**Liberty Presidential Fitness Assessment (L.P.F.A.) Unit Organizer**

**4th – 6th Grade Wilcox/Reeves**

**Previous Unit Next Unit Continuous Unit**

Punt, Pass, & Kick Soccer Warm-up and Track

**Summary**

In this unit students will be introduced to a national fitness test used by Liberty Common P.E. Students will learn the tests, practice for the tests, and then participate in all five fitness tests. The five fitness tests consist of the mile run, shuttle run, pull-ups, sit-ups, and v-sit flexibility test. Based on student’s scores some will achieve high level fitness earning the National Award (at least 50th percentile national ranking in all five fitness areas) and some will earn elite fitness level with the Liberty Presidential Fitness Award (at least 80th percentile in all five fitness areas). Those that earn the L.P.F.A. will be recognized at the end of the year school wide award ceremony for excellence in P.E. and fitness.

**The Big Idea**

Students will put forth their best effort trying to achieve the highest level of fitness they can in all five fitness areas.

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

1B. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.

**Standard: 2. Physical and Personal Wellness in Physical Education**

2A. Participate regularly in physical activity.

2B. Achieve and maintain a health-enhancing level of physical fitness.

2E. Apply knowledge and skills related to health promotion, disease prevention, and health

maintenance.

**Colorado Physical Education State Standards - continued**

**Standard: 3. Emotional and Social Wellness in Physical Education**

3A. Utilize knowledge and skills to enhance mental, emotional, and social well-being.

3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard: 4. Prevention and Risk Management in Physical Education**

4C. Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury.

**Integrated Units/Activities – Similar ideas**

**Warm-up –** Cardiovascular training is the main focus during the beginning of class warm-ups.

**Track –** We work on muscular endurance, cardiovascular endurance, and speed/agility with fitness stations. These stations are used to help practice and prepare the students to achieve higher levels when testing our track and field events.

**Core Knowledge Language Arts - NA**

**Prior Knowledge**

Kindergarten – 3rd grade

K – Students practice the basic locomotor movements and play many cardio games. Within some games muscular endurance and core strength activities are incorporated. Students also practice some running techniques for short races and long races in preparing for our annual Olympic Day.

1st- 3rd – Students do daily warm-ups that work on cardiovascular endurance, muscular endurance, core strength and flexibility. Students also play games that incorporate locomotor movement patterns. Students also practice some running techniques for short races and long races in preparing for our annual Olympic Day.

**What they will learn in future grades?**

5th – 6th – Students continue to work on fitness during warm-ups. Some games are played in class that are fitness focused. Students also practice and learn skills/techniques more in depth during our track and field unit that will help them with their Presidential testing. Students in 6th grade also can compete on the school track and field team to help with their speed and strength.

7th – 8th – Students continue working on fitness during warm-ups, which are longer than in elementary school. Students play some fitness focused games. Students may take elective P.E. along with the required core P.E. Elective P.E. focuses on fitness and the muscular system. Students learn more in depth about cardiovascular endurance, muscular endurance, muscular strength and flexibility. Students not only learn about the five areas of fitness but have weekly quizzes/tests and fitness days working on cardio and weight lifting. Students may also participate on the school track and field team to help with their speed and strength.

9th-12th – Students may take P.E. as an elective. The elective class focuses on fitness. They dive deeper into fitness than the 7th and 8th grade classes. This class travels to the Fort Collins club where they work with weights, use cardio equipment, and participate in classes offered like spin classes and Yoga. Students also take weekly quizzes/tests in regards to their workouts, fitness, muscles, and bones.

**Core Knowledge Links- Connections to Core Knowledge in other classrooms** –

We talk to the kids about their heart, lungs (circulator system), and muscles and how each of these relate to each fitness test. Students learn what each test measures and how they can improve their cardio and muscular strength to help them with the test. We talk about the test at the beginning of year so that the students have a chance to work on the fitness area they may need help in on their own before we start this testing in October.

**Additional Resources**

L.P.F.A. national norms posters (50th percentile and 80th percentile scores male and female for each age group). Liberty male and female L.P.F.A. record sheets.

**Standards for Achievement**

**Student’s will-**

\*Understand what the L.P.F.A. means.

\*Understand and demonstrate the techniques/rules taught for running a shuttle run.

\*Understand and demonstrate the techniques/rules taught for running the mile.

\*Understand and demonstrate the techniques/rules taught for performing the most

pull-ups.

\*Understand and demonstrate the techniques/rules taught for getting their muscles as

warm and stretched out as they can before testing the v-sit.

\*Use integrity while performing their sit-up test and while counting for their partner’s

test.

\*Work safely for their own benefit as well as for their peers throughout the unit.

\*Be supportive and encourage their classmates throughout the testing.

**\*Will give their best effort on every test!**

**Types of Assessments**

\*Oral quiz. Teacher will make sure students understand each test 100% before the testing is started.

\*Students will help test each other for the sit-up test.

\*Teacher will test and record scores/times for each student with the mile run, shuttle run, pull-ups, and v-sit flexibility test.