

EAST LOWER SCHOOL PHYSICAL EDUCATION

Unit: Fitness Testing

ESTABLISHED GOALS Standard 1: Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health. Standard 2: Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment. Standard 3: Students will understand and be able to manage their personal and community resources.	Transfer	
	They will demonstrate tenacity seeking skill development and refinement. They will think purposely when developing a plan for lifelong health and wellness, understanding the value of a physically active lifestyle and the implications of inactivity. They will advocate for themselves and others by seeking out opportunities in the community to be physically active with friends and family	
	Meaning	
	UNDERSTANDINGS <i>Students will understand that...</i> <ul style="list-style-type: none"> Regular physical activity improves cardiovascular strength and endurance, muscular strength and endurance, flexibility and BMI. Developing and maintaining a healthy balance of activity in all health related fitness components is important 	ESSENTIAL QUESTIONS <ul style="list-style-type: none"> How does self-assessment and goal setting affect your personal fitness goals? How does increased fitness levels impact health and well-being?
	Acquisition	
	<i>Students will know...</i> <ul style="list-style-type: none"> The Health-Related Fitness Components. Tests that measure fitness components Standards for healthy fitness levels 	<i>Students will be skilled at...</i> <ul style="list-style-type: none"> Procedures for administering tests Goal setting techniques
Evaluative Criteria	Assessment Evidence	
FITNESSGRAM <ul style="list-style-type: none"> Active Time Rubric Personal Social Responsibility Rubric Summative Skill Assessment 	PERFORMANCE TASK(S): <ul style="list-style-type: none"> PACER – Aerobic Capacity Curl-ups and Push-ups – Muscular Strength and Endurance Sit & Reach – Flexibility 	

Participation/Sportsmanship Goal Setting Sheet	<u>OTHER EVIDENCE:</u> <ul style="list-style-type: none"> • Daily grade based Active Time and Personal and Social Responsibility • Goal setting/reflective response on scores from fall and/or spring.
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Fitness Gram - Learning targets

I can determine my aerobic capacity as working towards, meeting or exceeding the healthy fitness zones by completing the Fitnessgram PACER test and recording my results.

I can determine my muscular strength and endurance levels as working towards, meeting or exceeding the healthy fitness zone by completing the curl-ups and push-ups Fitnessgram test and recording my results.

I can determine my flexibility as working towards, meeting or exceeding the healthy fitness zone by completing the Sit & reach Fitnessgram test and recording my results.

I can demonstrate tenacity during fitness testing, trying my personal best at each component by getting my heart rate to elevate, breathing to quicken and force my muscles to the maximum exertion.