

# ***Performance Assessment Task***

## ***Unit 4: Wellness, Fitness, and First Aid***

### ***Cadet Challenge [U4C1L2]***

This performance assessment task gives you an opportunity to document your achievement of the lesson's competency:

#### **Meet the physical fitness standards for the Cadet Challenge**



#### **Directions**

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For this performance assessment task, you will exercise to improve your physical performance on the Cadet Challenge fitness standards. For this assessment you will:

1. Use Handout #1: The Health Fitness Award to fill in the blanks on the attached scoring guide for time/score that match your age and gender.
2. Use Exercise #1: Keeping Track of Your Progress on the Cadet Challenge to keep track of your progress as you train for the Cadet Challenge.
3. Use the attached scoring guide criteria for what you need to do to complete this task.
4. Submit your completed performance assessment task and scoring guide to your instructor for evaluation and a grade.

**RECOMMENDATION:** It is recommended that you add this performance assessment task to your Cadet Portfolio.

## ***Cadet Challenge Performance Assessment Task Scoring Guide***

<b><i>Criteria</i></b>	<b><i>Ratings</i></b>
1. You set accurate physical fitness goals for the Cadet Challenge	met      not met
2. You met the Cadet Challenge criteria for the one-mile run/walk of less than _____ minutes	met      not met
3. You met the Cadet Challenge criteria for the shuttle run of less than _____ minutes	met      not met
4. You met the Cadet Challenge criteria for pull-ups (or flexed-arm hang or right angle push-ups ) of _____	met      not met
5. You met the Cadet Challenge criteria for curl-ups (or partial curl-ups) of _____ in 60 seconds	met      not met
6. You met the Cadet Challenge criteria for the V-sit reach (or sit and reach) of at least _____ inches	met      not met

***Comments:***

***Name:*** \_\_\_\_\_ ***Date:*** \_\_\_\_\_

***Evaluator's Signature:*** \_\_\_\_\_ ***Date:*** \_\_\_\_\_