

Sample Assessment Procedures for Aerobic Fitness

Sample Procedures for Assessing Aerobic Fitness:

Grade-related Benchmarks:

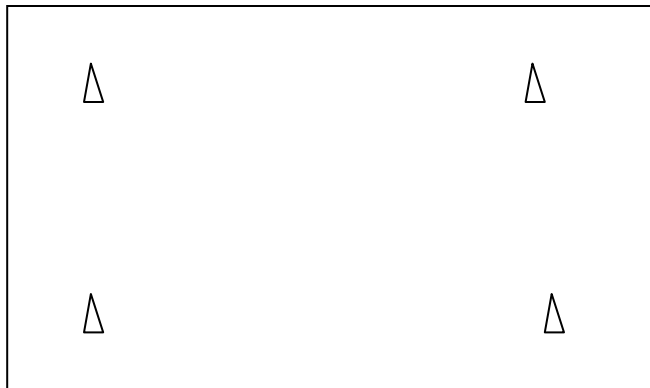
- *Third Grade.* Jog continuously at a moderate rate for at least 9 minutes.
- *Fourth Grade.* Jog continuously at a moderate rate for at least 12 minutes.
- *Fifth Grade.* Jog continuously at a moderate rate for at least 15 minutes.

Equipment Needed:

- Poster listing fitness standards
- Four cones (or more)
- Stopwatch (one)
- Clipboard (one)
- Cassette of music, with changes in tunes every minute
- Printout of student names

Gym Set-up

- Post the fitness standards.
- Place the cones in a rectangle or circle so as to accommodate the safe jogging of the entire class.



Test Procedure:

- Students will be spread out along the course, facing the same direction.
- When the music begins, they will start jogging.
- Students will jog outside the cones as long as they jog. As soon as they stop, they will immediately come to the teacher/recorder, where their times will be recorded. Then they will go back and participate from the inside the cones.
- Remind the students to pass other students carefully.
- Start the music.
- Provide encouragement as they jog.

Recording Procedure

- Terminate a student's test as soon as they walk or go so slow that their gait is not an obvious jog.
- Record the last full minute they complete before walking.
- Terminate the session at the designated time.
- Have students walk for one minute.