

Name/Title: [Setting Goals for Fitnessgram Test](#)

Purpose of Event: To set a specific health related goal based on Fitnessgram test scores.

Suggested Grade Level: 3-5

Materials Needed: Goal setting question sheets (provided below)

Description of Idea

I use the handouts to help the students set specific, health related goals after fitness testing using the Fitnessgram personal record sheets and reports. It takes them through a step by step process to help them evaluate their health in each component of fitness and set a goal for one of the fitness tests/components they need to improve. There are 3 sheets - one for 5th (which focuses more on the components), one for 4th and a slightly easier sheet for 3rd grade. They then share the Fitnessgram score sheets and their goals with their parents (we do this at goal-setting conferences). After fitness testing again in the spring, they will be able to see if they met their goal (there is a question at the end of each handout about meeting their goal).

[3rd Grade Fitness Gram Goal Setting Sheet](#) (PDF)

[4th Grade Fitness Gram Goal Setting Sheet](#) (PDF)

[5th Grade Fitness Gram Goal Setting Sheet](#) (PDF)

Submitted by **Jennifer Diehl** who teaches at Devonshire Elementary School in Des Plaines, IL. Thanks for contributing to PE Central! **Posted on PEC: 4/5/2013.**

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