

**POWER STANDARD 5: I Value Physical Education, Fitness, and Health****SMART FITNESS GOALS: CARDIORESPIRATORY  
ENDURANCE**Name: Sarika Anders

1. Write the name of the fitness test used in class.
2. Enter your baseline cardiorespiratory fitness score.
3. Enter your current cardiorespiratory 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 assessment data and write a new fitness goal. The goal must be realistic and attainable for the next designated testing date.
7. Give two reasons that support how your goal is realistic and attainable.

Fitness test	Baseline score	Current score	Standard	Maintain or improve your score based on the fitness standard	New fitness goal
Mile run	9:00	8:30	Circle: Meets standard Below standard	Circle: Maintain Improve	8:00

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

1. I am starting to run more often and it is becoming easier and easier.
2. I need to improve each lap by 8 seconds.

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