3RD GRADE Common Assessment

Name_____ P.E. Teacher Fall_____

P.E. Teacher Spring _____

Step 1: Record your fitness Score.
Circle one fitnessgram test that you would like to improve on

Cardiovascular Endurance: FALL MileRun_____ Pacer_____

SPRING Mile Run_____ Pacer_____

Muscular Strength & Endurance: FALL Push Ups_____ Curl Ups_____

SPRING Push Ups_____ Curl Ups_____

Flexibility: FALL Sit and Reach Left_____ Right____

SPRING Sit and Reach Left_____ Right____

Step 2: List 3 specific activities that can help achieve your goal

FALL Parent Signature : _____

Spring

Step 3: After testing in the spring, please circle one answer below

Yes, I achieved my goal No, I did not achieve my goal

Step 4: Please explain why you did or did not achieve your goal:

SPRING Parent Signature _____

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(Goal Setting Component)	(Did not Identify or Express)	(Identified and Expressed)
Identifying Fitnessgram test to improve on	Student did not circle or identify a fitnessgram test to improve on	Student Identified a fitnessgram test to improve on
3 specific improvement activities	Student did not list 3 specific improvement activities	Student did not list 3 specific improvement activities
Goal Achievement	Student did not express if they achieved their fitness goal	Student expressed their achievement goal
Fitness Reflection	Student did not explain why or why not they achieved their goal	Student did not explain why or why not they achieved their goal