

East
Grades 6-12 Physical Education

Fitness Testing Unit

Stage 1 Desired Results		
ESTABLISHED GOALS <ul style="list-style-type: none">• President’s Fitness Challenge Goals will increase from fall to spring.• Students will use proper goal setting techniques to achieve their desired level(s).	Transfer	
	<i>Students will be able to independently use their learning to implement a healthy and active lifestyle.</i>	
	Meaning	
	UNDERSTANDINGS <i>Students will understand that...</i> <ul style="list-style-type: none">• Increased physical activity will have positive effects on their health.• Heart health encompasses a wide variety of diseases.• Goal setting is a necessary component in achieving a high fitness level.	ESSENTIAL QUESTIONS <ul style="list-style-type: none">• How does improving cardiovascular endurance directly impact your overall health?• How are the Health-Related Fitness Components different from Skill-Related Fitness Components?
	Acquisition	
	<i>Students will know...</i> <ul style="list-style-type: none">• The Health-Related and Skill-Related Fitness Components.	<i>Students will be skilled at...</i> <ul style="list-style-type: none">• Procedures for administering tests• Goal setting techniques
Stage 2 - Evidence		
Evaluative Criteria	Assessment Evidence	
President’s Challenge Physical Fitness Test	PERFORMANCE TASK(S): <ul style="list-style-type: none">• PACER test• Sit and Reach• Curl Up test• Push Up test• Shuttle Run	
Participation/Sportsmanship	OTHER EVIDENCE: <ul style="list-style-type: none">• Daily grade based on effort, active participation, teamwork, and positive sportsmanship	
Goal Setting Sheet	<ul style="list-style-type: none">• Goal setting/reflective response on scores from fall and spring.	
Stage 3 – Learning Plan		
<i>Summary of Key Learning Events and Instruction</i> <ul style="list-style-type: none">• Health-Related Fitness Components (Cardiovascular endurance, muscular endurance, muscular strength, flexibility)• Skill-Related Fitness Components (Agility)• Individual Tests from the President’s Challenge Physical Fitness Test		