|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Gegevens kind** | | | |  | |
| Voornaam | Naam | | Geboortedatum | Geslacht | |
|  |  | |  |  | |
| **Anthropometrie** | | | |  | |
| Lichaamslengte | | Waarde tussen 50 and 250 | | cm | |
| Lichaamsgewicht | | Waarde tussen 10 and 200 | | kg | |
| **Coordinatie** | | | |  | |
| Balance Beam | | Waarde tussen 0 and 8 | | |  |  |  | | --- | --- | --- | | # | # | # | | # | # | # | | # | # | # | | |
| Oog-hand coördinatie | | Waarde tussen 0 and 40 | | |  |  | | --- | --- | | # | # | | |
| Zijwaarts springen | | Waarde tussen 5 and 70 | | |  |  | | --- | --- | | # | # | | |
| Zijwaarts verplaatsen plankjes | | Waarde tussen 5 and 60 | | |  |  | | --- | --- | | # | # | | |
| Shuttle Throw Afstand | | Waarde tussen 0 and 9000 | | |  |  |  | | --- | --- | --- | | cm | cm | cm | | cm | cm |  | | |
| **Lenigheid** | | | |  | |
| Schouderlenigheid | | Waarde tussen 0 and 150 | | cm | |
| Sit and Reach | | Waarde tussen 0 and 50 | | cm | |
| **Kracht** | | | |  | |
| Curl-ups | | Waarde tussen 0 and 75 | | # | |
| Knee Push-Ups | | Waarde tussen 0 and 65 | | # | |
| Staande vertesprong | | Waarde tussen 0 and 350 | | |  |  | | --- | --- | | cm | cm | | |
| **Snelheid** | | | | |  |
| Shuttle Run 10x5m | | Waarde tussen 0 and 50 | | | s |
| **Uithouding** | | | | |  |
| Endurance Shuttle Run | | Waarde tussen 0 and 20 | | | min |