

This month we will begin Fitness testing.

In the past, Presidential Fitness was a national award that schools would give out at the end of the year. Three categories were Presidential, National, and Participatory. This program has since recently been removed and we will be replacing it with FitnessGram and establishing our own awards.

FitnessGramm is a comprehensive fitness assessment for youth. It includes a variety of health- related physical fitness tests designed to assess cardiovascular fitness, muscle strength, muscular endurance, and flexibility.

List of Fitness tests we will do:

-PACER: Objective is to run as long as possible back and forth across a 20 meter space at a specified pace that gets faster each minute. Tests cardiovascular endurance.

-Curl-ups: Objective is to complete as many curl-ups as possible up to a maximum of 75 at a specified pace. Test for muscle endurance.

-90 degree push-up: Objective is to complete as many 90 degree push-ups as possible at a rhythmic pace. Test for muscle strength/endurance.

-Sit-n-reach: Objective is to reach within the healthy fitness zone range using both the right and left legs. Test for flexibility.

-One mile run

Each test has a range that is considered in the Healthy Fitness Zone according to age/gender.

FitnessGram is not a pass/fail program, but rather establishes a baseline of a healthy fitness zone from which students can set goals and check their progress. It also does not place an emphasis on sport-related skills or compare students to other students.