

# 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)