[](https://www.google.es/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjVyMGHoMPWAhUHXRoKHeG-BWEQjRwIBw&url=http://www.nova-learning.com/courses/microsoft/server/70-410-installing-configuring-windows-server-2012/&psig=AFQjCNH2r_MH_gS4TdnZ3LKr0IeoOfO2JA&ust=1506528980633233)[](https://www.google.es/imgres?imgurl=https://jvn2k07.files.wordpress.com/2016/11/do-now-d-people-man-person-clock-text-32135705.jpg&imgrefurl=https://jvn2k07.wordpress.com/2016/11/page/4/&docid=j732oz42JrpgkM&tbnid=_73_pE0iY0UvfM:&vet=10ahUKEwi46-CrmcPWAhUMORoKHZWHDWA49AMQMwguKCwwLA..i&w=1300&h=1226&bih=815&biw=1708&q=stopwatch%20funny&ved=0ahUKEwi46-CrmcPWAhUMORoKHZWHDWA49AMQMwguKCwwLA&iact=mrc&uact=8)PHYSICAL FITNESS TESTS

FINAL ASSESSMENT

Name and surname:

Grade:

Write down your marks to remember them. This way you can check your improvements at any time

Escribe tus marcas para recordarlas. De esta manera puedes comprobar tus mejoras en cualquier momento

|  |  |  |  |
| --- | --- | --- | --- |
| **ABDOMINALS**  ABDOMINALES | **SIT AND REACH-FLEXIBILITY**  FLEXIBILIDAD EN BANCO SUECO | **50 METRES SPRINT-VELOCITY**  VELOCIDAD – 50 METROS  [Resultado de imagen de 50 metres sprint test](https://www.google.es/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwj4i-qdnMPWAhVHahoKHW-fAGIQjRwIBw&url=https://www.youtube.com/watch?v=C8r-UhjuI2k&psig=AFQjCNHQAFaVwsS1EoLgb_zj2H9Shobjug&ust=1506527867050238) | |
| [Resultado de imagen de abdominals](https://www.google.es/imgres?imgurl=http://www.thehealthsite.com/wp-content/uploads/2014/01/abdominal-crunches.jpg&imgrefurl=http://www.thehealthsite.com/fitness/abdominal-crunches-for-losing-belly-fat-learn-the-right-way-to-do-them-k114/&docid=gDtUvyUnNXDF0M&tbnid=uno16gBq2kpUsM:&vet=10ahUKEwj839nRmsPWAhWCthoKHZWcD2E4kAMQMwgeKBswGw..i&w=620&h=330&bih=815&biw=1708&q=abdominals&ved=0ahUKEwj839nRmsPWAhWCthoKHZWcD2E4kAMQMwgeKBswGw&iact=mrc&uact=8) | [Resultado de imagen de sit and reach test](https://www.google.es/imgres?imgurl=http://www.my-personaltrainer.it/sit_and_reach_test_sitandreach.jpg&imgrefurl=http://www.my-personaltrainer.it/sit_and_reach_test.htm&docid=l2EWbgDtmvEaEM&tbnid=ihbSfruwI9HBCM:&vet=10ahUKEwioocKim8PWAhWHPBoKHWKcDGEQMwhJKBkwGQ..i&w=480&h=224&bih=815&biw=1708&q=sit%20and%20reach%20test&ved=0ahUKEwioocKim8PWAhWHPBoKHWKcDGEQMwhJKBkwGQ&iact=mrc&uact=8) |
| **LENGTH JUMP-FEET TOGETHER**  SALTO LONGITUD-PIES JUNTOS | **MEDICINE BALL THROW-STRENGTH**  LANZAMIENTO BALÓN MEDICINAL-FUERZA | | **AEROBIC ENDURANCE**  RESISTENCIA AERÓBICA |
| [Resultado de imagen de salto longitud pies juntos](https://www.google.es/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwimhZSPnsPWAhWD2RoKHZy6DF0QjRwIBw&url=https://www.youtube.com/watch?v=jQ8viLDHWBQ&psig=AFQjCNHj473vkBcliH9rAl5OgI-hdvL7ag&ust=1506528388973384) | [Resultado de imagen de medicine ball chest throw](https://www.google.es/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiezrbWnsPWAhWLvRoKHeYADGIQjRwIBw&url=http://workoutlabs.com/exercise-guide/medicine-ball-chest-pass/&psig=AFQjCNEdAbq6YpIIdsRCJHOG9pgCVSEcNg&ust=1506528597076062) | | [Resultado de imagen de girls and boys running drawing](https://www.google.es/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwipo-3Kn8PWAhXIPxoKHbsSAG4QjRwIBw&url=http://wikiclipart.com/girl-running-clipart_31602/&psig=AFQjCNH9F-wNA8YPKVuCZyQ8gvBZgD6sEA&ust=1506528866992914) |