

Strand 4: Achieves and maintains a health-enhancing level of physical fitness.

Concept 1: Health-Related Fitness			
Grade K - 2	Grade 3 - 5	Grade 6 - 8	Grade 9 - 12
In grades K-2, fitness testing is not considered developmentally appropriate and therefore should not be employed with children in these grades.	In grades 3 and 4, the focus of fitness assessment is on learning the process of self-assessment. At grade 5, this becomes an exit outcome.		
PO 1. Demonstrate sufficient muscular strength to be able to bear body weight	PO 1. Perform a nationally-recognized, criterion-referenced, health-related fitness assessment, that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition	PO 1. Perform a nationally-recognized, criterion-referenced, health-related fitness assessment, that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition	PO 1. Perform a nationally-recognized, criterion-referenced, health-related fitness assessment, that includes aerobic fitness, muscular strength, muscular endurance, flexibility and body composition
PO 2. Engage in a series of fitness exercises based upon time, not repetitions, that includes all health-related components of fitness	PO 2. Evaluate personal fitness and practice goal setting with the aid of the teacher	PO 2. Maintains or progresses toward age- and gender-appropriate levels of performance on a criterion-referenced health-related fitness assessment	PO 2. Interpret information from a nationally-recognized, criterion-referenced, health-related fitness assessment and develop a personal fitness profile on the basis of the fitness assessment results
PO 3. Participate in a variety of games and activities that increase breathing and heart rate	PO 3. Participate in a variety of fitness activities designed to enhance personal fitness	PO 3. Participate in a variety of fitness activities designed to enhance fitness levels	PO 3. Achieve personal fitness goals based on principles of training
PO 4. Recognize that health-related physical fitness consists of several different components			PO 4. Demonstrate ability to monitor and adjust a personal fitness program to meet individual needs and goals

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Grade K - 2	Grade K - 2	Grade K - 2	Grade K - 2
PO 5. Demonstrate a variety of modified exercises for each health-related component of fitness			PO 5. Compare and contrast safe and risky exercises and demonstrate safe exercise alternatives
			PO 6. Devise a plan to reduce risk and possible injury