ACTIVE

Skill Related	Agility	Curl ups	Plank	Height
Cardiovascular Endurance	Sit and Reach	Muscular Strength	Balance	Physical Education (PE)
Reaction Time	Speed	**FREE**	Body Composition	Health Related
Healthy Fitness Zone (HFZ)	Power	Heart Rate/Pulse	Flexibility	Muscular Endurance
Fitness Components	Body Mass Index (BMI)	Pacer	Weight	Coordination

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ACTIVE

Speed	Balance	Plank	Cardiovascular Endurance	Muscular Strength
Curl ups	Weight	Height	Body Mass Index (BMI)	Physical Education (PE)
Healthy Fitness Zone (HFZ)	Body Composition	**FREE**	Health Related	Agility
Flexibility	Pacer	Skill Related	Coordination	Power
Heart Rate/Pulse	Muscular Endurance	Reaction Time	Sit and Reach	Fitness Components

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ACTIVE

Body Mass Index (BMI)	Pacer	Balance	Muscular Endurance	Body Composition
Skill Related	Healthy Fitness Zone (HFZ)	Heart Rate/Pulse	Sit and Reach	Height
Reaction Time	Coordination	**FREE**	Power	Flexibility
Speed	Physical Education (PE)	Plank	Weight	Curl ups
Health Related	Agility	Muscular Strength	Cardiovascular Endurance	Fitness Components

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