

Lopez Island School District Fitness Performance Assessment

In our Lopez Island physical education classes (1st-12th grade) we work daily on the major components of physical fitness...cardio-respiratory, muscular strength, muscular endurance, flexibility, and additionally we work on many agility type activities.

All of our students are tested using the President's Challenge Physical Fitness Program. In addition, we have added a few more important fitness assessments for each of the different grade levels.

Our physical education curriculum incorporates the fitness testing element three times per year.

Our assessment meets and exceeds the Classroom-Based Assessment for Washington students.

Our **Elementary (4th and 5th grade)** fitness assessment uses the President's Challenge Physical Fitness Program. The tests include:

- 1600 Meter Run
- Push Ups
- Sit Ups
- Sit & Reach
- Shuttle Run

Lopez Island has also added the following tests to the Elementary assessments.

- 400 meter Run
- Standing Broad Jump

Our **Middle School (6th-8th grade)** fitness assessment uses the President's Challenge Physical Fitness Program. The tests include:

- 1600 Meter Run
- Push Ups
- Sit Ups
- Sit & Reach
- Shuttle Run

Lopez Island has also added the following tests to the Middle School assessments.

- 400 meter Run
- Standing Broad Jump
- Dot Drills

Our **High School (9th-12th grade)** fitness assessment uses the President's Challenge Physical Fitness Program. The tests include:

- 1600 Meter Run
- Push Ups
- Sit Ups
- Sit & Reach
- Shuttle Run

Lopez Island has also added the following tests to the High School assessments.

- 400 meter Run
- Standing Broad Jump
- Dot Drills
- 30 minute Run