

## FITNESSGRAM EVALUATION ASSIGNMENT

Mr. DeAmicis

Spring

Now that you have completed your Fitness tests, it is important that you do a self-evaluation of your fitness level, set realistic goals for the future, and share this information with your Parents/Guardians. **Please do the following:**

1. **Summarize your overall results.** After an appropriate introductory sentence or two, cover the following items: In how many areas are you in the Healthy Fitness Zone? What are your areas of strength? What are areas in which you need to improve?
2. **Describe and evaluate your results, in detail, for each specific test, in each area of fitness.** Cover each area tested: a. Aerobic Capacity b. Muscle Strength, Endurance, and Flexibility. c. Body Composition. Identify the Test or Tests given in each area. Tell what your score was. Give the range for each test's HFZ. Tell where you are in that Range. (Below HFZ, Low Range, Middle, High Range, Above HFZ) Be specific!
3. **Make an Action Plan for next year: Set realistic goals and describe what actions you will take to reach them.** Go through each area of fitness. Set a goal for next year for each test in that area. Make it a realistic goal. (Huge improvements are not realistic). Describe specific things that you will do

to reach your goal for each test. (Which exercises? How intensely? With what frequency?)

4. **Organization:** Organize the Self-evaluation into three sections: Summary Paragraph, Detailed Test Results, and Action Plan. Please write or type neatly, use complete sentences, and check your spelling! The entire assignment should be done in 2 pages or less. When you are finished and have reviewed your paper, attach your Fitnessgram and Fitness Record Card to it, show the whole packet to your parents or guardians, and go through it with them. Explain the tests, your results, your goals, and how you will reach them. **Have them sign and date the bottom of the Evaluation Assignment. The signature means that your parent or guardian has reviewed this completed assignment with you.**
  
5. **Due Date:** Turn in the signed, completed assignment to me by **MONDAY, MAY 11<sup>th</sup> at the beginning of class.** This assignment is worth 25 percent of your quarter grade.