**Fitness Testing Rubric**

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| **Assessment** | **4-Mastery** | **3-Meets** | **2-Working Toward** | **1-Not Meeting** |
| Push-ups | Student exceeds the Fitnessgram goal.  —------OR—-----  Student exceeds their personal goal by 4 or more. | Student meets the Fitnessgram goal.  —------OR—------  Student meets their personal goal. | Student is working toward a Fitnessgram goal.  —-------OR—-----  Student is working toward their personal goal. | Student is working below and trying to improve their fitness score  —----OR—--------  Student is trying to improve their fitness level. |
| Curl-ups | See above | See above | See above | See above |
| Mile | See above  (set # of seconds to exceed) | See above | See above | See above |
| PACER | See above  (set # of laps to exceed) | See above | See above | See above |
| Sit and Reach | See above | See above | See above | See above |