

2012-2013
Fall City Elementary Physical Education Fitness Goals

Name: _____ Birth Date: _____
 Age _____

Grade/Teacher: _____ Circle One: Male
 Female

Test Item	Fitness Component	Initial Test Score	Realistic Goal	Second Test Score	Did you meet your goal?
1-Mile Run (min: sec)	Cardiorespiratory endurance				
Curl-ups (# in 1 min.)	Muscular strength & endurance				
Shuttle Run (Seconds)	Speed & Agility				
Sit & Reach (centimeters)	Flexibility				
Push-ups (#)	Muscular strength & endurance				

In the boxes below, select two test items you want to improve and identify the Health-Related Fitness Component of each test item that you plan to improve.

Cardiorespiratory Endurance-the ability of the heart, lungs, and blood vessels to use and send fuel and oxygen to the body's tissues during long periods of moderate-to-vigorous activity

Flexibility- the ability to move the joints through a full range of motion

Muscular Endurance-the ability of the muscles to perform physical tasks over a period of time without becoming fatigued

Muscular Strength-the amount of force a muscle can exert

Choose a physical activity for each of the fitness components that will help you reach your goals. You may choose activities that you can do alone or with others. For each

activity, identify how often you should perform the activity per week and identify a safety concern and/or a safety rule.

Test Item & Fitness Component	Activity	How often should I do the activity per week? (Frequency)	Safety Concern or Rule