

Flexibility

Sit and Reach

BOYS SIT AND REACH

	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
AGE	1	2	3	4	5	6	7	8	9	10	11	12
ALL	>4	5	6	7	8	9	10	11	12	13	14	15+

GIRLS SIT AND REACH

	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
AGE	1	2	3	4	5	6	7	8	9	10	11	12
14	>6	7	8	9	10	11	12	13	14	15	16	17+
15-18	>8	9	10	11	12	13	14	15	16	17	18	19+

Test Objective: To be able to reach the specified distance on the right and left sides of the body. The distance required to meet the healthy fitness zone is adjusted for age and gender as shown above.

Test Description: The student removes his/her shoes and sits down at the test apparatus. One leg is fully extended with the foot flat against the face of the box. The other leg is bent at the knee with the sole of the foot flat on the floor. The instep is placed in line with, and 2 to 3 inches to the side of, the straight knee. The arms are extended forward over the measuring scale with the hands placed one on top of the other one. With palms down, the student reaches directly forward with both hands along the scale four times. On the fourth reach, hold the position for at least one second. After one side has been measured, legs are switched and student reaches again.

Scoring: Record the number of inches on each side to the nearest half-inch. Students can only go to a maximum of 12 inches on either side. Performance is limited to discourage hyper mobility. To be in the healthy fitness zone, the student should meet the standard on both the right and left sides.

Suggestions:

- *The bent knee moves to the side, allowing the body to move past it, but the sole of the foot must remain on the floor.
- *Keep the back straight and the head up during the forward flexion movement.
- *The knee of the extended leg should remain straight.
- *Hands should reach forward evenly
- *Hips remain square to box.