

PE 7- Fitness Testing Unit

Fitness Testing Program

Fitnessgram

Timeframe

9/3/13	Begin the fitness testing pre-assessment
9/5/13	Continue pre-assessment
9/9/13	Finish pre-assessment
End of the 1 st quarter or beginning of 2 nd quarter	2 nd Assessment
End of Semester	Post-Assessment

**** We will complete the Fitnessgram Assessments three times throughout the semester with the post-test being at the end of the semester.**

Rationale

The principal mission of the Fitnessgram program is to promote lifelong physical fitness, physical activity, and other health-related behaviors. The primary goal of the program is to promote regular physical activity among all youth. Of particular importance is promoting activity patterns that lead to reduced health risk and improved health-related physical fitness. Fitnessgram is designed for all people regardless of their physical ability. They are intended to help ALL youth find some form of activity that they can do for a lifetime. Fitnessgram has as a goal helping young people to be active now, but a long term goal is to help them learn to do activities that they will continue to perform throughout their lives.

Content

The focus of this unit will be to test five of the six components of the Fitnessgram Assessment Program. Our district has opted out of testing body composition, therefore that component will not be tested. The five components that will be tested are aerobic capacity, abdominal strength and endurance, trunk strength and flexibility, upper body strength and endurance, and flexibility.

Standards and Benchmarks

Ohio Physical Education Assessments

- Standard 4: Achieves and maintains a health-enhancing level of physical fitness.
 - Benchmark A: Benchmark has not yet been completed by the state (**It is expected that the Fitnessgram Assessment will be the adopted physical fitness test**)
 - Benchmark B: Understand the principles, components, and practices of health-related physical fitness

Assessments

1. Pacer (assessment for aerobic capacity)
2. Curl-ups/Crunches (assessment for abdominal strength and endurance)
3. Trunk lift (assessment for trunk strength and flexibility)
4. Push ups (assessment for upper body strength and endurance)
5. Back saver sit and reach (assessment for flexibility)

Goals

1. I can perform a Pacer run within the Fitnessgram Health Fitness Zone. (Standard 4A)
2. I can perform crunches within the Fitnessgram Healthy Fitness Zone. (Standard 4A)
3. I can perform the trunk lift with the Fitnessgram Healthy Fitness Zone. (Standard 4A)
4. I can perform push ups within the Fitnessgram Healthy Fitness Zone. (Standard 4A)
5. I can perform the back saver sit and reach within the Fitnessgram Healthy Fitness Zone.
(Standard 4A)
6. I can understand principles, components and practices of health related physical fitness.
(Standard 4B)
7. I can begin to develop my personal fitness portfolio using my fitness assessment results.
(Standard 4B)