



Physical Education Virtual Learning

7th & 8th PE

Fitness Test Practice

April 29, 2020



7th & 8th Physical Education
Push Ups and Curl Ups: **April 29th, 2020**

Objective/Learning Target:

Participates in moderate to vigorous muscle- and bone-strengthening physical activity at least 3 times a week.

NASPE: (S3.M6.7)



Push Up and Curl Up

Fitnessgram Testing---Practice



Lesson Objective

Student will practice push ups and curl ups the way they are tested for their Fitnessgram Testing scores.



Essential Question

What is the correct testing form for push ups and curl ups?



Standards

ISD LT 2.4.2: I can reach the healthy fit zone for my age level in selected fitness tests (Push-ups, Curl-ups, Pacer, Sit-n-reach)

NASPE Standard #3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.



Warm Up---Video

How to perform push ups correctly for the Fitnessgram Test.

Push Up Test Description



Warm Up---Video

How to perform curl ups correctly for the Fitnessgram Test.

Curl Up Test Description



Practice

The following video is the practice portion. Please make sure you are performing the exercises correctly and do your best to keep up with the video. It will start with push ups then quickly move to curl ups. There are resting periods built in but if you need to take an additional break, just pause the video and start again when you are ready. Try to only take ONE additional break and complete the video.

Push Up and Curl Up Test Practice



Self Assessment

What part of the push ups was the most difficult for you, the up or down position?

What part of the curl ups was the most difficult for you, the up or down position?

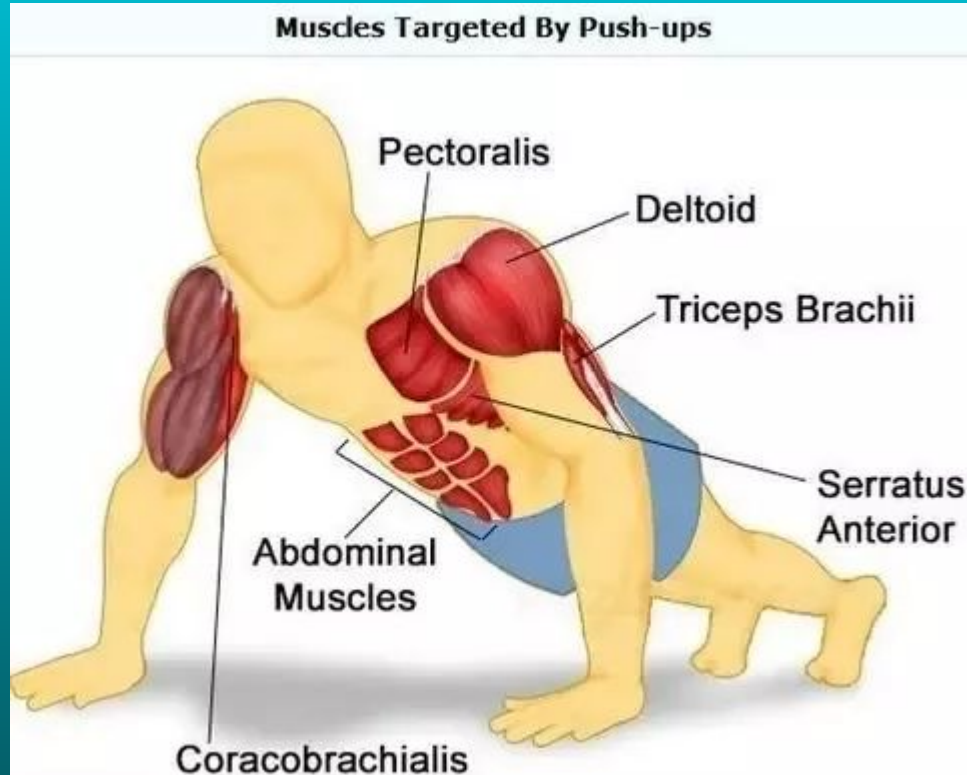


Thinking Critically

What is one muscle you used to complete the push ups?

Make a guess and then go to the next slide to see if you are right.

Thinking Critically Answers





Additional Resources

If you would like to practice the actual Fitnessgram Push Up Test, click the following video:

[Fitnessgram Push Up Test](#)

If you would like to practice the actual Fitnessgram Curl Up Test, click the following video:

[Fitnessgram Curl Up Test](#)