

## ELEMENTARY PHYSICAL EDUCATION

The focus of physical education at the elementary level is to provide an opportunity for physical fitness, cardiovascular endurance, dance, ball and stick skills, locomotor games and gross motor skills. Grades are primarily based on effort, although some fitness testing is done.

The first two terms, physical fitness evaluations for grades 4 and 5 are based on effort during exercises and warm-up activities. Final term fitness evaluations are based on fitness test results using **The President's Challenge**, a battery of five tests that measures overall body strength, flexibility, agility and cardiovascular endurance. This test is given annually to thousands of students across the United States. The test measures physical fitness levels in each student, and their scores are given in relation to other students across the country by age. The results are measured in percentiles. A score of 50% indicates that the student has performed better than 50% of the students their age nationally.

If a student receives a score of 50% on all five tests, that student is awarded a **National Physical Fitness certificate** for achieving a basic yet challenging level of physical fitness. A student that receives a score of 85% or better on all five tests is awarded the **Presidential Physical Fitness certificate and emblem**. This award signifies an outstanding level of physical fitness.

Upon completion of **The President's Challenge** students will receive a final fitness grade of:

- O (Outstanding) if they qualified for a **Presidential or National Award**.
- S (Satisfactory) if a student is able to pass 3 out of 5 tests.
- NI (Needs Improvement) if a student passes 2 or less.

5<sup>th</sup> grade fitness cards will be sent to the Middle School since all students will continue to take **the President's Challenge** there as well.

4<sup>th</sup> grade fitness cards will be used again next year so that students can measure their improvement on scores. Since these cards will eventually follow each student to the High School, all students will have a fitness profile given to them upon graduation.

The importance of maintaining a fun, healthy and fit lifestyle is the focus of all physical education units.

More in depth information concerning qualifying standards for **The President's Challenge** and suggestions for living a healthy lifestyle can be found on the website: [www.presidentschallenge.org](http://www.presidentschallenge.org).