



Tips for Success

Tips for Planning/Implementing Effective Assessments:

- Conduct a Parent Fitness Night to introduce fitness test items and rationale. Let students teach and test their parents.
- Designate a period of time within the district in which all schools will fitness test to help ensure that testing is completed in a timely fashion and that support is available if needed.
- Have paraprofessionals/volunteers engage students in a game or activity while the PE teacher pulls students and administers tests (if not self-testing).
- If using volunteers, make sure they are trained in assessing the different fitness tests. If they are not, only use volunteers for support, not assessment.
- Allow students multiple opportunities to practice the fitness tests before assessing.
- Use a station set-up while testing to ensure that all students are active during PE class.
- When planning fitness testing, keep in mind audio needs for playing cadences (if using). If using stations, you need a way to play different cadences for the PACER and curl-up and push-up stations (if using these tests).
- Be sure to “READ IT, SHOW IT, DO IT and REVIEW IT.” It is important that students hear the directions for each test, see it demonstrated correctly, practice it and review proper technique and common mistakes.

Tips for the PACER:

- Use poly spots, or other markers to mark off each lane for the runners.
- Use a gym scoreboard or volleyball flip charts to keep track of laps.
- Use a marker or hand signal for each runner as a visual cue for misses on the PACER.
- Use the PACER track without music if students are having trouble hearing and recognizing the beeps.
- Run the first few laps with your students, helping them to learn how to pace themselves.

- During some practice sessions, start the cadence at a higher level rather than starting at the beginning. This will allow students to experience what the different levels feel like in terms of pacing.
- When introducing the PACER, have an adult run the PACER to demonstrate pacing.
- When testing the PACER, make sure to use a loud cd player/speaker system so that student can effectively hear the beeps.
- Try to group students with similar PACER scores together to be more time efficient.

Tips for Curl-Ups:

- Practice curl-up form frequently as it tends to be difficult to perform correctly and is different from the traditional sit up test.
- In an effort to test multiple students at once on the curl up, place velcro or tape the appropriate distance from the edge of a mat, so you can test more kids at once and they can “feel” the correct distance.

Tips for Push-Ups:

- Use a sponge ball when teaching young students “the feel” of a 90⁰ angle on the push up protocol. The sponge ball should be placed under the student’s chest as an indicator that they have reached the desired 90⁰ angle. Different sized sponge balls can be used for students with varying arm lengths and trunk girths.
- Practice push-up form frequently as it tends to be difficult for young students to learn.

Tips for Height and Weight:

- Consider asking the nurse to assist with recording height and weight data.
- Use mats as privacy dividers when measuring height and weight.
- Have students stand backwards on the scale when being weighed.
- Do not verbalize height or weight at any point when taking the measurements.
- Because body composition is a sensitive issue, additional care should be taken to protect the privacy of children and to make them feel safe.

Tips for Back-Saver Sit and Reach:

- When measuring sit and reach make sure the foot line is at 9 inches and the measurement is recorded in inches.
- If you have two sit and reach boxes, the tester places himself/herself between the two boxes so they can test two students alternately. This helps decrease testing time.
- Be sure to place the sit and reach box against a wall so that it does not move during the test.