



DEERFIELD ELEMENTARY

FALCON FITNESS CHALLENGE – PHYSICAL FITNESS ASSESSMENT

PARENT/GUARDIAN INFORMATION LETTER



Today more than ever, our students need help leading active, healthy lives. That is where I, Mr. Stabnick, your child's physical educator comes in. I am on the front line of fitness, working to teach our friends the fundamentals of healthy living. Fitness assessments are an essential element of any health-related physical activity program. It establishes a baseline from which students can set goals and check progress. It also allows students in grades 3-5 to experience and better understand the components of health-related fitness. Students in grades K-2 will not assess fitness. They will complete fitness activities throughout the school year to prepare them for the fitness challenge in grades 3-5.

Here at Deerfield Elementary, I have developed a unique fitness challenge that will assess our student's fitness levels and will help in collecting student fitness data. Our challenge has been appropriately named the **Falcon Fitness Challenge**. The **Falcon Fitness Challenge** has 5 events and students must meet or exceed all the standards to receive their **Falcon Physical Fitness Award**. This award recognizes youth who achieve an outstanding level of physical fitness. Student's fitness will be assessed on a 4-point scale, and this should give them motivation to set goals for themselves to improve their fitness levels. Students will be rewarded after the Fitness Post-Assessment toward the end of the school year (spring). I created this physical fitness challenge as a tool to help me bring out the best in all our students.

The **Falcon Fitness Challenge** assesses grades 3-5 students' level of physical fitness in the following five activities/events twice a year, once in the fall (Pre-Assessment) and once in the spring (Post-Assessment):

- **Shuttle Run** (Speed & Agility) Measured in Time (Seconds & Tenths).
- **Forearm Plank** (Upper body muscular strength & endurance) Measured in time how long they can hold a plank in the correct position.
- **Curl-Ups** (similar to sit-ups) (Lower body or abdominal/core strength & endurance) Measured in how many completed in 60 Seconds (1 Minute).
- **Sit and Reach** (Lower Back and Hamstring Flexibility) Measured in Centimeters reached.
- **Endurance Run/PACER** (Progressive Aerobic Cardiovascular Endurance Run) / (Cardiorespiratory Endurance) – Measured in laps completed.

We know that just completing all five challenges is an accomplishment. However, I do not want the students to become discouraged if they do not meet or exceed the target score an assessment. The Pre-Assessment gives a gauge as to where our students are at physically, and if they do not meet or exceed their target score, they must understand that they will just have to work hard all year in PE class and outside of class to improve their physical fitness levels. If they fail to reach the target score of their fitness assessment, but give their best effort, they still earn points toward their PE Physical Fitness grade. They will not receive a failing grade.

For grading purposes for Physical Fitness, each challenge will be worth 4 points for a total of 20 points. Students earn 4 points if they exceed their target score, 3 points if they meet their target score, 2 points if they are close to reaching their target score and 1 point if they fall well below their target score based on the Minimum Raw Score Scale that has been developed for this challenge. See page 2 or the PE website for more info.

FREQUENTLY ASKED QUESTIONS (FAQs):

Why do fitness assessments?

Students should learn to self-assess their fitness levels and interpret the results. This will help them learn about fitness components and concepts, plan, and set goals for fitness and serve as a motivational tool to remain active on their own for life. This also gives valuable student data for PE activity planning.

How will I know if my child is fit?

Each student will receive a **Personal Fitness Record** of their assessment results. These results will be used as a learning tool for physical fitness. Students who meet or exceed the 5 fitness challenge levels after the fitness post-assessment will receive a **Falcon Physical Fitness Award** at the end of the school year. The Pre-Assessment gives each student an idea where they stand physically. Their goal is to meet or better their score in the Spring.

If my child does not meet or exceed all the fitness challenge target scores, does this affect their PE grade?

No, it will not affect their overall PE grade. Fitness assessments are only a tool that measures a student's physical fitness level. Students are told to try their best and give their best effort during fitness challenges. Their PE fitness grade is only a portion of their overall PE grade and is determined on how well they tried during the fitness challenge.

How many times does my child get to attempt to pass a fitness assessment?

There is no limit to the number of tries a student may have on each assessment, if time permits. Students that come close to meeting their standard, will be given the chance to meet that score, however if they cannot meet their standard score after a few attempts, they will have to accept the fact that they did not meet the goal of that certain component and set a goal for future assessments. Typically, during assessments, students get 2 attempts at Shuttle Run and Sit & Reach and 1 attempt at Forearm Plank, Curl-Ups, and PACER. If a student is absent "A" or Did Not Attempt "DNA" an assessment, they will receive 1 point. No student will be forced to take a fitness assessment, but if they decline, it may affect their 'effort' portion of their grade. (Positively participates in activities to contribute to overall health and fitness.)

What fitness areas does the Falcon Fitness Challenge cover?

FALCON FITNESS CHALLENGE EVENTS - DESCRIPTION

Speed and Agility:

Shuttle Run Assessment– This event measures speed, quickness, and agility. Students run back and forth in two parallel lines marked 30 feet apart. At one end there are two shuttle blocks to retrieve, one at a time. Once they run past the starting line the second time, the timer is stopped. Students are given two attempts for their best time. If students come close to meeting their target score but do not meet it, they may be given extra attempts to try to meet or exceed their target in that same class period or in a ‘make-up’ class period.

Muscular Strength and Endurance:

Upper Body Strength & Endurance:

Forearm Plank Assessment – This event measures upper body strength and endurance. Students will lay on the floor or mat with their elbows under their shoulders, hands flat on the floor/mat and core engaged. Keeping their forearms and knees on the floor/mat, they will slowly raise upwards until their body is in a straight line from their knees to their head. They will hold the position for as long as they can, and this will be timed. If students come close to meeting their target score but do not meet it, they may be given extra attempts to try to meet or exceed their target in a ‘make-up’ class period.

Abdominal (Lower Body) Strength & Endurance:

Curl-up Assessment – This event measures abdominal strength and endurance. For the curl-up test, the students complete as many curl-ups as they can in 60-Seconds (1-minute). The curl-up has been selected over the partial curl-up because it tests how many a student can do in 60-seconds (1-minute) for data recording purposes. Strength and endurance of the abdominals are important in promoting good posture and correct pelvic alignment. If students come close to meeting their target score but do not meet it, they may be given extra attempts to try to meet or exceed their target in a ‘make-up’ class period.

Flexibility of the lower back and hamstrings:

Sit and Reach Assessment - The sit and reach measures predominantly the flexibility of the lower back and hamstring muscles. A specially constructed box with a measuring scale marked in centimeters at the level of the feet is used. Students may remove their shoes and sit on the floor with knees fully extended, feet shoulder width apart and soles of feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, students reach along the measuring line as far as possible. Two reaches are recorded with the best reach as their final score. If students come close to meeting their target score but do not meet it, they may be given extra attempts to try to meet or exceed their target in that same class period or in a ‘make-up’ class period.

Cardiorespiratory (Cardiovascular) Endurance:

P.A.C.E.R. Assessment - The **Progressive Aerobic Cardiovascular Endurance Run** is a multistage fitness assessment adapted from the 10-meter (30 ft) shuttle run test. The challenge is progressive; it is easy at the beginning and gets harder each stage/level. The object is to run back and forth across a 15-meter (50 ft) distance at a specified pace for as long as possible. Set to music, this test is a valid, fun alternative to the customary one-mile distance run assessment for measuring aerobic capacity that the *President’s Challenge* once assessed. The P.A.C.E.R. is recommended for all ages. Children have a good time while learning how to pace themselves while running. (*FITNESSGRAM, 1999*) If students come close to meeting their target score but do not meet it, they may be given extra attempts to try to meet or exceed their target in a ‘make-up’ class period.

*** P.A.C.E.R. Assessment NOTE:** This can be a difficult cardiovascular endurance event. I will do my best to make sure students are physically ready for this challenge before they try to complete it. Students with asthma can complete this event however, if they have medical inhalers, they must have them readily available before they complete the event. If a student is on record as having asthma and does not have their inhaler with them, the PE teacher reserves the right to deny the student the opportunity to run in the P.A.C.E.R. challenge due to the health risks it may cause that student.

If your child has asthma and has a medically issued inhaler, please make sure I know ahead of time so I can be prepared!

If you have any further questions regarding fitness assessments or anything related to PE at Deerfield Elementary, please visit our Deerfield PE website at www.PhysEdRocks.weebly.com. For detailed information related to our fitness challenge, this information can be found on the *Falcon Fitness Challenge* page. If you do not have Internet access, please contact me, and I will be more than happy to answer any questions you may have or provide you with any information you may need.

Sincerely,

Mr. Stabnick

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“Get Yourself Moving!”



GRADE 3					
Score/Grade	Shuttle Run	Plank	Curl-Ups	Sit & Reach	PACER
4	12.0<	1:05+	30+	27+	20+
3	12.1-12.5	1:00-1:04	25-29	22-26	15-19
2	12.6-13.0	0:55-0:59	20-24	17-21	10-14
1	13.1>	0:54<	19<	16<	9<

GRADE 4					
Score/Grade	Shuttle Run	Plank	Curl-Ups	Sit & Reach	PACER
4	11.5<	1:25+	35+	30+	25+
3	11.6-12.0	1:20-1:24	30-34	25-29	20-24
2	12.1-12.5	1:15-1:19	25-29	20-24	15-19
1	12.6>	1:14<	24<	19<	14<

GRADE 5					
Score/Grade	Shuttle Run	Plank	Curl-Ups	Sit & Reach	PACER
4	11.0<	1:45+	40+	33+	30+
3	11.1-11.5	1:40-1:44	35-39	28-32	25-29
2	11.6-12.0	1:35-1:39	30-34	23-27	20-24
1	12.1>	1:34<	29<	22<	19<