

LMS Wellness

Fitness Testing Rubric

Standard	4	3	2	1	0
<p>20c. Set goals based on fitness data and develop, implement and monitor an individual fitness improvement plan.</p>	<p>Student demonstrates advanced knowledge and skills of the learning standard.</p> <p>Student will improve in every fitness test.</p> <ul style="list-style-type: none"> • Fitness Gram tests <ul style="list-style-type: none"> o Pacer o Sit up o Push up o Sit and Reach o Modified pull ups o Mile run (T1 & T3) 	<p>Student demonstrates mastery of knowledge and skills of the learning standard.</p> <p>Student will improve in at least 4-5 fitness tests.</p> <ul style="list-style-type: none"> o Pacer o Sit up o Push up o Sit and Reach o Modified pull ups o Mile run (T1 & T3) 	<p>Student demonstrates foundational knowledge and skills of the learning standard with support. (possible instructional support)</p> <p>Student improves in only 2-3 fitness tests.</p> <ul style="list-style-type: none"> o Pacer o Sit up o Push up o Sit and Reach o Modified pull ups o Mile run (T1 & T3) 	<p>Student progresses towards understanding the learning standard and requires guidance and support.</p> <p>Student improves in only 1 fitness tests.</p> <ul style="list-style-type: none"> o Pacer o Sit up o Push up o Sit and Reach o Modified pull ups o Mile run (T1 & T3) 	<p>Student does not provide evidence to assess understanding of the learning standard.</p> <p>Student shows no improvement in any fitness test and no goals are accounted for.</p>

*Student grade is based off of improvements in fitness testing each trimester and the tasks of each standard.

*Students are tested in six fitness test in trimester one and three. Students are tested in five in trimester two.