

2018 Fitness Dates for Grades 4-8 Physical Education

Grade 4: fitness test technique, goal setting and informal testing.

February 26-March 23

- Train for Curl-ups, flex arm hang and Push-up test

March 26-29

- Curl up test and flex arm hang

April 2-6

- Push up test and back saver sit & reach

April 9-10

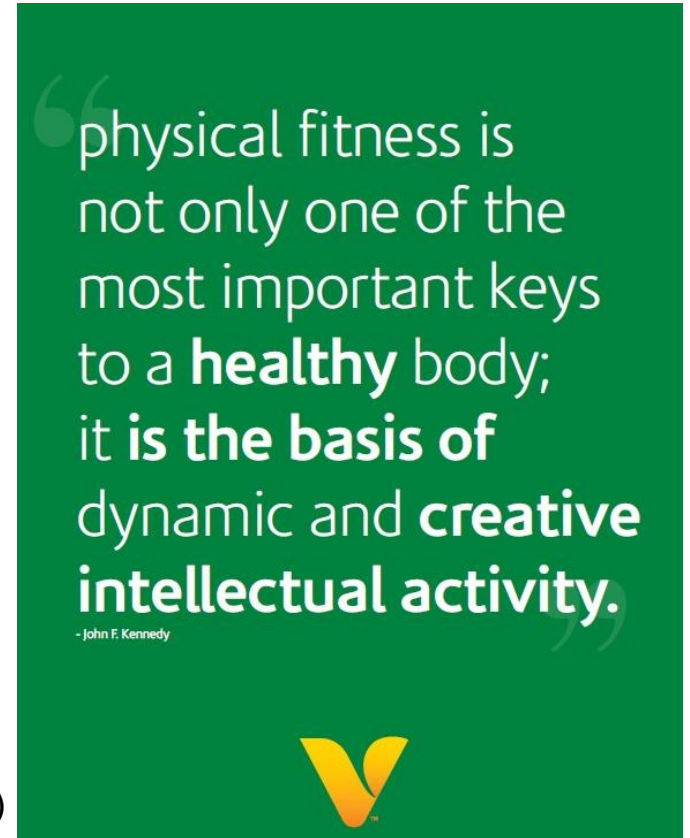
- make up tests for absences

April 16-20

- PACER test (Progressive Aerobic Cardiovascular Endurance Run)

April 25-May 3

- Fitness testing make ups. AM & PM home room. Schedule a time with your PE teacher.



 Practice  Prepare  Do your best 

April 23-May 8

- Train for Popsicle Run.

May 11

- Popsicle Run. Non-uniform day.

May 21-25

- Jump rope retakes, PR and school records.
- AM & PM Homeroom

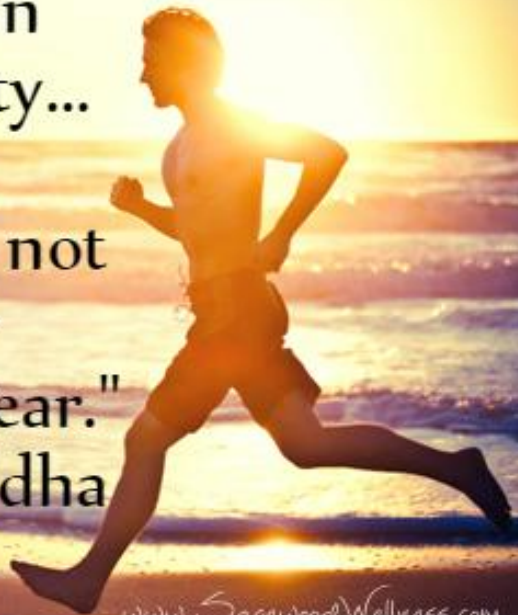
At the end of the day Physical Wellness makes us stronger, healthier, and **HAPPIER!**



"To keep the body in good health is a duty...

Otherwise we shall not be able to keep our mind strong and clear."

- Buddha



www.SageWoodWellness.com

Tips for Success

- Practice
- Set a goal
- Nutrition & water
- Sleep
- Be prepared
- Do your best
- Encourage others

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Exercise Benefits

1. Reduces body fat
2. Increases lifespan
3. Oxygenates body
4. Strengthens muscles
5. Manages chronic pain
6. Wards off viruses
7. Reduces diabetes risk
8. Strengthens heart
9. Clears arteries
10. Boosts mood
11. Maintains mobility
12. Improves memory
13. Improves coordination
14. Strengthens bones
15. Improves complexion
16. Detoxifies body
17. Decreases stress
18. Boosts immune system
19. Lowers blood pressure
20. Reduces cancer risk



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ONE MILE = 5,280 FT= 1,609 METERS

PACER

- One PACER length = 20 meters
- 80 PACER lengths = mile

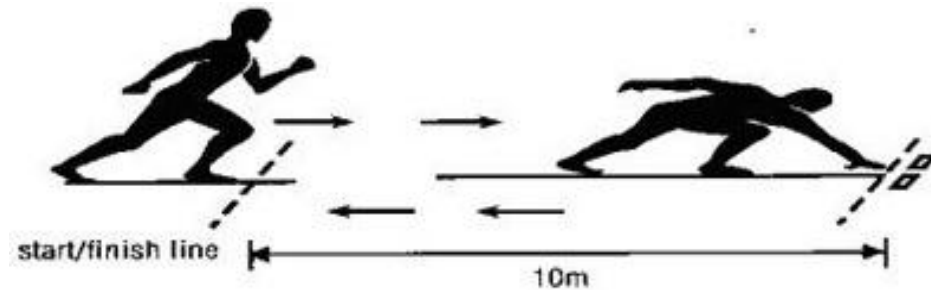
INDOOR MILE RUN

- One lap around BB court (black lines) = 268 ft
- 20 BB laps = One Mile
- HS BB Court= 84 x 50= 268ft x 20 =5360ft



SHUTTLE RUN= 30 ft.

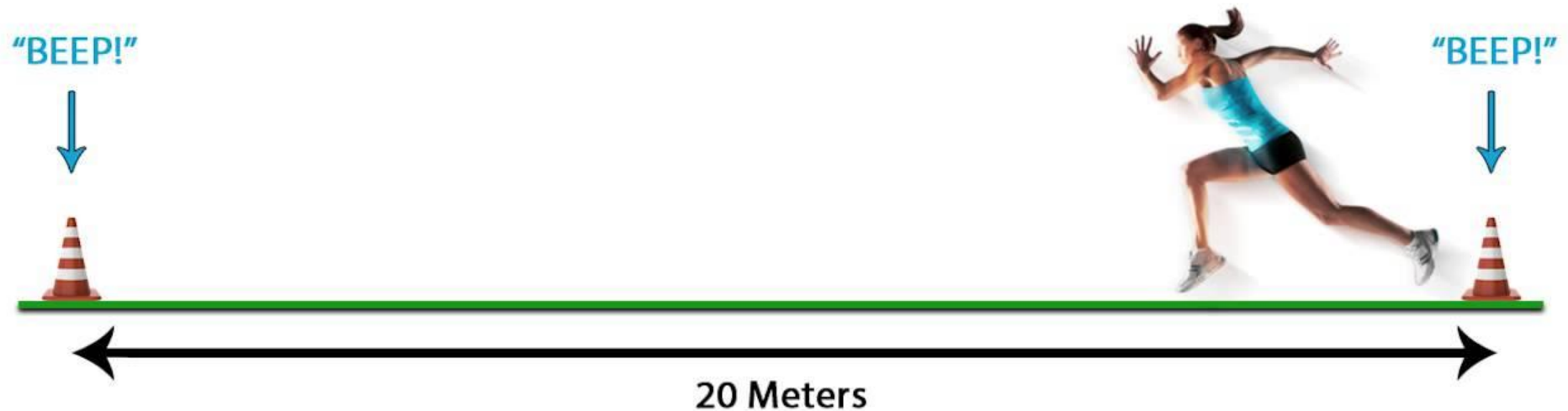
- Test of agility
- Run back and forth.
- Run 4 lengths.



PACER

Instructions:

1. You must continuously run from cone to cone in time with the "beeps"
2. If you reach a cone early, you must wait there until you hear the "beep"
3. You are considered "out" when you fail to reach 2 cones in a row
4. You can keep score by using the score sheet downloadable from my website for free



PACER

30 LENGTHS=4:05 minutes

40=5:10

50=6:20

60=7:25

70=8:25

80=9:25

90=10:20