

# *Sierra High School*



Physical Education Department  
Honor Cord Application

Deadline: Application and Fitness Test completed by **April 17<sup>th</sup> @ 4:00pm**

**Student name (print):** \_\_\_\_\_

**Requirements:**

*Verification Signatures*

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| 1. 7 (seven) Semesters of “A” in P.E. without a U                              |  |
| 2. Unofficial Transcript “attached”  |  |
| 3. Minimum 4 semesters at Sierra High  |  |
| 4. 2- Teacher Recommendations  |  |
| 5. Participate in 2 sports at Sierra (1 being varsity)                         |  |
| 6. No “U’s” in citizenship any semester in P.E.                                |  |
| 7. Pass Sierra fitness test senior year or<br>Participate in Fittest on Campus |  |

<i>Female</i>	<i>45 Sit-ups in One minute</i>	<i>25 Push-ups To parallel</i>	<i>Mile Run 7:30 or less</i>	<i>Pull-ups – 5 Green band</i>
<i>Signature/Date</i>				

<i>Male</i>	<i>55 Sit-ups in One minute</i>	<i>45 Push-ups To parallel</i>	<i>Mile Run 6:30 or less</i>	<i>Pull-ups- 10 consecutively</i>
<i>Signature/ Date</i>				