|  |  |
| --- | --- |
| **Child data** |  |
| First Name | Last Name | Birth date | Gender  |
|  |  |  |  |
| **Antropometrics** |  |
| Body Length | Value between 50 and 250 | cm |
| Body Weight | Value between 10 and 200 | kg |
| **Coordination** |  |
| Balance Beam | Value between 0 and 8 |

|  |  |  |
| --- | --- | --- |
| # | # | # |
| # | # | # |
| # | # | # |

 |
| Eye-hand Coordination | Value between 0 and 40 |

|  |  |
| --- | --- |
| # | # |

 |
| Jumping Sideways | Value between 5 and 70 |

|  |  |
| --- | --- |
| # | # |

 |
| Moving Sideways | Value between 5 and 60 |

|  |  |
| --- | --- |
| # | # |

 |
| Shuttle Throw Distance | Value between 0 and 9000 |

|  |  |  |
| --- | --- | --- |
| cm | cm | cm |
| cm | cm |  |

 |
| **Flexibility** |  |
| Shoulder Flexibility | Value between 0 and 150 | cm |
| Sit and Reach | Value between 0 and 50 | cm |
| **Strength** |  |
| Curl-ups | Value between 0 and 75 | # |
| Knee Push-Ups | Value between 0 and 65 | # |
| Standing Broad Jump | Value between 0 and 350 |

|  |  |
| --- | --- |
| cm | cm |

 |
| **Speed** |  |
| Shuttle Run 10x5m | Value between 0 and 50 | s |
| **Endurance** |  |
| Endurance Shuttle Run | Value between 0 and 20 | min |