Assignment #5
Health and Skill Related Fitness Analysis Page:

1. Analyze your fitness data in terms of the 5 Health Related Fitness Components.
   a. Write a paragraph describing each of the Fitnessgram assessments and what Health Related Fitness Component each assessment tests.

2. What are the benefits of the 5 Health Related Fitness Components?
   a. Print the Health Related Fitness Component study sheet and place in your notebook

3. What are the benefits of the 6 Skill Related Fitness Components?
   a. Print the Skill Related Fitness Component study sheet and place in your notebook

4. Based on your analysis, set one goal for each Fitnessgram Assessment to improve your fitness level.
   a. Write your first scores and your goals on the Goal Setting worksheet.

5. Have your parents sign your fitness report.

National Standards for Physical Education

• Standard 1:
  Demonstrate Competency in motor skills and movement patterns needed to perform a variety of physical activities. (Psycho-motor Domain)

• Standard 2:
  Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities. (Cognitive Domain)

• Standard 3:
  Participates regularly in physical activity. (ALL Domains)

• Standard 4:
  Achieves and maintains a health enhancing level of physical fitness. (Fitness Domain)

• Standard 5:
  Exhibits responsible personal and social behavior that respects self and others in physical activity settings. (Affective Domain)

• Standard 6:
  Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction. (Affective Domain)