**HWES Physical Education**

**Week 7**

**Grades Fitness Testing**

**4th-6th Aerobic Capacity (20m pacer)**

**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 perform the 20m pacer test.**

**Lesson (25 minutes)**

Equipment Needed: 12 cones, pacer CD, 20m of open flat area.

Description: 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

Instructions: Call 8-10 students up at a time. Have students who are being tested line up behind the start line. Each student being tested with run across the 20m distance and touch the line with a foot by the time the beep sounds. At the sound of the beep the student turns around and runs back to the other end. If some students get to the line before the beep, they must wait for the beep before running the other direction. Students continue in this manner until they fail to reach the line before the beep for the second time.

