

# Ohio Physical Education Assessments

## Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

### Grade Band: K-2

#### Benchmark A

**Benchmark A:** Demonstrate and develop health-related fitness.

**Task:** The student will demonstrate fitness-related activities using appropriate principles and practices in authentic game settings. The student also will demonstrate sufficient fitness to sustain moderate to vigorous physical activity.

Level	Criteria
Advanced	The student is able to demonstrate a level of fitness needed for good health by meeting the criteria in all three components of health-related fitness (cardio-respiratory, muscular strength/endurance, flexibility).
Proficient	The student is able to demonstrate a level of fitness needed for good health by meeting the criteria in at least one of the components of health-related fitness (cardio-respiratory, muscular strength/endurance, flexibility).
Limited	The student does not demonstrate a level of fitness needed in all three components of health-related fitness (cardio-respiratory, muscular strength/endurance, flexibility).

The intent of the K-2 fitness assessment is to assess fitness in an authentic setting. Following the recommendation of the National Association for Sport and Physical Education (2010), there is no formal measurement of fitness in grades K-2. Instead, the emphasis is placed on physical activity and instruction in the health-related fitness components. Thus, students' level of health-related fitness will be assessed through tasks that use a specific fitness component.

The possible tasks for each component of health-related fitness are:

- **Aerobic Capacity/Cardio-vascular Endurance** – move around the area using any locomotor skill for two or more minutes without stopping.
- **Muscular Strength and Endurance** – Hang on monkey bars on the playground or on the pull-up bar in the gym for 60 seconds or more. Move across the room in a crab-walk or seal-walk position without stopping (15-20 meters). Hold a bridge, push-up or plank position on the hands and feet for 30 seconds.
- **Flexibility** – Bend over and touch the toes, perform the shoulder stretch, yoga poses (downward facing dog, child's pose, down-cat pose).

**Directions:** Select a task for each component of health-related fitness and record whether the student has met or not met the goal of the stated task.

<b>Rating</b>	<b>Aerobic/Cardio-respiratory</b>	<b>Muscular Strength and Endurance</b>	<b>Flexibility</b>
Met	Demonstrates sufficient aerobic capacity/ Cardio-respiratory endurance to engage in the activity.	Demonstrates sufficient muscular strength to be able to bear body weight.	Demonstrate sufficient flexibility to bend, stretch, twist, reach and form shapes.
Not Met	Does not demonstrate sufficient aerobic capacity/ cardio-respiratory fitness to engage in the activity	Does not demonstrate sufficient muscular strength/endurance to bend, stretch, twist, reach and form shapes.	Does not demonstrate sufficient flexibility to bend, stretch, twist, reach and form shapes.

**Class:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

<b>Student</b>	<b>Aerobic/ Cardio-respiratory</b>	<b>Muscular Strength and Endurance</b>	<b>Flexibility</b>	<b>Total Met</b>	<b>Benchmark 4A Rating</b>