

# Fitness Testing

## Unit Goals and Objectives

**4<sup>th</sup> Grade:** *Upon successful completion of this unit, students will:*

1. Perform as many sit-ups in one minute as individually possible.
2. Complete as many correct pushups as possible.
3. Perform as many pull-ups as possible.
4. Complete the mile run in as short a time as individually possible.

*4<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Physical and Personal Wellness:

1. Explain how the health related components of fitness affect performance when participating in physical activity
3. Recognize the benefits derived from regular, moderate, and vigorous physical activity

**5<sup>th</sup> Grade:** *Upon successful completion of this unit, students will:*

1. Perform as many sit-ups in one minute as individually possible.
2. Complete as many correct pushups as possible.
3. Perform as many pull-ups as possible.
4. Complete the mile run in as short a time as individually possible.

*5<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Physical and Personal Wellness:

1. Understand and apply basic principles of training to improving physical fitness
2. Demonstrate understanding of skill related components of fitness and how they affect physical performance

**6<sup>th</sup> Grade:** *Upon successful completion of this unit, students will:*

1. Perform as many sit-ups in one minute as individually possible.
2. Complete as many correct pushups as possible.
3. Perform as many pull-ups as possible.
4. Complete the mile run in as short a time as individually possible.

*6<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Movement Competence and Understanding:

3. Use information from a variety of resources to improve performance

Physical and Personal Wellness:

1. Set goals for improving health-related fitness
2. Demonstrate the ability to perform self-paced cardiovascular endurance activities

**7<sup>th</sup> Grade:** *Upon successful completion of this unit, students will:*

1. Perform as many sit-ups in one minute as individually possible.
2. Complete as many correct pushups as possible.
3. Perform as many pull-ups as possible.
4. Complete the mile run in as short a time as individually possible.
5. Perform a sit and reach flexibility test.

*7<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Movement Competence and Understanding:

1. Combine the critical elements of movement and skills concepts

**8<sup>th</sup> Grade:** *Upon successful completion of this unit, students will:*

1. Perform as many sit-ups in one minute as individually possible.
2. Complete as many correct pushups as possible.
3. Perform as many pull-ups as possible.
4. Complete the mile run in as short a time as individually possible.
5. Perform a sit and reach flexibility test

*8<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Physical and Personal Wellness:

1. Identify the personal, physiological, and fitness benefits of participating in a variety of physical activities
3. Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness

# Plyometrics Unit

## Goals and Objectives

**4<sup>th</sup> – 6<sup>th</sup> Grades:** *Upon successful completion of this unit, students will:*

1. Increase agility and fast twist muscle fibers and students.
2. Improve coordination through means of various large movement activities.
3. Improve all-around sports skills and core strength.
4. Be able to perform jumping, explosive movements, lunges, hopping, skipping, hurdling, sprinting.

*4<sup>th</sup> – 6<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Movement Competence and Understanding:

4<sup>th</sup> Grade

1. Identify the major characteristics of mature locomotor, nonlocomotor, manipulative, and rhythmic skills

5<sup>th</sup> Grade

1. Demonstrate mature form for all basic locomotor, nonlocomotor, manipulative, and rhythmic skills
2. Demonstrate understanding of how to combine and apply movement concepts and principles to learn and develop motor skills

Physical Wellness:

5<sup>th</sup> Grade

1. Understand and apply basic principles of training to improve physical fitness
2. Demonstrate understanding of skill-related components of fitness and how they affect physical performance

6<sup>th</sup> Grade

2. Demonstrate the ability to perform self-paced cardiovascular endurance activities

Prevention and Risk Management:

5<sup>th</sup> Grade

1. Understand and utilize safe and appropriate warm-up, pacing, and cool-down techniques for injury prevention and safe participation

**7<sup>th</sup> – 8<sup>th</sup> Grades:** *Upon successful completion of this unit, students will:*

1. Increase agility and fast twist muscle fibers and students.
2. Improve coordination through means of various large movement activities.
3. Improve all-around sports skills and core strength.
4. Be able to perform jumping, explosive movements, lunges, hopping, skipping, hurdling, sprinting.
5. Be able to sequence large muscle movements into coordinated movements.

*7<sup>th</sup> – 8<sup>th</sup> Grade Colorado Physical Education Standards Met:*

Movement Competence and Understanding:

7<sup>th</sup> Grade

1. Combine the critical elements of movement and skill concepts

8<sup>th</sup> Grade

1. Demonstrate knowledge of principles and concepts for effective rhythmic motor development

Physical and Personal Wellness:

3. Determine one's responsibility for developing skills, acquiring knowledge, and achieving fitness

Prevention and Risk Management:

7<sup>th</sup> Grade

1. Implement safety procedures in the utilization of space and equipment