**HWES Physical Education**

**Week 5 & 6**

**Grades Fitness Testing**

**1st-3rd Abdominal & upper body strength & endurance**

**Muscle of the Month: Gastrocnemius (calf)**

**Exercises (10 minutes)**

* 10 Jumping Jacks
* Arm Stretches (R/L)
* Leg Stretches (R/L/Middle)
* On your Bottom
* Leg Stretches (R/L/Middle)
* Butterfly
* Jumps (in and out, up and down) \*on your toes

**I CAN explain what is the fitnessgram. I CAN perform curl ups, and push ups.**

**Lesson (25 minutes)**

Equipment Needed: 2 mats

Instructions: The Fitnessgram is a fitness assessment where we will do a pre-test in the fall and a post-test in the spring. The Fitnessgram is combined of 5 tests.

* Abdominal strength and endurance=curl up
* Upper body strength and endurance=push up
* Flexibility=sit and reach
* Aerobic Capacity=20m pacer
* Body Composition=BMI

Launch: Have the students sit their in spot and we will call them one by one to count their curl ups and push ups. We will then record. The students who are waiting for their test to be administered will wait in their spots for further instructions.

Extra Time: Sit and Reach