight			Weight		lbs
Height		£1.	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up			Sit-up		rep/s
Sit and Reach		:	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	RTER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
					TCP23-24
		TSEHOOTSOOI	MIDDLE SCHOOL		
		S.Y. 20	023-2024		
		PHYSICAL	EDUCATION		
			de 7 & 8		
Name: Roshaun J. Y	azzie		Grade Level: 7	Hour: 7th	1

Name: Roshaun J. Yazzie	Grade Level: 7	Hour: 7th
Gender: M	Date of birth:	Age:

QUARTER 1

		QUA	INIEN I		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second

1 Mile Run		min	1 Mile Run		min
BMI	-		BMI		
		QUA	ARTER 2		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight	·	lbs
Height		£1.	Height		ft
Push-up	·	rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	ARTER 3		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
		QUA	ARTER 4		
PRE-TEST	Date:		POST-TEST	Date:	
Weight		lbs	Weight		lbs
Height		ft	Height		ft
Push-up		rep/s	Push-up		rep/s
Sit-up		rep/s	Sit-up		rep/s
Sit and Reach		inch	Sit and Reach		inch
28m Run		second	28m Run		second
1 Mile Run		min	1 Mile Run		min
BMI			BMI		
					TCP23-24