

POWER STANDARD 5: I Value Physical Education, Fitness, and Health**SMART FITNESS GOALS: FLEXIBILITY**Name: Amelia Virgilio

Complete the following table to evaluate your current level of fitness for flexibility to determine whether your fitness plan will focus on maintaining or improving your fitness score.

1. Write the name of the fitness test used in class.
2. Enter your baseline flexibility fitness score.
3. Enter your current flexibility fitness score.
4. Determine whether you are at or below the standard provided by the teacher.
5. Determine whether your goal should focus on maintenance or improvement when developing your fitness plan based on the standards.
6. Analyze the assessment data and write a new fitness goal. The goal must be appropriate for the next designated testing date.

| Fitness test | Baseline score | Current score | Standard | Maintain or improve your score based on the fitness standard | New fitness goal |
|--------------------|----------------|---------------|---|--|------------------|
| Sit-and-reach test | 4 in. | 5 in. | Circle: Meets standard Below standard | Circle: Maintain Improve | 8 in. |

Give two reasons that support how your new fitness goal is realistic and attainable.

1. We stretch at the end of class each day.
2. I need to choose more activities that focus on flexibility, such as yoga.

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