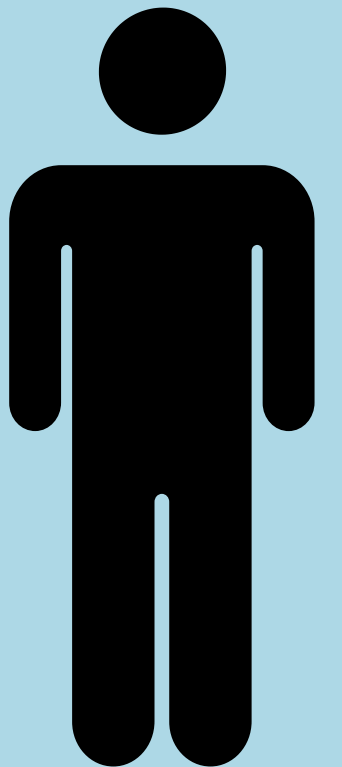
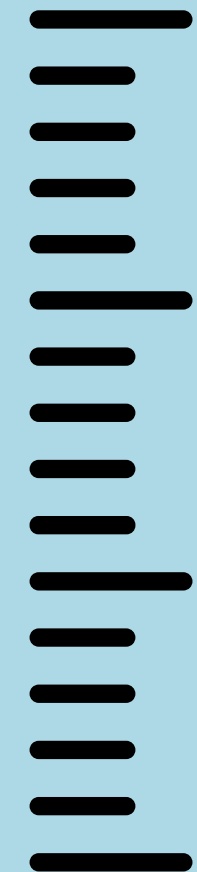
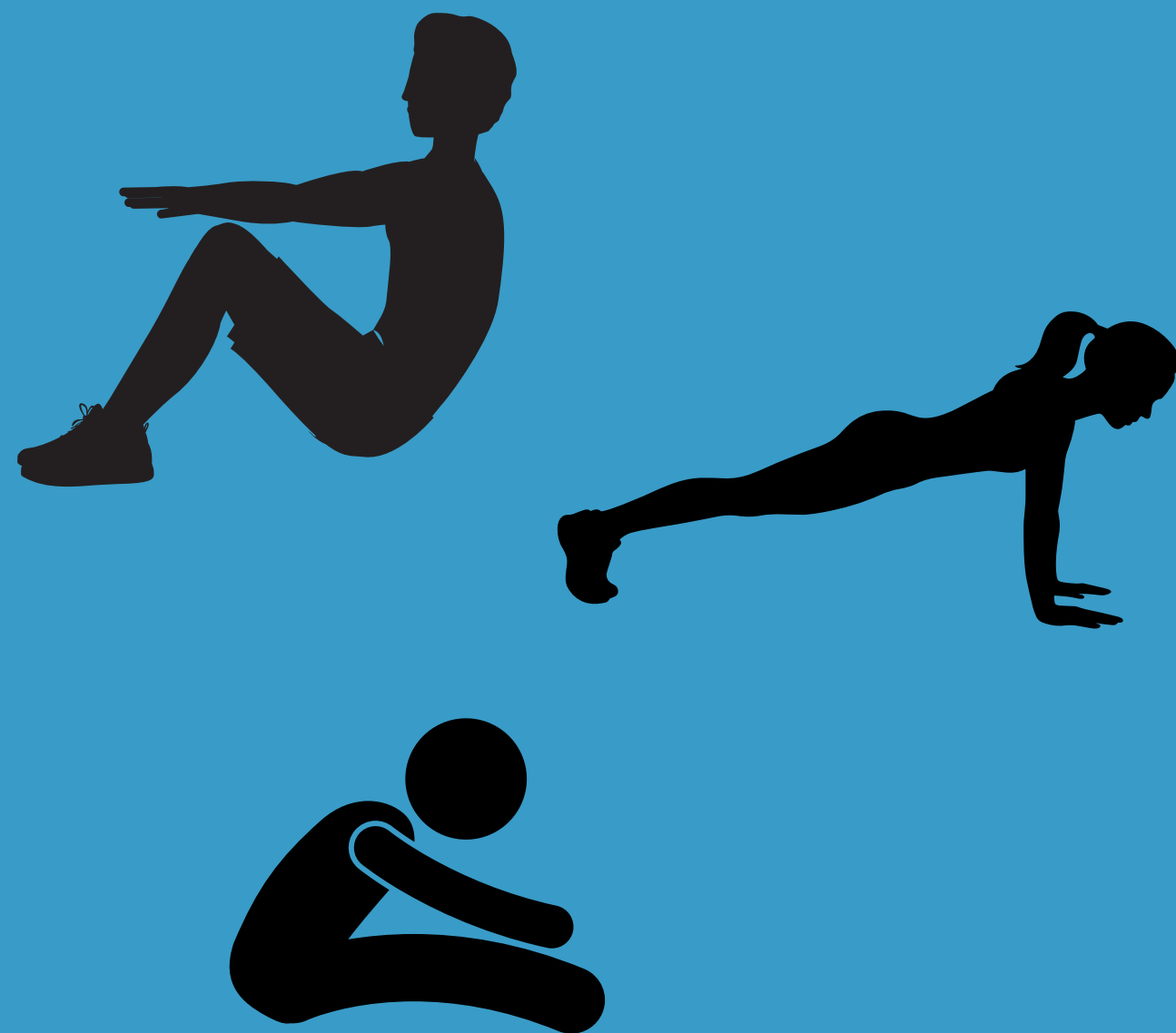


FITNESSGRAM

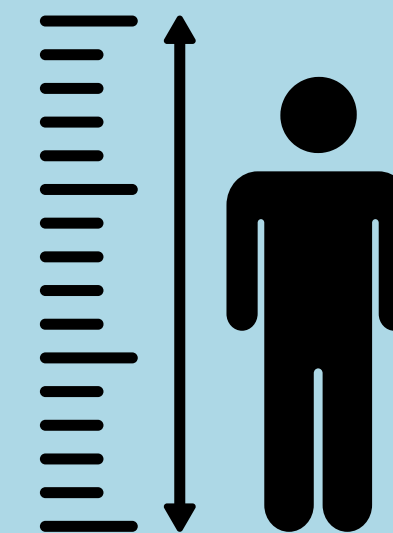
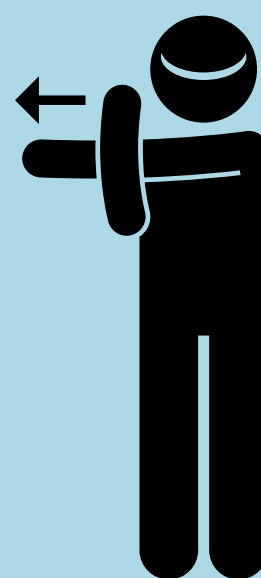


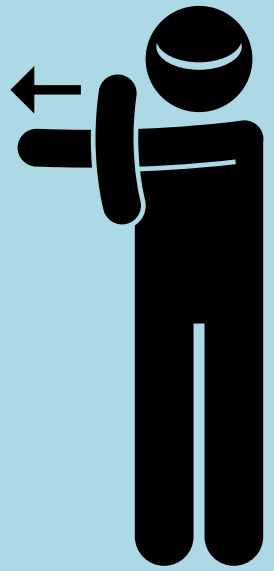
FITNESSGRAM ASSESSMENT COMPONENTS



This assessment will test the following Fitness Components:

- Shoulder Stretch (left and right arm)
- Sit and Reach (left and right leg)
- Pacer Test
- Trunk Lift
- Curl Ups
- Push Ups
- Height
- Weight





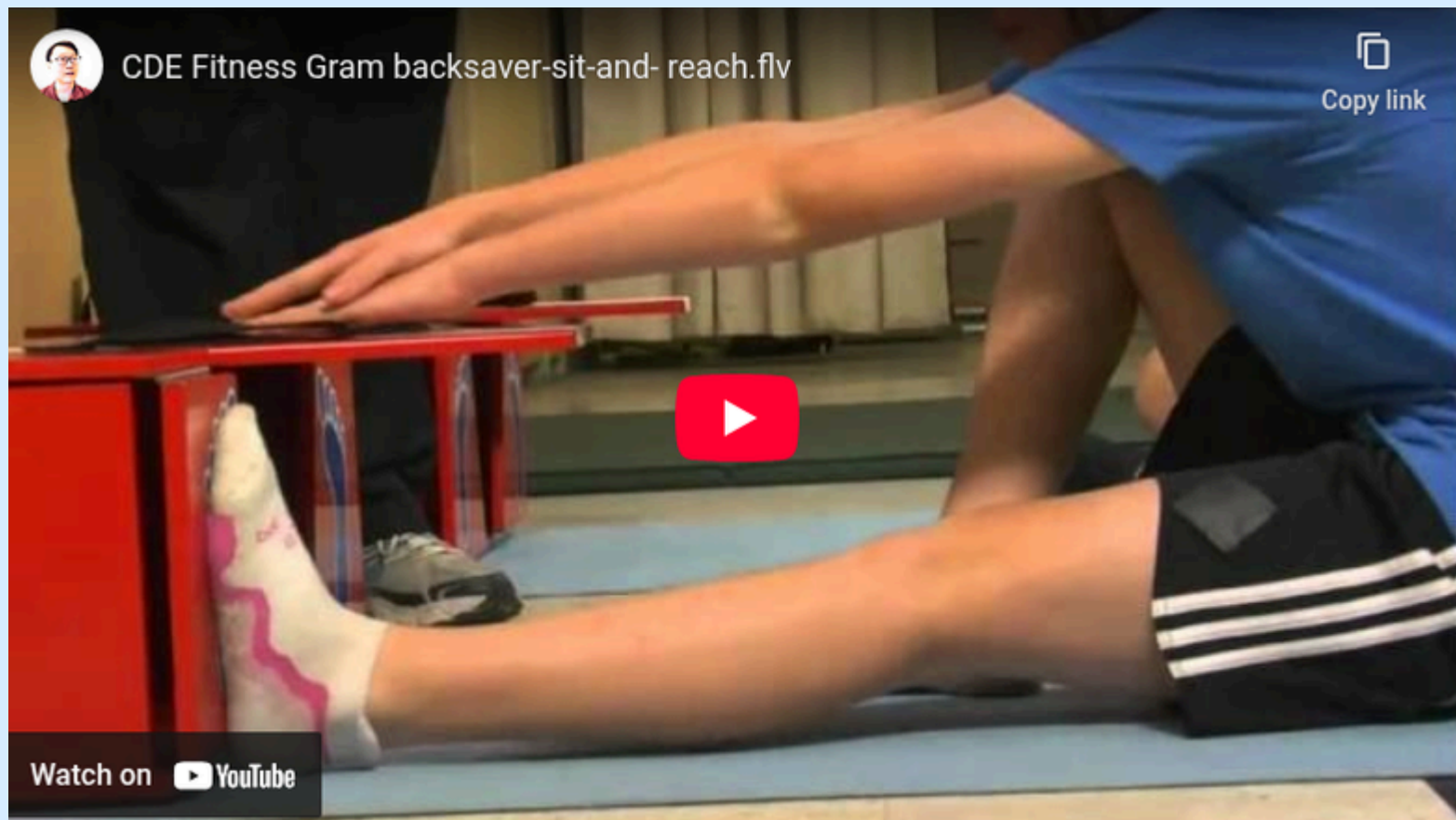
SHOULDER STRETCH

How to:

Facing away from your partner/adult try reaching behind your back and touch the fingers of your opposite hand



SIT AND REACH



- Students take off shoes and place the left foot against the box, right foot flat on the floor with the knee pointing up.
- Keeping the fingers even, the student reaches 1, 2 and 3, holding their reach the third time as far as they can on the ruler.
- This is then repeated for the right leg.



TRUNK LIFT

“

How to:

Student lies on their stomach with hands placed under their thighs. Keeping their feet on the floor and eyes looking down at a fixed object on the floor, the student smoothly arches their back up as far as they can to a position they can hold. Using a ruler, the adult will measure the distance from the students chin to the floor to determine their trunk extensor flexibility score.

”



PLEASE MAKE SURE:

- 1. TOES STAY POINTED AND IN CONTACT WITH THE FLOOR/MAT.**
- 2. EYES KEEP LOOKING AT THE MARKER WITH CHIN DOWN.**
- 3. LIFT THE UPPER BODY OFF THE FLOOR. KEEP EYES ON MARKER TO KEEP THE NECK AND SPINE STRAIGHT.**
- 4. HOLD POSITION UNTIL MEASUREMENT IS MADE.**

The objective of the PACER test (Progressive Aerobic Cardiovascular Endurance Run) is to:

✓ **Assess aerobic capacity and cardiovascular endurance.**

It is a multistage shuttle run where participants run back and forth across a 20-meter distance at progressively increasing speeds, following audio cues (beeps). The test continues until the participant can no longer keep up with the pace.

More Specifically, the PACER Test Aims to:

1. Measure VO_2 max (an estimate of the maximum oxygen uptake).
2. Evaluate fitness levels related to heart and lung health.
3. Track progress over time in endurance training programs.
4. Promote physical activity among students and athletes.



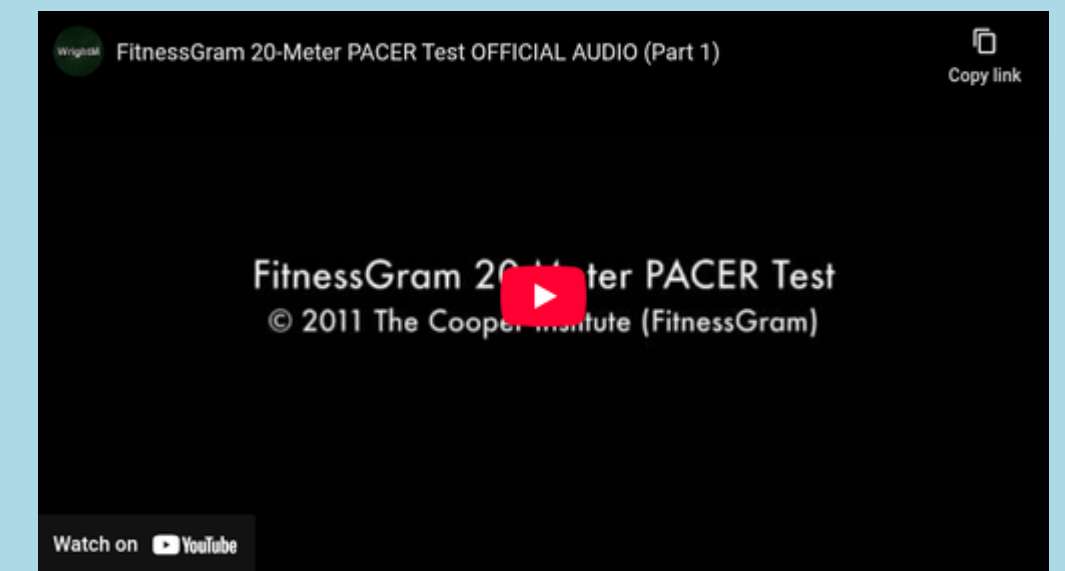
PACER



VIDEO:



CADENCE:



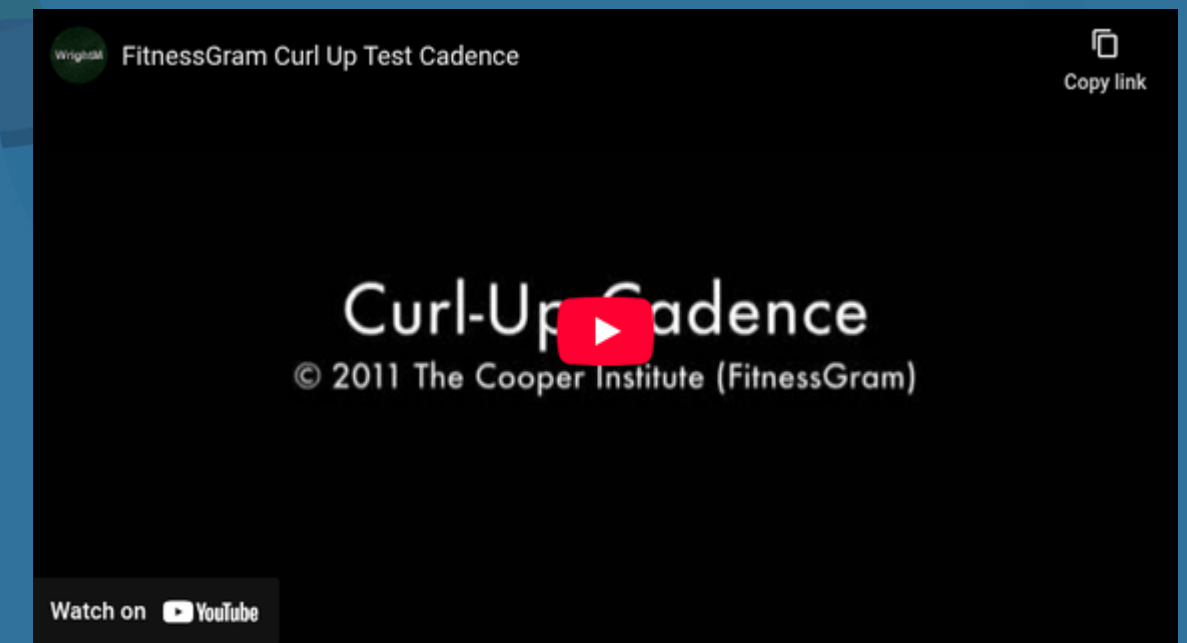
CURL UPS

How to:

- First- watch/listen to the **Video** for proper form of a curl up.
- Second- use the **Cadence Link** to practice your assessment.
- If you are 8-9 years old you need to curl up 3 inches.
- If you are 10 years old or older you need to curl up 4½ inches.



VIDEO:



CADENCE:

PUSH UPS

HOW TO:

FIRST– WATCH/LISTEN TO THE VIDEO FOR PROPER FORM OF A PUSH UP.

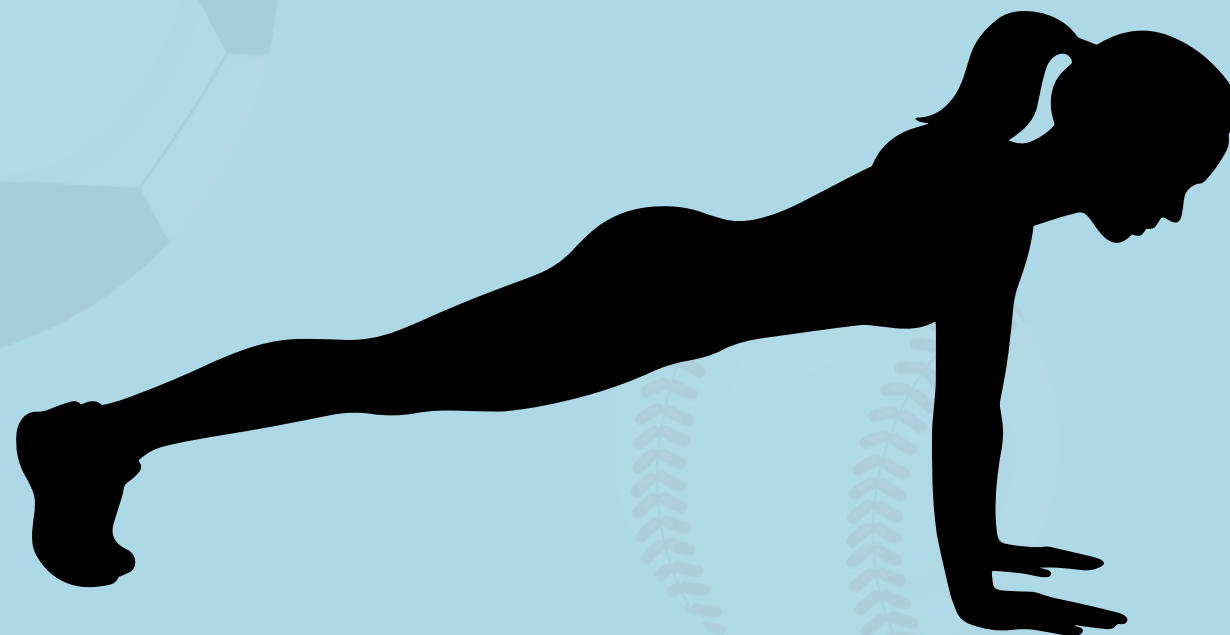
SECOND– USE THE CADENCE LINK TO PRACTICE YOUR ASSESSMENT.

VIDEO:

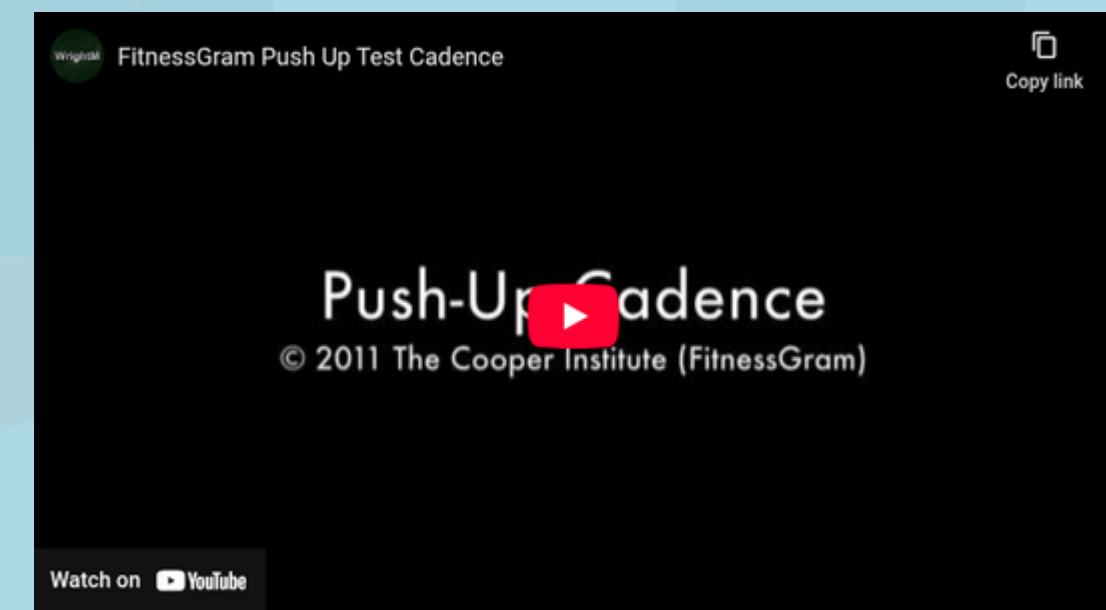


FORM BREAKS:

- 1. STOPPING TO REST OR NOT MAINTAINING THE RHYTHMIC PACE.**
- 2. .NOT ACHIEVING A 90 DEGREE ANGLE WITH THE ELBOW ON EACH REPETITION.**
- 3. NOT MAINTAINING THE CORRECT BODY POSITION WITH A STRAIGHT BACK.**
- 4. NOT EXTENDING THE ARMS FULLY.**



CADENCE:





**IF YOU HAVE ANY QUESTIONS,
PLEASE FEEL FREE TO CONTACT ME.**

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