**Lancaster Physical Education**

**Fitness Assessment K-12**

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| **Testing Category** | **National Standards Alignment** | **NYS Alignment** |
| 1. Cardiorespiratory Endurance |  |  |
| 1. Upper Body Strength |  |  |
| 1. Lower Body Strength |  |  |
| 1. Core Strength |  |  |
| 1. Flexibility |  |  |