

20-Meter Beep Test

20-meter lane | Audio speaker, scorecard



Starting Position	Pace & Turn
- Line up behind the start line - On the first beep, run to the far line before the next beep - Partner records laps	- Wait at the line if early, then reverse on the beep - Don't turn early or leave the lane - A different tone will sound to indicate a new level with faster pace
Directions	
1. Start the audio 2. Run between the lines 3. One warning if a line is missed 4. Record last lap	

◆ STOP RUNNING IF...

- Misses the line 2 times in a row
- Shows signs of being unable to continue safely

1-Mile Run

Marked course | Stopwatch, lap counter



Start	Pace & Finish
- Line up behind the start line - May run, walk, or wheel - Stay on the marked route	- Pace yourself — don't start too fast - Time stops when you cross the finish line - Walk a few minutes to cool down after
Directions	
1. Say "Ready, go" 2. Start timer 3. Monitor route and safety 4. Record finish time to the nearest second	

◆ RECORD RESULTS

Record each student's finish time to the nearest second and mark if they ran, walked, or wheeled. Verify that all required laps or course segments were completed before recording.

Plank

Groups of <10 | Mats, timer, scorecard



Starting Position	Proper Form
- Forearms flat, elbows under shoulders - Knees on the ground	- Straight line, shoulders to heels - Head neutral, core and glutes engaged - Shoulder blades down - Hips don't sag or lift too high - Hold until form breaks
Directions	
1. Say "Ready, go" 2. Start timer 3. One warning if form breaks 4. Stop clock when form can't be corrected 5. Record time	

◆ END HOLD IF...

- Hips sag toward the floor
- Shoulders sag or shift
- Hips rise too high
- Head or neck drops out of neutral

Pull-Ups

One student at a time | Secure bar, safe fall zone



Starting Position	Proper Form
- Overhand grip, palms face away from the body - Still hang, arms fully extended	- Chin clears the bar - Lowers with control to full extension - No swinging or kicking
Directions	
1. Say "Ready, go" 2. Pull up until chin clears bar 3. Lower to full extension 4. Repeat until unable to continue with proper form 5. Record total	

◆ DON'T COUNT THE REP IF...

- Chin doesn't clear the bar
- Arms don't return to full extension
- Student swings or kicks
- Movement isn't controlled on the way down

Push-Ups

Groups of <10 | Mats, timer, scorecard



Starting Position	Proper Form
- Hands a little wider than shoulders - Arms fully extended - Head neutral; back and legs straight	- Lowers until elbows reach about 90° - Pushes back to full arm extension - Straight body line, head to heels, throughout - Optional: towel/foam block under chest as depth marker
Directions	
1. Say "Ready, go" 2. Start 1-minute timer 3. Count only correct reps 4. Record total reps at time	

◆ DON'T COUNT THE REP IF...

- Lowers until elbows reach about 90°
- Unable to push back to full arm extension
- Back sags or pikes up
- Rep is bounced instead of controlled

Sit-Ups

Groups of <10 | Mats, timer, scorecard



Starting Position	Proper Form
- Lying on back, knees bent - Feet flat, about 10-12" from body - Arms crossed, hands on shoulders - Feet are held by partner or secured under sturdy platform	- Curl up until elbows touch thighs - Lowers with control until shoulder blades touch the mat - Fingers stay on shoulders the whole time
Directions	
1. Say "Ready, go" 2. Start 1-minute timer 3. Count only correct reps 4. Record total reps at time	

◆ DON'T COUNT THE REP IF...

- Hands leave the shoulders
- Elbows don't reach the thighs
- Shoulder blades don't touch the mat
- Student uses momentum (jerking/bouncing)