

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

PHYSICAL EDUCATION

Grade 7 & 8

TMS VISION STATEMENT

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

THINK ROCKS**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 FITNESS TEST**QUARTER 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	_____
BMI	_____	BMI	_____

QUARTER 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	_____
BMI	_____	BMI	_____



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Cayden R. James

Grade Level: 7

Hour: 7th

Gender: M

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____

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

POST-TEST Date: _____

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

QUARTER 2

PRE-TEST Date: _____

Weight	_____	lbs
Height	_____	ft
Push-up	_____	rep/s
Sit-up	_____	rep/s
Sit and Reach	_____	inch
28m Run	_____	second

POST-TEST Date: _____

Weight	_____	lbs
Height	_____	ft
Push-up	_____	rep/s
Sit-up	_____	rep/s
Sit and Reach	_____	inch
28m Run	_____	second

1 Mile Run _____ min
BMI _____

1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Kaiden M. John
Gender: M

Grade Level: 7

Hour: 7th

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs

POST-TEST Date: _____
Weight _____ lbs

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

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

QUARTER 3

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 4

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Kaiden McCoy
 Gender: M

Grade Level: 7

Hour: 7th

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

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

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

1 Mile Run _____ min
BMI _____

1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Desean P. Morgan
Gender: M

Grade Level: 8

Hour: 7th
Age: _____

Date of birth: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs

POST-TEST Date: _____
Weight _____ lbs

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

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

QUARTER 2

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 3

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 4

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Jarom J. Owens

Gender: M

Grade Level: 8

Date of birth: _____

Hour: 7th

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Memphis T. Pino
Gender: M

Grade Level: 8

Date of birth: _____

Hour: 7th

Age: _____

PHYSICAL FITNESS TEST**QUARTER 1**

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 2

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 3

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 4

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____



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: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

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

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

1 Mile Run _____ min
BMI _____

1 Mile Run _____ min
BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: LaDEll A. Shorty

Grade Level: 8

Hour: 7th

Gender: M

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs

POST-TEST Date: _____
Weight _____ lbs

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

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

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Joel Charlse N Smith

Grade Level: 8

Hour: 7th

Gender: M

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

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

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

1 Mile Run _____ min
BMI _____

1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Andy S Tsosie

Grade Level: 8

Hour: 7th

Gender: M

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs

POST-TEST Date: _____
Weight _____ lbs

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

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

QUARTER 4

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Leilani A. Williams

Grade Level: 8

Hour: 7th

Gender: F

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 2

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

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

1 Mile Run _____ min
BMI _____

1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Nikesh Wilson
Gender: M

Grade Level: 7

7th
Age: _____

Date of birth: _____

PHYSICAL FITNESS TEST

QUARTER 1

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs

POST-TEST Date: _____
Weight _____ lbs

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

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

QUARTER 3

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

QUARTER 4

PRE-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

POST-TEST Date: _____
 Weight _____ lbs
 Height _____ ft
 Push-up _____ rep/s
 Sit-up _____ rep/s
 Sit and Reach _____ inch
 28m Run _____ second
 1 Mile Run _____ min
 BMI _____

TCP23-24



TSEHOOTSOOI MIDDLE SCHOOL

S.Y. 2023-2024

PHYSICAL EDUCATION

Grade 7 & 8

Name: Roshaun J. Yazzie
 Gender: M

Grade Level: 7

Hour: 7th

Date of birth: _____

Age: _____

PHYSICAL FITNESS TEST

QUARTER 1

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

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

1 Mile Run _____ min
BMI _____

1 Mile Run _____ min
BMI _____

QUARTER 2

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 3

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

QUARTER 4

PRE-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____

POST-TEST Date: _____
Weight _____ lbs
Height _____ ft
Push-up _____ rep/s
Sit-up _____ rep/s
Sit and Reach _____ inch
28m Run _____ second
1 Mile Run _____ min
BMI _____