

## PE “Training for Testing” during online school

March 30, 2020

Hello Parents and Students of Collegedale Academy Middle,

During fourth quarter, our PE curriculum would normally train, and then test with our Fitness Gram testing. We test 3 areas – upper body endurance (with push-ups), mid body endurance (with curl-ups), and aerobic endurance (with the Pacer test OR the mile run).

During this “online” portion of our school calendar, **I’m asking that students include this training as part of their curriculum.** For training purposes, each student should work up to:

3 sets of 15 push-ups,

3 sets of 25 curl-ups,

and jogging up to 12 minutes (increasing distance for the 12 minutes with practice).

If the student does this three times a week, i.e. Monday/Wednesday/Friday, it should prepare them for fitness gram testing which we plan to do when we come back together to finish the semester. This training/PE time could be done before their “school” day starts, or before their lunchtime, or after school. To enable flexibility for the parents/students, **I will not monitor this through google classroom or zoom, I’m simply asking that parents/students include this with their weekly assignments three times a week to prepare for Fitness Gram testing, attempting to improve with each time.** When we administer the test at the end of this quarter, I’m sure those who trained regularly will do fine.

Push up standard: Boys 6<sup>th</sup> – **20**, Boys 7<sup>th</sup> – **25**, Boys 8<sup>th</sup> – **30**. Girls 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> - **15**.

Curl up standard: Boys 6<sup>th</sup> – **36**, Boys 7<sup>th</sup> – **40**, Boys 8<sup>th</sup> – **45**. Girls 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> – **32**.

Pacer Run standard: Boys 6<sup>th</sup> – **72**, Boys 7<sup>th</sup>, 8<sup>th</sup> – **83**. Girls 6<sup>th</sup> – **41**, Girls 7<sup>th</sup>, 8<sup>th</sup> – **51**.

Mile Run standard (8<sup>th</sup> grade only): Boys 8<sup>th</sup> – **7:00**, Girls 8<sup>th</sup> – **8:30**.

I’m also sure that each student will feel better and perform online school better if they include this physical activity in their weekly plan.

Please look down to page 2 for helpful links.

Each student did these Fitness Gram tests during our first quarter of school, so they are familiar with them, but I'm including links below for more information.

[push up instructions](#)

[push up cadence](#)

[curl up instructions](#)

[curl up cadence](#)

[PACER instructions](#)

[PACER cadence](#)

[Mile Run Info \(8th only\)](#)

Thanks for your patience and cooperation during this change of schedule. I'm hoping it's a positive experience for everyone. Please feel free to contact me anytime at:

[mmixon@collegedaleacademy.com](mailto:mmixon@collegedaleacademy.com).

Mr. Mixon