

THE PACER

(Progressive Aerobic Cardiovascular Endurance Run)

Grades 3-5 The PACER is a cardiovascular assessment which helps to teach the children to pace themselves as they run and to increase and strengthen the following:

- 1.** To increase endurance or stamina
- 2.** To strengthen the heart
- 3.** To strengthen the lungs
- 4.** To provide practice for Middle School where students will run a mile and PACER in Physical Education multiple times each year.

The students run to a pace setting beep and must reach the end of the gym before the next beep sounds. As the test progresses, the beeps get closer together and students must keep a faster pace. There's a total of 14 levels with a total of 144 laps. Students are encouraged to complete the first one to two levels and have an opportunity to push themselves to do more if they choose.

Students are encouraged throughout the year to keep physically active by setting cardiovascular goals based around the PACER, which they work toward during the school year.

The assessment will be administered THREE times during the school year: October (baseline score), February and April. The teachers logs and tracks student data for all three testing periods allowing for instant feedback on their cardiovascular progress during the school year.

The 5th grade goal is that all students will improve their baseline score by 1-2 laps or reach their own set goal by the end of April each year.

The PACER Run aligns with the following Nationally recognized Physical Education Standards

Standard 1: Students will demonstrate competency in a variety of motor skills and movement patterns.

Standard 3: Students will demonstrate the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

Standard 4: Students will exhibit responsible personal and social behavior that respects self and others.

Standard 5: Students will recognize the value of physical activity for health, enjoyment, challenge, self-expression, and social interaction.

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