Name/Title: Physical Fitness Tests

Purpose of Event: To determine if students understand how they might improve on the various items of the Standardized Fitness Tests.

Suggested Grade Level: 4-5

Materials Needed: Materials suitable for creating a brochure (paper, markers, pictures to cut out, paste, scissors).

Time Needed to Complete: Two class periods

Description of Idea

Over the summer a lot of kids get out of shape. When they are tested on fitness tests in the fall they do poorly. Your task is to develop and write a booklet describing some of the ways they might maintain their fitness over the summer.

Each of you will take one test--mile run, sit and reach, curl-up or pull-ups and list a series of fun activities that kids your age might do to help them stay in shape over the summer. Each of you is responsible for one page, but you can work on the whole brochure together. Also, design a cover for your brochure. Try to make it interesting and fun to read.

Scoring Rubric:

Level 1: The students don't do the brochure because they don't know how children their age might stay in shape over the summer.

Level 2: One or two of the pages are accurate, developmentally appropriate, realistic and fun ways of keeping in shape over the summer and accurately reflect the concepts that are being tested on the standardized physical fitness tests.

Level 3: Three of the pages are accurate, developmentally appropriate, realistic and fun ways of keeping in shape over the summer and accurately reflect the concepts that are being tested on the standardized physical fitness tests.

Level 4: All four of the pages are accurate, developmentally appropriate, realistic and fun ways of keeping in shape over the summer and accurately reflect the concepts that are being tested on the standardized physical fitness tests. The brochure is "ready to publish!"

Submitted by **Doctoral Students** who teaches at Virginia Tech in Blacksburg, VA. Thanks for contributing to PE Central! **Posted on PEC: 6/7/2003**.

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