

PE ASSESSMENT GOALS AND INFORMATION

FITNESSGRAM® Healthy Fitness Zones 2009

The Fitnessgram® uses Healthy Fitness Zones (HFZs) to evaluate fitness performance. These zones are criterion-referenced standards established by the Cooper Institute of Dallas, Texas, and represent minimal levels of fitness that offer protection against the diseases that result from sedentary living (Rev. 2008). **The California Department of Education considers a student who meets or exceeds a HFZ as meeting the desired performance goal.**

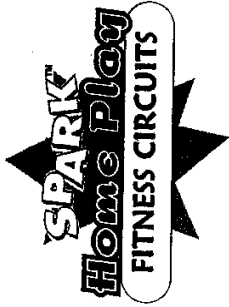
Name Height Weight

MALES	Age	/					L	R
		One Mile Run min. / sec.	20m PACER # laps	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Shoulder Stretch	
	5	Completion of distance. Time HFZs not recommended.	Participate in run. Lap count HFZs not recommended.	2 - 10	6 - 12	3 - 8	Touching fingertips together behind the back on <u>both</u> the right and left sides.	
	6			2 - 10	6 - 12	3 - 8		
	7			4 - 14	6 - 12	4 - 10		
	8			6 - 20	6 - 12	5 - 13		
	9			9 - 24	6 - 12	6 - 15		
	10	11:30 - 9:00	23 - 61	12 - 24	9 - 12	7 - 20		
	11	11:00 - 8:30	23 - 72	15 - 28	9 - 12	8 - 20		
	12	10:30 - 8:00	32 - 72	18 - 36	9 - 12	10 - 20		
	13	10:00 - 7:30	41 - 83	21 - 40	9 - 12	12 - 25		
	14	9:30 - 7:00	41 - 83	24 - 45	9 - 12	14 - 30		
	15	9:00 - 7:00	51 - 94	24 - 47	9 - 12	16 - 35		
	16	8:30 - 7:00	61 - 94	24 - 47	9 - 12	18 - 35		
	17	8:30 - 7:00	61 - 106	24 - 47	9 - 12	18 - 35		
	17+	8:30 - 7:00	72 - 106	24 - 47	9 - 12	18 - 35		

Name Height Weight

FEMALES	Age	/					L	R
		One Mile Run min. / sec.	20m PACER # laps	Curl-Up # completed	Trunk Lift inches	Push-Up # completed	Shoulder Stretch	
	5	Completion of distance. Time HFZs not recommended.	Participate in run. Lap count HFZs not recommended.	2 - 10	6 - 12	3 - 8	Touching fingertips together behind the back on <u>both</u> the right and left sides.	
	6			2 - 10	6 - 12	3 - 8		
	7			4 - 14	6 - 12	4 - 10		
	8			6 - 20	6 - 12	5 - 13		
	9			9 - 22	6 - 12	6 - 15		
	10	12:30 - 9:30	7 - 41	12 - 26	9 - 12	7 - 15		
	11	12:00 - 9:00	15 - 41	15 - 29	9 - 12	7 - 15		
	12	12:00 - 9:00	15 - 41	18 - 32	9 - 12	7 - 15		
	13	11:30 - 9:00	23 - 51	18 - 32	9 - 12	7 - 15		
	14	11:00 - 8:30	23 - 51	18 - 32	9 - 12	7 - 15		
	15	10:30 - 8:00	32 - 51	18 - 35	9 - 12	7 - 15		
	16	10:00 - 8:00	32 - 61	18 - 35	9 - 12	7 - 15		
	17	10:00 - 8:00	41 - 61	18 - 35	9 - 12	7 - 15		
	17+	10:00 - 8:00	41 - 72	18 - 35	9 - 12	7 - 15		

BALANCE YOUR FITNESS



Remember, fitness is about trying to balance all the components of health-related fitness: Aerobic capacity, muscular strength and endurance, flexibility and body composition. The FITT principle is not a school principal that stays in shape, but an acronym for Frequency, Intensity, Time and Type. This means that you do the exercises often (most days), gradually make them harder and do them longer, and vary the type of activity you choose. For the next 2 weeks write down all the activities you do and how many minutes you did them. Try to fill in something for each component every day. Challenge yourself to see how much variety you can balance. Record your minutes for the week and try to be active for more minutes the next week.

WEEK 1	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Total
Aerobic Capacity								
Strength and Endurance								
Flexibility								
Body Composition								
Daily Minutes								

WEEK 3	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7	Total
Aerobic Capacity								
Strength and Endurance								
Flexibility								
Body Composition								
Daily Minutes								

Aerobic Capacity	Strength and Endurance	Flexibility	Body Composition
Walking Bicycling Running Swimming Dancing Playing soccer Playing basketball Rollerblading X-country Skiing Chores that last more than 10 minutes (like vacuuming, raking leaves, etc.)	Lunges Wall Sits Push-ups Curl-ups Plank-position hold Push-up-hockey Crab Dips	Calf Stretch Shin Stretch Hamstrings Stretch Quadriceps Stretch Hip-flexor Stretch Pectoral Stretch Upper-back Stretch Neck Stretch	No sodas today. Drink 8 glasses of water. Try a new fruit/vegetable. Pay attention to serving size. No junk food today. Have a healthy snack. Eat 5 servings of fruits and vegetables. Choose whole grains. Drink low or non-fat milk. Eat lean or low-fat meats.

SAMPLE ACTIVITIES