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| The Shaler Area Physical Education Department has established two fitness award programs for the tests performed based on the National Standards. The **Fitness Award** recognizes a basic level of fitness when students meet or exceed the 50th percentile. The **Titan Award** recognizes outstanding fitness whenever achievement meets or exceeds the 85th percentile.    This report will indicate whether the student qualified for either award. Both of these awards measure physical fitness in five categories: speed, strength, agility, flexibility and endurance. We also recognize those students who have **improved** their fitness level from the Fall to the Spring test.  The goal of the Shaler Area Primary Physical Education Department is to teach all of our students the value of daily exercise and a healthy diet. Please support your child by encouraging him/her to stay active. Let’s work together to help all children of Shaler Area to live a healthy life style!  If you have any questions concerning this fitness report or would like information on how to help your child, please feel free to contact your PE teacher. |

**Shaler Area Primary Fitness Tests**

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| **Sit-ups**  Lie on your back with knees flexed and feet about  12 inches from your buttocks. Place your hands on the opposite shoulders with your arms crossed. Have a  partner hold your feet and count your Sit-ups. Holding your elbows close to your chest raise your trunk up to touch your elbows to your thighs. A complete sit-up is counted for  each time you lie back and touch your shoulders to the floor. Do as many sit-ups as you can in one minute. | **V-Sit Reach**  With your shoes off place your feet 8 to 12 inches apart on line marked on the floor. This is the baseline which will be crossed by a measuring line that will be used to measure flexibility. Clasp your thumbs so your hands are together with palms facing down, then place them on the measuring line. Keep your legs straight and keep your toes facing upward. As you reach forward exhale and reach as far as you can. Students who reach past their feet will receive a “+” number, students who reach before their feet receive a “-“number, and any student who reach to their feet is recorded as a “0”. |
| **Shuttle Run**  Start with two lines 30 feet apart. Place two blocks of wood behind one line. Go to the opposite line and at the signal “Ready, Go” run to the other line, pick up one block, run back to the line you started at and place it on the floor behind the line. Run back to the other line, pick up the second block and run back and cross the starting line. Do this as fast as you can, without throwing the blocks. | **Endurance Run / Walk**  At the signal “Ready, Go” begin the endurance run on the one mile, half mile or quarter mile course. You should try to complete the distance in the shortest time possible. |
| **Pull-ups**  You should grasp a bar, with either an overhand or an underhand grip, and hang from the bar with your feet hanging freely (not touching the floor). You should raise  your body until your chin clears the bar and lower yourself back to the beginning position. Try to complete as many pull-ups as you can. | **Flexed Arm Hang**  If you’re having trouble with the pull-ups, try the flexed-arm hang. Using the same hand position as in the pull-ups raise to the flexed-arm hand position with your chin clearing the bar. Hold this position as long as possible. |

**HOW TO READ YOUR CHILD’S FITNESS PROFILE**

**Standards for First Grade Students**

Below is a chart demonstrating the scores your child should be performing for their age group. “Fitness” means they are performing at a 50 percentile across the country and “Titan” means they are at an 85% for their age group. Please support your child with their fitness skills as they will be re-tested again in the spring. With daily practice, it is easy to improve their scores as well as their health.

**Sit-ups ~ Boys Fitness Titan Girls Fitness Titan**

6 Yrs. Old 22 33 23 32

7 Yrs. Old 28 36 25 34

**Shuttle-Run ~ Boys Fitness Titan Girls Fitness Titan**

6 Yrs. Old 13.3 12.1 13.8 12.4

7 Yrs. Old 12.8 11.5 13.2 12.1

**Pull-Ups ~ Boys Fitness Titan Girls Fitness Titan**

6 Yrs. Old 1 2 1 2

7 Yrs. Old 1 4 1 2

**FAH ~ Boys Fitness Titan Girls Fitness Titan**

6 Yrs. Old 6 sec. 5 sec.

7 Yrs. Old 8 sec. 6 sec.

\*There is no Titan award for Flexed-Arm Hang as students are required to do pull-ups.

**V-Sit Reach ~ Boys Fitness Titan Girls Fitness Titan**

6 Yrs. Old +1” +3.5” +2.5” +5.5”

7 Yrs. Old +1” +3.5” +2” +5”

\*A negative number demonstrates that your child needs to concentrate on stretching each day.

**¼ Mile Run ~ Boys Fitness Titan Girls Fitness Titan**

6 Yrs. Old 2:21 1:55 2:26 2:00

7 Yrs. Old 2:10 1:48 2:21 1:55

To help improve your child’s fitness scores for their spring testing, please encourage him/her to exercise each day. Suggestions for improving their scores are attached on the opposite side of this page. Research shows that a healthy child performs better academically in school.

If you have any questions, please contact your child’s Physical Education teacher.

**HOW TO READ YOUR CHILD’S FITNESS PROFILE**

**Standards for Second Grade Students**

Below is a chart demonstrating the scores your child should be performing for their age group. “Fitness” means they are performing at a 50 percentile across the country and “Titan” means they are at an 85% for their age group. Please support your child with their fitness skills as they will be re-tested again in the spring. With daily practice, it is easy to improve their scores as well as their health.

**Sit-ups ~ Boys Fitness Titan Girls Fitness Titan**

7 Yrs. Old 28 36 25 34

8 Yrs. Old 31 40 29 38

**Shuttle-Run ~ Boys Fitness Titan Girls Fitness Titan**

7 Yrs. Old 12.8 11.5 13.2 12.1

8 Yrs. Old 12.2 11.1 12.9 11.8

**Pull-Ups ~ Boys Fitness Titan Girls Fitness Titan**

7 Yrs. Old 1 4 1 2

8 Yrs. Old 1 5 1 2

**FAH ~ Boys Fitness Titan Girls Fitness Titan**

7 Yrs. Old 8 sec. 6 sec.

8 Yrs. Old 10 sec. 8 sec.

\*There is no Titan award for Flexed-Arm Hang as students are required to do pull-ups.

**V-Sit Reach ~ Boys Fitness Titan Girls Fitness Titan**

7 Yrs. Old +1” +3.5” +2” +5”

8 Yrs. Old + ½” + 3” + 2” + 4.5”

\*A negative number demonstrates that your child needs to concentrate on stretching each day.

**½ Mile Run ~ Boys Fitness Titan Girls Fitness Titan**

7 Yrs. Old 4:45 3:53 5:16 4:18

8 Yrs. Old 4:30 3:38 5:04 4:06

To help improve your child’s fitness scores for their spring testing, please encourage him/her to exercise each day. Suggestions for improving their scores are attached on the opposite side of this page. Research shows that a healthy child performs better academically in school.

If you have any questions, please contact your child’s Physical Education teacher.

**HOW TO READ YOUR CHILD’S FITNESS PROFILE**

**Standards for Third Grade Students**

Below is a chart demonstrating the scores your child should be performing for their age group. “Fitness” means they are performing at a 50 percentile across the country and “Titan” means they are at an 85% for their age group. Please support your child with their fitness skills as they will be re-tested again in the spring. With daily practice, it is easy to improve their scores as well as their health.

**Sit-ups ~ Boys Fitness Titan Girls Fitness Titan**

8 Yrs. Old 31 40 29 38

9 Yrs. Old 32 41 30 39

10 Yrs. Old 35 45 30 40

**Shuttle-Run ~ Boys Fitness Titan Girls Fitness Titan**

8 Yrs. Old 12.2 11.1 12.9 11.8

9 Yrs. Old 11.9 10.9 12.5 11.1

10 Yrs. Old 11.5 10.3 12.1 10.8

**Pull-Ups ~ Boys Fitness Titan Girls Fitness Titan**

8 Yrs. Old 1 5 1 2

9 Yrs. Old 2 5 1 2

10 Yrs. Old 2 6 1 3

**FAH ~ Boys Fitness Titan Girls Fitness Titan**

8 Yrs. Old 10 sec. 8 sec.

9 Yrs. Old 10 sec. 8 sec.

10 Yrs. Old 12 sec. 8 sec.

\*There is no Titan award for Flexed-Arm Hang as students are required to do pull-ups.

**V-Sit Reach ~ Boys Fitness Titan Girls Fitness Titan**

8 Yrs. Old + ½” + 3” + 2” + 4.5”

9 Yrs. Old + 1” + 3” + 2” + 5.5”

10 Yrs. Old +1” +4” +3” + 6”

\*A negative number demonstrates that your child needs to concentrate on stretching each day.

**1 Mile Run ~ Boys Fitness Titan Girls Fitness Titan**

8 Yrs. Old 11:05 8:48 12:30 10:02

9 Yrs. Old 10:30 8:31 11:52 9:30

10 Yrs. Old 9:48 7:57 11:22 9:19

If you have any questions, please contact your child’s Physical Education teacher.