

**HEALTHY EUROPEANS ON THE MOVE
FITNESS TEST**

CHECK YOURSELF! GOOD LUCK :)

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(student's name/ class)

#	EXERCISE	I/10/2020	II/05/2021	III/05/2022
1	60 m run			
2	long jump from a place			
3	throwing the medicine ball (1 kg)			
4	skipping the rope (legs together) / 1 min			
5	jumping jacks / 1 min			
6	pulling knees to the chest while lying on the floor / 1 min			
7	squats / 1 min			
8	push ups / 1 min			
9	burpees / 1 min			
10	bouncing the basketball / 1 min			
11	bouncing volleyball over the head / 1 min			
12	bouncing the ball with a table tennis racket / 1 min			
13	throwing the „ball” into the goal / 5 attempts			
14	somersault	can / can't	can / can't	can / can't
15	reverse somersault	can / can't	can / can't	can / can't

TEACHER'S NOTES:

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(date / P.E. teacher's signature)