

POWER STANDARD 5: I Value Physical Education, Fitness, and Health

PERSONAL FITNESS PROFILE AND SELF-REFLECTION: COMPARE AND CONTRAST FITNESS PROFILES

Name: _____

Lindsay and Katie, both 15 years old, were measured on four physical fitness tests during their physical education class. Compare their scores with the minimum requirements for each test and share which test scores met the minimum requirement and which ones they need to improve.

| Assessment area | Lindsay's scores | Katie's scores | Minimum health-related standard |
|-----------------|------------------|----------------|---------------------------------|
| Sit-and-reach | 8 in. (20 cm) | 11 in. (28 cm) | 12 in. (30 cm) |
| Curl-ups | 10 | 26 | 24 |
| Push-ups | 6 | 12 | 7 |
| Mile run | 7:45 min | 10:30 min | 10:00 min |

Choose two areas where Lindsay and Katie each need to improve. For each area, provide one suggestion using the FITT principle that may help them improve their score.

Lindsay

- 1.
- 2.

Katie

- 1.
- 2.