

# Sport-motor test – evaluation form

First name: \_\_\_\_\_

Family name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Class: \_\_\_\_\_

Teacher: \_\_\_\_\_

School: \_\_\_\_\_

Date: \_\_\_\_\_

Start number: \_\_\_\_\_



With the support of the  
Lifelong Learning Programme  
of the European Union

Test no.	Test name		
1	20-metre sprint	Time [seconds] with a precision of 1/100 second	
		1 <sup>st</sup> trial	2 <sup>nd</sup> trial
2	Bounce a ball	Overall score	
3	Throwing	1 <sup>st</sup> attempt	
		2 <sup>nd</sup> attempt	
		3 <sup>rd</sup> attempt	
		4 <sup>th</sup> attempt	
		5 <sup>th</sup> attempt	
		Overall score	
4	Forward bench	Plus/minus [cm]	
5	High jump	Difference [cm]	
6	Hanging on wall bars	Time [seconds]	
7	Six-minute-run	Amount of laps	