



Results report sheet

Surname : _____ Name : _____
 Female/Male _____ Establishment : _____ Class : _____
 Date of birth : _____ Place of birth : _____
 Height : _____ Weight : _____
 Sports practiced at Club ou Sports Asso : _____
 If not practiced : Don't want No time expensive too far others

Test n°1 : Endurance (Round trip over 20m for 3min)

Counts											
Number A/ R	1	2	3	4	5	6	7	8	9	10	11
Distance (m)	40	80	120	160	200	240	280	320	360	400	440

Counts											
Number A/ R	12	13	14	15	16	17	18	19	20	21	22
Distance (m)	480	520	560	600	640	680	720	760	800	840	880

Test n°2: Coordination-endurance (cross test)

Number of repetitions : _____

Test n°3: Coordination (5 hopping strides)

Length of the 5 strides (in cm): _____

Test n°4 : Speed force (long jump)

Length of the jump (in cm): _____

Test n°5: Endurance-strength (5 long jumps, feet together)

Length of the 5 jumps (in cm): _____

Test n°6: Speed-coordination (running 4 times 10m)

Realized time (in s) : _____

Test n°7: Speed (30m race)

Realized time (in s) : _____

Test n°8: Arm strength (pumps with knees on the ground)

Number of pumps produced : _____

Test n°9: Flexibility of the legs-trunks (1,2,3,3,4,or5): _____