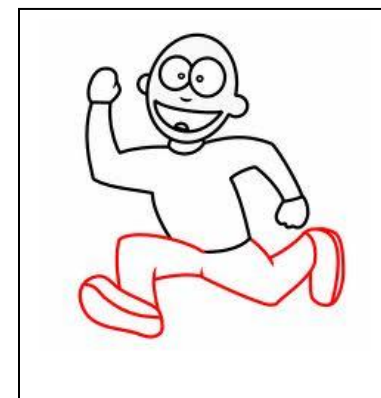




Fitness Training

Pupil Record Card



Name _____

Date					
1. Speed Bounce					
2. Step Ups					
3. Shuttle Runs					
4. Sit Ups					
5. Squats					
6. Spotty Dogs					
7. Star Jumps					
8. Beanbag/Can Hold					
9. Throw for Accuracy					
10. Ball head, shoulders, knees and toes.					
11. Ball Catch					
Total Score					

