**RIVERSIDE FITNESS-ASSESSMENTS**

**STEPS:**

1. Save this document to a PE Folder in your OneDrive so that you can add to it for future tests. Each time you submit it, it MUST have all previous data.
2. Complete each task and record your results (note: Be honest! We will be using the data to set goals for the next test)
3. Use the ADD WORK link to add evidence for at least one component (not required if completed in person)
4. Complete the goal setting section to make a S.M.A.R.T. plan for improvement before the next assessment (see lesson plan for info on how to do this). You WILL be assessed on your goal setting/reflection (Knowledge) for each of the tests and will also receive a score according to the fitness standards (Fitness).
5. REMEMBER to check back often to keep yourself accountable to the goals you have set!

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| **COMPONENT OF FITNESS** | **TEST and UNIT OF MEASUREMENT** | Test #1 | Score/5  | Test #2 | Score/5 | Test #3 | Score/5 |
| **CARDIOVASCULAR ENDURANCE** | 3km Run (TIME min:sec) | 31:45 | 1/5 |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **MUSCULAR STRENGTH & ENDURANCE**  | Plank (TIME min:sec) | 2:30 | 5/5 |  |  |  |  |
| Push Ups 60 sec (repetitions) | 11 | 3/5 |  |  |  |  |
| Sit Ups 60 sec (repetitions) | 35 | 4/5 |  |  |  |  |
|  |  |  |  |  |  |  |  |
| **AGILITY** | Curb Jumps 60 Sec (repetitions) | 49 | 2/5 |  |  |  |  |
|  |  |  |  |  |  |
| **OVERALL SCORE** | TEST #1 | 15/25 | TEST #2 | /25 | TEST #3 | /25 |

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| **Riverside Fitness Test Standards** |  |
|  |  |  |  |  |  |  |
|  | **Excellent** | **Good** | **Average** | **Poor** | **Needs Improvement** |  |
|  | **5** | **4** | **3** | **2** | **1** |  |
| **3 Km Run (min/sec)** |  |  |  |  |  |  |
| ***male & female*** | <12:00 | 12:00-16:00 | 16:00-20:00 | 20:00-24:00 | >24:00 |  |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Plank (seconds)** |  |  |  |  |  |  |
| ***male & female*** | 2:30+ | 2:00-2:29 | 1:30-1:59 | 1:00-1:29 | <1:00 |  |
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|  |  |  |  |  |  |  |
| **Push Ups (reps in 60s)** |  |  |  |  |  |  |
| ***male*** | 56+ | 37-55 | 19-36 | 10-18. | <10 |  |
| ***female*** | 35+ | 25-34 | 11-24. | 6-10. | <6 |  |
|  |  |  |  |  |  |  |
| **Sit Ups (reps in 60s)** |  |  |  |  |  |  |
| ***male*** | 50+ | 40-49 | 35-39 | 25-34 | <25 |  |
| ***female*** | 45+ | 35-44 | 29-34 | 18-28 | <18 |  |
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|  |  |  |  |  |  |  |
| **Curb Jumps (reps in 60s)** |  |  |  |  |  |  |
| ***male & female*** | 90+ | 70-90 | 50-70 | 30-50 | <30 |  |
|  |  |  |  |  |  |  |

**Goal Setting**

**SUCCESSES: What went well? What are you most proud of?**

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| **TEST 1** | **TEST 2** | **TEST 3** |
| **The plank** |  |  |

**AREAS FOR IMPROVEMENT: What are some areas where I can improve?**

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| **TEST 1** | **TEST 2** | **TEST 3** |
| **Push ups** |  |  |

**S.M.A.R.T. GOALS: What area(s) do you want to improve? What are your specific goals? How will you work towards that improvement?**

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|  | **AFTER TEST 1** | **AFTER TEST 2** | **AFTER TEST 3** |
| GENERAL GOAL STATEMENT(what component or components are you wanting to focus on for improvement?) | **I would like to work on my push ups** |  |  |
| **S: SPECIFIC (what will you do to work towards your goal, for how long, and how often?)** | I will try and do 15 push ups each weekend |  |  |
| **M: MEASUREABLE (what is your end goal? Is there a number attached so you know if you’ve achieved it? What is it?)** | My goal is to make it so I am able to do 25 push ups next time |  |  |
| **A: ATTAINABLE (your goals should always push you for improvement but also be within reach – why do you think this goal is attainable?)** | I think it is attainable because I felt I could do more because I underestimated how long it would take me when I met my goal of 11 push ups I still had thirty seconds left |  |  |
| **R: REALISTIC (what time commitment does it require? When will you fit it in? How/why is this realistic for you?)** | I think it is realistic because twelve push ups each weekend will only take around minute  |  |  |
| **T: TIME ORIENTED****(what is the timeframe for your goal? This will help with motivation? Hint: your first column should say the end of the semester!)** | My time frame is until the next fitness test |  |  |

**REFLECTIONS:**

**AFTER TEST 1:**

Were your scores where you expected them to be? Why or why not? (2-3 sentences minimum)

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| **My goals were pretty much what I expected. I did better then I thought on the plank and thought I could have done more sit ups but other then that I wasn’t surprised.** |

**AFTER TEST 2:**

Did you reach your goal(s)? Why do you think you did or did not? How was your commitment to your S.M.A.R.T. goal? What might you add or change for next time? (2-3 sentences)

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**AFTER TEST 3:**

Did you reach your goal? Why do you think you did or did not? How was your commitment to your S.M.A.R.T. goal? What might you add or change for next time? What is your plan to maintain your fitness as your PHE semester ends? (3-4 sentences minimum)

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