



Army Physical Fitness Test Scorecard

For use of this form, see FM 21-20: the preparation agency TRADOC

NAME (LAST, FIRST MIDDLE)

SSN

GENDER

UNIT



TEST ONE



TEST TWO

TEST THREE

TEST FOUR

TEST ONE		TEST TWO		TEST THREE		TEST FOUR	
DATE	GRADE	DATE	GRADE	DATE	GRADE	DATE	GRADE
HEIGHT IN INCHES	HEIGHT IN INCHES	HEIGHT IN INCHES	HEIGHT IN INCHES	HEIGHT IN INCHES	HEIGHT IN INCHES	HEIGHT IN INCHES	HEIGHT IN INCHES
	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO	WEIGHT: <input type="checkbox"/> GO / <input type="checkbox"/> NO-GO
PU RAW SCORE	BODY COMPOSITION	BODY COMPOSITION	BODY COMPOSITION	BODY COMPOSITION	BODY COMPOSITION	BODY COMPOSITION	BODY COMPOSITION
	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS	POINTS
INITIALS	INITIALS	INITIALS	INITIALS	INITIALS	INITIALS	INITIALS	INITIALS
SU RAW SCORE	SU RAW SCORE	SU RAW SCORE	SU RAW SCORE	SU RAW SCORE	SU RAW SCORE	SU RAW SCORE	SU RAW SCORE
2M RAW SCORE	2M RAW SCORE	2M RAW SCORE	2M RAW SCORE	2M RAW SCORE	2M RAW SCORE	2M RAW SCORE	2M RAW SCORE
ALTERNATE EVENT	ALTERNATE EVENT	ALTERNATE EVENT	ALTERNATE EVENT	ALTERNATE EVENT	ALTERNATE EVENT	ALTERNATE EVENT	ALTERNATE EVENT
	TIME	TIME	TIME	TIME	TIME	TIME	TIME
GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>	GO <input type="checkbox"/> NO-GO <input type="checkbox"/>
NCO/IC SIGNATURE		NCO/IC SIGNATURE		NCO/IC SIGNATURE		NCO/IC SIGNATURE	
TOTAL POINTS		TOTAL POINTS		TOTAL POINTS		TOTAL POINTS	
COMMENTS		COMMENTS		COMMENTS		COMMENTS	

SPECIAL INSTRUCTION: USE INK.
LEGEND: PU - PUSHUPS 2M - 2 MILE RUN
 SU - SIT UPS APFT - ARMY PHYSICAL FITNESS TEST

<http://www.apftcalculator.com/>

Data Required by the Privacy Act of 1974
 Individuals not providing information cannot be tested. The principal purpose and routine use of this information are to maintain a record of individual scores on physical fitness events.

Private _____, Where is your Ticket Out the Door??

Essential Question of the Day: I Can Cite Evidence to Determine How Boot Camp Integrates a Human Individual into Part of a Military System.

Soldier's Mission: Identify the top 3 difficulties you personally would experience as a Soldier Experiencing Boot Camp for the 1st time.

According to the Primary Sources Identify and Explain why =the process of boot camp is an effective way to Integrate an Individual into the Military System.

“Unit I: From World War I through the Rise of Dictators”

Mr. Meetze

WWII

Are You Ready?? Let's Go to Camp...Boot Camp

As a private in the U.S infantry you will first need to complete 8-12 weeks of basic training to be able to deal with conflicts in the field. The U.S. army wants you to be all you can be both mentally and physically. Be sure to complete all tasks or you will be awarded extra P.T. (Physical Training) Good Luck Soldier!!!

Station #1: Marching Cadence

You and your group will practice the four marching cadence 2 times (be prepared to repeat the chant in class sometime really soon Hint, Hint!) Upon completing the cadence answer and discuss the following questions

1. What is the significance of using a marching cadence for all US armed forces?
2. What values are reinforced during this time?
3. Do you think marching cadence is outdated? Why or why not (Explain with Depth)

Everywhere I Go

Everywhere I go
There's a Black hat there
Everywhere I go
There's a Black hat there
Black hat
Black hat
Why don't you leave me alone
And let me go back home

*(sub the next verses for
"Everywhere I go")*

When I eat my chow...
When I comb my hair...
When I brush my teeth...
When I get my shots...
When I do PT...
When I see my girl...
When I get out of bed...
On an FTX...

Pebbles and Bam Bam

Pebbles and Bam-Bam on a Friday night
Trying to get to heaven on a paper kite
Lighting struck (Boom) and down they fell (Ahhh)
Instead of getting to heaven, they went straight to hell

Dino the dog (Ruff Ruff) was on the bone (Chomp Chomp)
While Fred and Barney rock the microphone
There was nothing that Fred or Barney could do
'cept sing "Yabba daba daba daba daaaaaba do!"



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Mr. Meetze

WWII

Station # 2: The Phonetic Alphabet

The U.S. armed forces use this alphabet for everything you can imagine. Use the context clues to complete the following chart. I decided to be nice and give you the word for A (Alpha). The rest you must use the clue to figure the rest of the alphabet. Good Luck!!!

A	(Example) Alpha	B	Good Job
C	Not Chuck but	D	Mouth of a River
E	Did you hear that? Did you hear that? Did you hear that?	F	A Lame dance (-)
G	Tiger Woods	H	Motel, , Holiday Inn (Sugar Hill Gang Song)
I	County in Asia	J	Said, “ Oh _____ where Art thou?”
K	_____gram	L	Capitol of Peru
M	Mr. _____Meetze	N	Month
O	What Actors win	P	Your Dad
Q	Part of Canada	R	Better half of Letter J
S	_____mist	T	Another Dance
U	What you would wear in army	V	A Man’s Name, also a win
W	Drink	X	Superman can do this
Y	My favorite baseball team	Z	Tribe in Africa, whipped the British

Discussion Questions:

1. In your own opinion why does the Military Use the Phonetic Alphabet and for what purposes would this be advantageous?

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Mr. Meetze

WWII

Station #3: Military Times

The U.S. army has its own form of telling time. We will also use military time in class for sign out sheets, passes, and reporting for duty as well. Read the chart and answer the following questions. Make sure you say the time out loud in addition to writing it down.

Questions:

1. What time does school begin?
2. What time does WWII class begin?
3. What time is your lunch?
4. What time did you go to bed last night?
5. Ask Your Partner to say what time is it now.

In your own opinion why does the U.S. military still use this time format? What are the advantages?

Civilian	Military Time
12:01am	0001
1:00 am	0100
2:00 am	0200
3:00 am	0300
4:00 am	0400
5:00 am	0500
6:00 am	0600
7:00 am	0700
8:00 am	0800
9:00 am	0900
10:00 am	1000
11:00 am	1100
12:00 pm	1200
(Noon)	
1:00 pm	1300
2:00 pm	1400
3:00 pm	1500
4:00 pm	1600
5:00 pm	1700
6:00 pm	1800
7:00 pm	1900
8:00 pm	2000
9:00 pm	2100
10:00 pm	2200
11:00 pm	2300
12:00 am	2400
(Midnight)	

Station #4: Military Patriotism

Members of the U.S. military are questioned on their patriotism and must recite numerous documents from memorization on command. Can your partner recite both the Star Spangled Banner and the Pledge of Alliance on a moment's notice?

Read the **Soldier Creed**

I am an American Soldier.

I am a Warrior and a member of a team. I serve the people of the United States and live the Army Values.

I will always place the mission first.

I will never accept defeat.

I will never quit.

I will never leave a fallen comrade.

I stand ready to deploy, engage, and destroy the enemies of the United States of America in close combat.

I am a guardian of freedom and the American way of life.

I am an American Soldier

1. What Values are depicted in the Soldiers Creed
2. Why might these Values be important to the military?

“Unit I: From World War I through the Rise of Dictators”

Mr. Meetze

WWII

Station # 5: Physical Training commonly known as ‘P.T.’

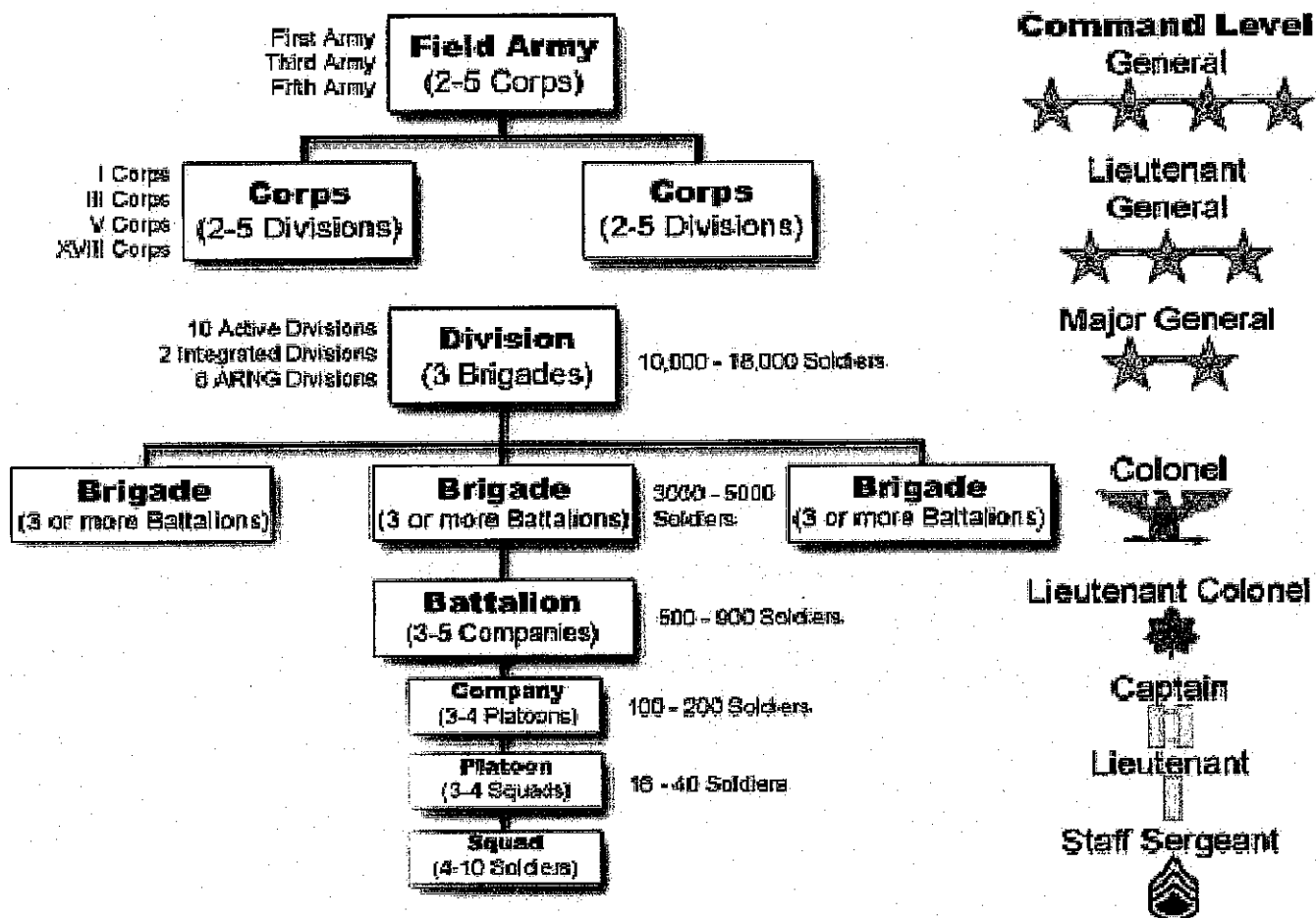
All members of the U.S. military routinely participate in P.T. training. Both males and females are required to complete minimum goals in the areas of pushups, sit-ups, and distance running. You and your partner will work in tandem as you take your first and only P.T. test of the year. Use the conversions charts in your Supplemental Packet to find your “grade”. Good Luck!!!

A. Number of Pushups in 2 minutes to achieve a grade of 100% _____ 65% _____

How Many Pushups can you do in 2 minutes _____ = _____ Your Grade

B. Time of 2 Mile Run to achieve a grade of 100% _____ 65% _____

How Fast can you run 2 Miles in _____ = _____ Your Grade



Station # 6: Command Structure and Military Ranks

While the U.S. army promotes its soldiers on the basis of ability, effort, and progress Officers must graduate school first and will never serve at the infantry level. Use the chart to determine the number of Soldiers each officer Commands.

19 Nov 2016



U.S. ARMY

UNITED STATES ARMY

Mr. Meetze

Hey Mr. Meetze, I'm sitting here in my barracks during my free time and wanted to write to you cause I know your going to be having a new WWII class come in soon. I wanted to write and give you a little insight on how modern basic training goes, well atleast for the first two weeks so far.

Day 0: You wake up in reception like normal at 0400 gather your duffle bag and belongings and wait outside after chow. I kid you not when I say that after chow you stood at attention for a good 4 hrs before your actual drill sergeants came to pick you up. We took a bus about a mile or two up the road to a parking lot where one DS (drill sergeant) got on the bus and told our 41 man platoon that we had 30 seconds, ha, as you were getting off you got sherk attacked by about three or four DS. The rest of the day was just getting ~~around~~ to know the place where we are going to be for the next 15 weeks.

Week 1: I can summarize this week into two words. "getting smoked" we had to do push ups for everything. That is no joke. There are alot of boring classes but its all stuff you need to know, and stuff on our weapons. Speaking of which since im a tanker my weapon is the M4 which is awesome, except for the fact that we have to have it on us 24/7 except for when we use the latrine, and yes you have to sleep with it tied to your leg because the DS try and take them during the nights at random.

19 Nov 2010



UNITED STATES ARMY

A common misconception about basic is that the food sucks, that is wrong for the most part the food is excellent if you have time to eat it, for most of the first week we weren't given much time to eat, like two minutes I think. Other than that stuff nothing really exciting happens the first week.

Week 2: Things start to get fun! In week two we get to take a 1-1-1 PT test for assessment which was cake because I had to pass a 2-2-2 PT test to get my rank (1-1-1 = 1 minute of Push Ups, Sit Ups, and 1 mile its the same for 2-2-2 except for its 2 minutes and 2 miles). During the later parts of the week we get to go to an obstacle course. As you walk through it, it seems really fun, and easy, man was I wrong. When we went by the time I got to the end I was gassed, but I made it through the whole thing! Then we as a company did a land navigation course, which they give you a map a compass and a map protractor and give you a sheet of paper that had four map coordinates and you had to go find the points in a four man squad and you had about 6 hrs, that was fun! Then we did a company team building exercise that was awesome, a bunch of obstacles that were challenging but fun. Then comes the worst part of the week, the gas chamber, we did that today. I can't describe how horrible that was, it was so bad on a scale of 1-10 it was a solid 10.