Sierra High School



Physical Education Department
Honor Cord Application

Deadline: Application and Fitness Test completed by **April 17st @ 4:00pm**

Student name (print): _____

Requirements: ***Verification Signatures***

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 Participate in Fittest on Campus _____

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

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