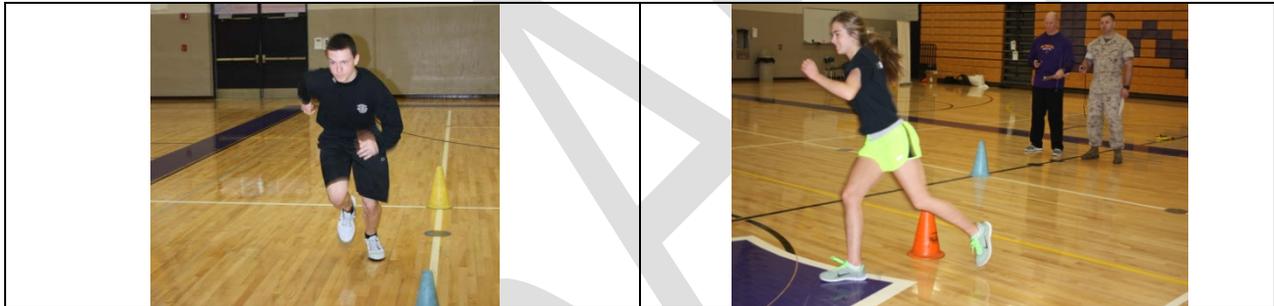


Physical/Motor Test Examples Grades 10-12

Increased focus on school-based physical/motor fitness is fueling interest in meaningful test and measurement. These test examples are meant to provide teachers with opportunities for improving their test/measurement protocols. Follow standard safety guidelines in deselecting students for any/all test items.

Students trained to assist will free the instructor to observe and note the technical quality of students' movement during testing. Videotaping the test and prep training is another efficient means of feedback. Teachers should study each test and develop training methods/cues to improve student performance. Adequate student training and practice time are critical. Develop your norms internally. **Marine Recruiting Command has volunteered to assist when possible. Special thanks to them.**

High school	ZigZag run Min/sec to .001	1 mile walk/jog/run Min/sec to .001	Static ½ push up Min/sec to .001	Hanging bar touch repetitions	Bear crawl Min/sec to .001	Pull-up Repetitions
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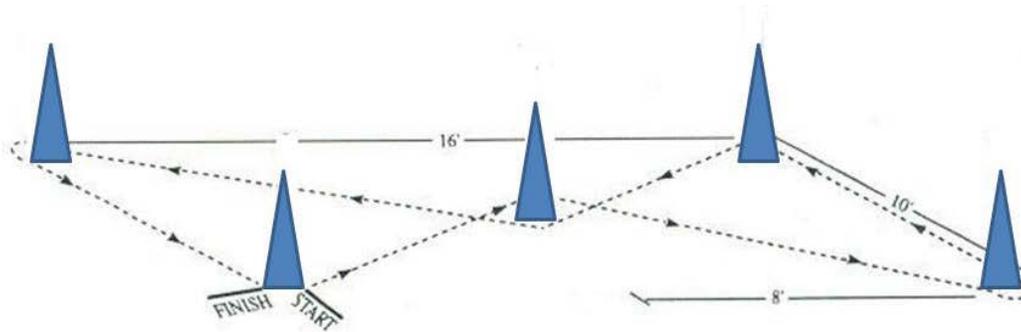


1. ZigZag Run

Equipment – Stop watches and 5 cones per lane

Example Video: http://youtu.be/x_sgtj8RpSw

1. Stand behind starting line.
2. On signal “**Ready, Go,**” run two laps of the course.
3. Failure to run the course properly or touching a cone requires a restart.



2. 1 Mile Walk/Jog/Run

Equipment – Stop watches

1. Stand behind starting line.
2. On signal “**Ready, Go,**” walk/jog/run 1 mile.
3. Move quickly and efficiently.

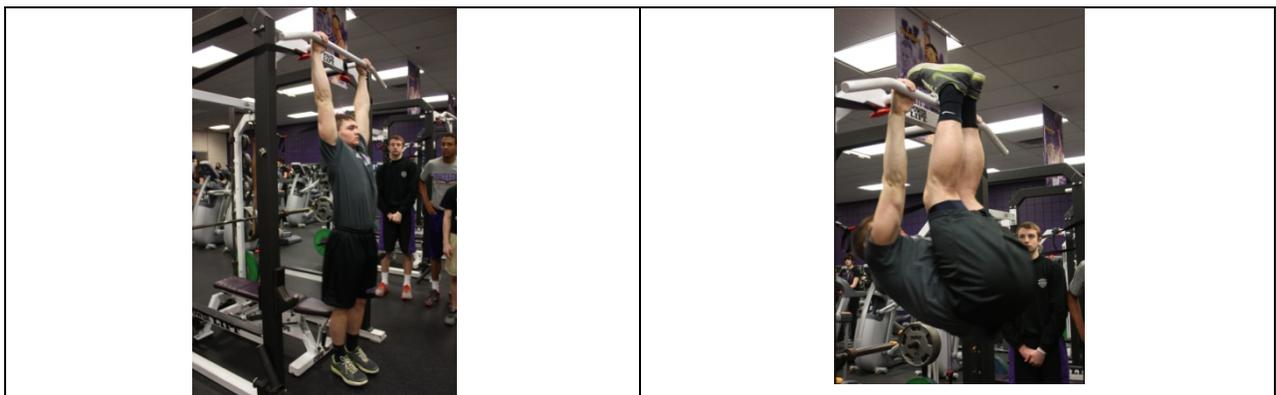


3. Static Half Push Up

Equipment – Stop watches

Example Video: <http://youtu.be/d3rH0YFVIZM>

1. Assume the prone front leaning rest on the ground with feet together, hands shoulder distance, and arms perpendicular to the ground.
2. On command “**Begin,**” execute a static half pushup keeping body straight and upper arms to parallel to the ground. Lower arms are approximately perpendicular to the ground. Only hands and feet touching the ground. When static position is correct, grader will say “**Go**” and begin timing. See video clips for more details.
3. Hold position until failure. At the moment the position deviates from the standard, grader stops timing with command “**stop.**”

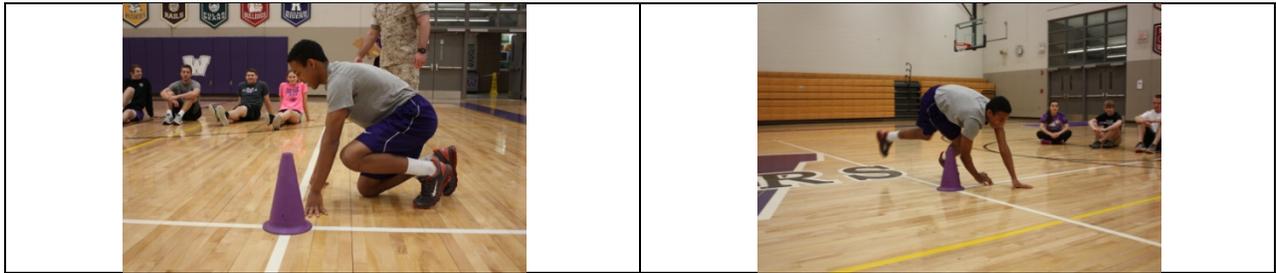


4. Hanging bar touch

Equipment – 1.5 inch High Bar

Example Video: <http://youtu.be/M5nAhKWgZ8A>

1. Hang from bar with arms straight, palms forward at approximately shoulder distance, and legs pointing downward.
2. Bring legs up together until both feet or shins touch bar.
3. Return to starting position. Repeat until failure. Rest if needed in hanging position. Only complete reps count. No kicking allowed. Movements must be smooth and controlled, with legs no more than shoulder distance. Each repetition is one point.

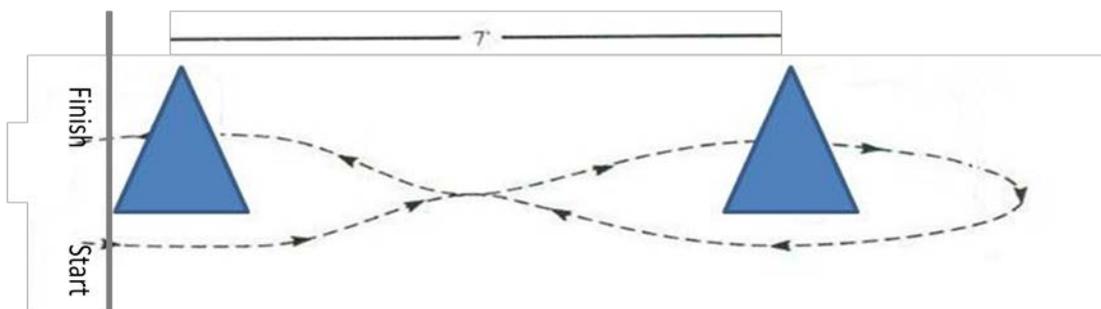


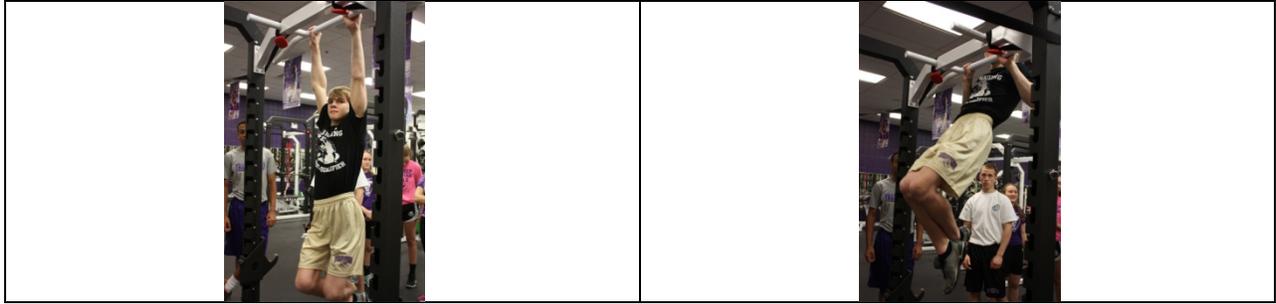
5. Bear Crawl

Equipment – Stop watches and two cones per lane

Example Video: <http://youtu.be/Stk9wEkRJEI>

1. Take a position behind the starting line with your hands and feet on the ground.
2. On signal “Ready, Go,” complete **two figure 8’s** following the prescribed. Touching a cone costs 1 second per fault. Touching a cone or any other failure to run the correct route requires a restart.
3. Move quickly but efficiently.





6. Pull Up

Equipment – 1.5 inch high bar

Example Video: <http://youtu.be/WDqB2PBiCWw>

1. Hang from bar with arms straight and palms facing forward. Legs can be bent rearward at knees.
2. From a dead hang, execute a pull-up until chin is above the bar and return to starting position.
3. Complete as many pull-ups as possible. Only complete pull-ups are counted.

For more information about these tests, contact Ed Thomas, Ed.D. at ed.thomas@iowa.gov.