

**POWER STANDARD 4: I Am Fit****I AM FIT VERSUS I AM NOT FIT**

Name: \_\_\_\_\_

Compare the differences between being fit and being unfit on the following T-chart.

I am fit.	I am not fit.

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).