

Name/Title: Fitness Concepts Awareness

Purpose of Event: To assess students' knowledge of types of activities that work the following fitness areas: cardiovascular fitness, muscle fitness, and flexibility.

Suggested Grade Level: K-2

Materials Needed: Something to write with, [Types of Fitness Assessment Sheet](#)

Description of Idea

This assessment is a great way to assess Kindergarten and first grade students on their knowledge of the types of fitness and activities that work each type of fitness. The assessment focuses on cardiovascular fitness, muscle fitness, and flexibility. The students use pictures to match the exercise with the type of fitness that it is working.

[Types of Fitness Assessment Sheet](#)

Submitted by **Nicole Juergensen** who teaches at West Elementary in Hutchinson, MN. Thanks for contributing to PE Central! **Posted on PEC: 7/20/2016.**

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