

Sample Assessment Procedures for Aerobic Fitness

Sample Procedures for Knowing How to Assess One's Health-Related Standard of Fitness:

- **Test Procedure:** Provide all students with a pencil and test sheet. Spread students out in the gymnasium and have them sit. Read the two questions to them, making sure they know where to record their responses on the form.
- **Grade Four Benchmark:** Students will know the components of health-related fitness, and what would constitute healthy levels for each.

Fourth Grade Quiz: Assessment of Personal Status on Health-Related Indicators

What Five Things Make a Fit Body?

What would be a fit level for each?

1) _____ :

2) _____ :

3) _____ :

4) _____ :

5) _____ :