

## Fitness Testing Rubric

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