









Physical Fitness Testing Methods and Notices




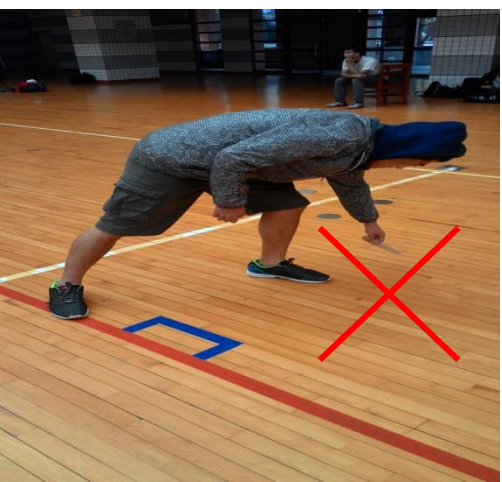
- Explosive Power: The tested physical capacity is doing Standing Long Jump in accordance with the standards of the physical fitness testing methods announced by Ministry of Education. Each student can try twice and record the longest jumping distance in units of centimeters. If a student fails twice, the score of this item is 0.

Correct Action	Correct Action
	
Both legs landing at the same time	Bend knees and jump with both legs at the same time
Incorrect Action	Incorrect Action
	
Do not land on a single leg	Do not jump with only one leg

2. Muscular Endurance: The tested physical capacity is doing one minute of Sit-ups in accordance with the standards of physical fitness testing methods announced by Ministry of Education. Record the number of sit-ups student finished in one minute. No score will be counted if students do not maintain correct action during this test.

Correct Action	Correct Action
	
<p>Use abdominal muscle contractions to sit up and touch thighs with elbows</p>	<p>Lie face up on a cushion or floor; cross hands in front of chest and place palms on shoulders; bend knees</p>
Incorrect Action	Incorrect Action
	
<p>Do not straighten knees</p>	<p>Do not put hands behind head</p>

3. 9M Shuttle run: The tested physical capacity is carried out in accordance with the standards of physical fitness testing methods announced by Ministry of Education. Students should hold one wooden stick with another wooden stick at the starting point. Dash when the whistle is blown and put the wooden stick in the designated place (a 15*30cm square); run back to the starting point and grab the other wooden stick and run to put it in the designated place; run back past the starting (finish) line and check the time. (4 shuttles in total)

Correct Action	Correct Action
	
<p>Holds a wooden stick in your hand, with another wooden stick at the starting point</p>	<p>Put it inside the square</p>
Incorrect Action	Incorrect Action
	
<p>Do not throw the stick into the square</p>	<p>If the stick is outside the square, the time used to put it in the square will be counted</p>