Tilden Middle School Physical Education
8th Grade
Fitness Packet

Name_____

Pd. ___

Grade ____

Teacher_____

This fitness packet should always be stored in your P.E. locker.

Why are we spending so much time on fitness testing and training?

- Childhood obesity has more than doubled in children and **quadrupled** in **adolescents** in the past 30 years.
- In 2012, more than **one third** of children and **adolescents** were **overweight** or **obese**.
- Children and adolescents who are obese are at **greater risk** for **bone** and **joint problems**, **sleep apnea**, and **social and psychological problems** such as stigmatization and **poor self-esteem**
- Children and adolescents who are obese are likely to be obese as adults and are therefore more at risk for adult health problems such as **heart disease**, **type 2 diabetes**, **stroke**, several types of **cancer**, and **osteoarthritis**.
- The top six leading causes of death in the United States are **heart disease**, **cancer**, respiratory disease, accidents, **stroke**, alzheimer's disease, and **diabetes**.

These statistics are frightening and as your physical education teachers we are committed to provide you with the knowledge and skill to reverse these trends.

Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of childhood and adult obesity in the United States, 2011-2012. *Journal of the American Medical Association* 2014;311(8):806-814.

National Center for Health Statistics. Health, United States, 2011: With Special Features on Socioeconomic Status and Health. Hyattsville, MD; U.S. Department of Health and Human Services; 2012.

National Institutes of Health, National Heart, Lung, and Blood Institute. Disease and Conditions Index: What Are Overweight and Obesity? Bethesda, MD: National Institutes of Health; 2010.

Medicine & Science in Sports & Exercise: July 2011-Volume 43-Issue 7 pp 1334-1359 Special Communications: Position Stand

Name _____   Pd. _____   Grade _____   Teacher _____

Recording Sheet

Fitness Test	HFZ Write down your Healthy Fitness Zone using page 9	Date	Date	Date	Date	Date	Date	Date	Goal Q1/Q2
		Score	Score	Score	Score	Score	Score	Score	Goal Q3/Q4
Personal Best Runs (1 Mile Run)									
Pacer									
Push-Up									
Curl-Up									
Sit & Reach		L	R						L R
		L R	L R	L R	L R	L R	L R	L R	L R
Team Pacer	Personal Competition								
Push-Up 1 Minute	Personal Competition								
Sit-Up 1 Minute	Personal Competition								
Plank Endurance	Personal Competition								
Jump Rope 1 Minute	Personal Competition								
Jump Rope Endurance	Personal Competition								

1

Mile Run Times Personal Best Log

Time

| 13:30 |
| 13:15 |
| 13:00 |
| 12:45 |
| 12:30 |
| 12:15 |
| 12:00 |
| 11:45 |
| 11:30 |
| 11:15 |
| 11:00 |
| 10:45 |
| 10:30 |
| 10:15 |
| 10:00 |
| 9:45 |
| 9:30 |
| 9:15 |
| 9:00 |
| 8:45 |
| 8:30 |
| 8:15 |
| 8:00 |
| 7:45 |
| 7:30 |
| 7:15 |
| 7:00 |
| 6:45 |
| 6:30 |
| 6:15 |

Date

Healthy Fitness Zone for a 1 mile
run **Bovs**

Age	Running Time
10	9:00- 11:30
11	8:30-11:00
12	8:00-10:30
13	7:30-10:00
14	7:00-9:30
15	7:00-9:00

Healthy Fitness Zone for a 1 mile run **Girl**

Age	Running Time
10	9:30-12:30
11	9:00-12:00
12	9:00-12:00
13	9:00-11:30
14	8:30-11:00
15	8:00-10:30

Personal Best Reflection

Date _____   Personal Goal _____   Run Time: _____

Did you achieve your goal please circle   Yes   No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run

Please circle all statements that apply to you.

I felt good during and after I finished my run

I kept a consistent pace throughout my run.

I was well hydrated throughout the day

I was not too full or hungry during my run

I was stretched out and my muscles felt loose

I was able to run without having any cramps

I ate a healthy breakfast this morning

I got enough sleep last night

Please write in any other reasons that contributed in you having a good run:

I did not have a good run

Please circle all statements that apply to you.

I did not feel good during or after my run

I did not have a consistent pace throughout my run.

I was not well hydrated throughout the day

I was too full or hungry during my run

I was not stretched out and I felt tight

I got cramps during my run

I did not eat breakfast or I ate an unhealthy breakfast

I did not get enough sleep last night

Please write in any other reasons that contributed in you not having a good run:

Ways to have a good run ⟹

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast
- Drink water throughout the day
- Stretch before and after your run

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...

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3

Healthy Fitness Zone for a 1 mile run **Boys**

Age	Running Time
10	9:00- 11:30
11	8:30-11:00
12	8:00-10:30
13	7:30-10:00
14	7:00-9:30
15	7:00-9:00

Healthy Fitness Zone for a 1 mile run **Girl**

Age	Running Time
10	9:30-12:30
11	9:00-12:00
12	9:00-12:00
13	9:00-11:30
14	8:30-11:00
15	8:00-10:30

Personal Best Reflection

Date _____   Personal Goal _____   Run Time: _____

Did you achieve your goal please circle   Yes   No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run

Please circle all statements that apply to you.

I felt good during and after I finished my run

I kept a consistent pace throughout my run.

I was well hydrated throughout the day

I was not too full or hungry during my run

I was stretched out and my muscles felt loose

I was able to run without having any cramps

I ate a healthy breakfast this morning

I got enough sleep last night

Please write in any other reasons that contributed in you having a good run:

I did not have a good run

Please circle all statements that apply to you.

I did not feel good during or after my run

I did not have a consistent pace throughout my run.

I was not well hydrated throughout the day

I was too full or hungry during my run

I was not stretched out and I felt tight

I got cramps during my run

I did not eat breakfast or I ate an unhealthy breakfast

I did not get enough sleep last night

Please write in any other reasons that contributed in you not having a good run:

Ways to have a good run

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast
- Drink water throughout the day
- Stretch before and after your run

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...

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4

Healthy Fitness Zone for a 1 mile run **Boys**

Age	Running Time
10	9:00- 11:30
11	8:30-11:00
12	8:00-10:30
13	7:30-10:00
14	7:00-9:30
15	7:00-9:00

Healthy Fitness Zone for a 1 mile run **Girl**

Age	Running Time
10	9:30-12:30
11	9:00-12:00
12	9:00-12:00
13	9:00-11:30
14	8:30-11:00
15	8:00-10:30

Personal Best Reflection

Date _____   Personal Goal _____ Run Time: _____

Did you achieve your goal please circle   Yes   No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run

Please circle all statements that apply to you.

I felt good during and after I finished my run

I kept a consistent pace throughout my run.

I was well hydrated throughout the day

I was not too full or hungry during my run

I was stretched out and my muscles felt loose

I was able to run without having any cramps

I ate a healthy breakfast this morning

I got enough sleep last night

Please write in any other reasons that contributed in you having a good run:

I did not have a good run

Please circle all statements that apply to you.

I did not feel good during or after my run

I did not have a consistent pace throughout my run.

I was not well hydrated throughout the day

I was too full or hungry during my run

I was not stretched out and I felt tight

I got cramps during my run

I did not eat breakfast or I ate an unhealthy breakfast

I did not get enough sleep last night

Please write in any other reasons that contributed in you not having a good run:

Ways to have a good run

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast
- Drink water throughout the day
- Stretch before and after your run

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...

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5

Healthy Fitness Zone for a 1 mile
run Boys
Age   Running Time
10   9:00- 11:30
11   8:30-11:00
12   8:00-10:30
13   7:30-10:00
14   7:00-9:30
15   7:00-9:00

Healthy Fitness Zone for a 1 mile run Girl
Age   Running Time
10   9:30-12:30
11   9:00-12:00
12   9:00-12:00
13   9:00-11:30
14   8:30-11:00
15   8:00-10:30

Personal Best Reflection

Date _____   Personal Goal _____   Run Time: _____

Did you achieve your goal please circle   Yes   No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run	I did not have a good run
Please circle all statements that apply to you.	**Please circle all statements that apply to you.**
I felt good during and after I finished my run	I did not feel good during or after my run
I kept a consistent pace throughout my run.	I did not have a consistent pace throughout my run.
I was well hydrated throughout the day	I was not well hydrated throughout the day
I was not too full or hungry during my run	I was too full or hungry during my run
I was stretched out and my muscles felt loose	I was not stretched out and I felt tight
I was able to run without having any cramps	I got cramps during my run
I ate a healthy breakfast this morning	I did not eat breakfast or I ate an unhealthy breakfast
I got enough sleep last night	I did not get enough sleep last night
Please write in any other reasons that contributed in you having a good run:	Please write in any other reasons that contributed in you not having a good run:

Ways to have a good run

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast
- Drink water throughout the day
- Stretch before and after your run

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...

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_____

Healthy Fitness Zone for a 1 mile run **Boys**

Age	Running Time
10	9:00- 11:30
11	8:30-11:00
12	8:00-10:30
13	7:30-10:00
14	7:00-9:30
15	7:00-9:00

Personal Best Reflection

Healthy Fitness Zone for a 1 mile run <u>Girl</u>

Age	Running Time
10	9:30-12:30
11	9:00-12:00
12	9:00-12:00
13	9:00-11:30
14	8:30-11:00
15	8:00-10:30

Date _____   Personal Goal _____ Run Time: _____

Did you achieve your goal please circle   Yes   No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run

Please circle all statements that apply to you.

I felt good during and after I finished my run

I kept a consistent pace throughout my run.

I was well hydrated throughout the day

I was not too full or hungry during my run

I was stretched out and my muscles felt loose

I was able to run without having any cramps

I ate a healthy breakfast this morning

I got enough sleep last night

<u>Please write in any other reasons that contributed in you having a good run:</u>

I did not have a good run

Please circle all statements that apply to you.

I did not feel good during or after my run

I did not have a consistent pace throughout my run.

I was not well hydrated throughout the day

I was too full or hungry during my run

I was not stretched out and I felt tight

I got cramps during my run

I did not eat breakfast or I ate an unhealthy breakfast

I did not get enough sleep last night

<u>Please write in any other reasons that contributed in you not having a good run:</u>

Ways to have a good run

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast
- Drink water throughout the day
- Stretch before and after your run

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...

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7

Healthy Fitness Zone for a 1 mile
run **Boys**

Age	Running Time
10	9:00- 11:30
11	8:30-11:00
12	8:00-10:30
13	7:30-10:00
14	7:00-9:30
15	7:00-9:00

Healthy Fitness Zone for a 1 mile run Girl

Age	Running Time
10	9:30-12:30
11	9:00-12:00
12	9:00-12:00
13	9:00-11:30
14	8:30-11:00
15	8:00-10:30

Personal Best Reflection

Date _____   Personal Goal _____   Run Time: _____

Did you achieve your goal please circle   Yes   No

If you did **not run** please describe why: _____

Decide what type of run that you had today and please circle or write in your reflection in the correct box.

I had a good a run

Please circle all statements that apply to you.

I felt good during and after I finished my run

I kept a consistent pace throughout my run.

I was well hydrated throughout the day

I was not too full or hungry during my run

I was stretched out and my muscles felt loose

I was able to run without having any cramps

I ate a healthy breakfast this morning

I got enough sleep last night

Please write in any other reasons that contributed in you having a good run:

I did not have a good run

Please circle all statements that apply to you.

I did not feel good during or after my run

I did not have a consistent pace throughout my run.

I was not well hydrated throughout the day

I was too full or hungry during my run

I was not stretched out and I felt tight

I got cramps during my run

I did not eat breakfast or I ate an unhealthy breakfast

I did not get enough sleep last night

Please write in any other reasons that contributed in you not having a good run:

Ways to have a good run

- Work on pacing during your warm-up lap (jogging the entire time)
- Jog around your neighborhood 2 or more times a week.
- During the run do not sprint but jog at a pace that you can keep throughout your run.
- Get a good nights sleep
- Eat a healthy breakfast
- Drink water throughout the day
- Stretch before and after your run

Write down one thing that you can do to help you have a better run. Make sure that it is something that **you will be willing to do** before your next personal best run.

Before my next personal best run I will ...

_____

_____

_____

AGE	PACER Healthy Fitness Zone	Sit & Reach Healthy Fitness Zone	Push up Healthy Fitness Zone	Curl Up Healthy Fitness Zone
G 10	7 - 41	9	7 - 15	12 - 26
I 11	15 - 41	10	7 - 15	15 - 29
R 12	15 - 41	10	7 - 15	18 -32
L 13	23 - 51	10	7 - 15	18 - 32
S 14	23 - 51	10	7 - 15	18 - 32
15	32 - 51	12	7 - 15	18 - 35
B 10	23 - 61	8	7 - 20	12 - 24
O 11	23 - 72	8	8 - 20	15 - 28
Y 12	32 - 72	8	10 -20	18 - 36
S 13	41 - 83	8	12 - 25	21 -40
14	41 - 83	8 —	14 -30	24 - 45
15	51 - 94	8	16 - 35	24 -47

PACER TEST

Name of Runner _____

Name of Recorder _____

Count the laps by placing a slash over each number as that lap is completed.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65

66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85

PACER TEST
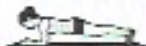
Name of Runner _____

Name of Recorder _____

Count the laps by placing a slash over each number as that lap is completed.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65

66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85
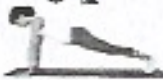
10

PACER TEST

Name of Runner _____

Name of Recorder _____

Count the laps by placing a slash over each number as that lap is completed.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65

66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85

11

PACER TEST

Name of Runner _____

Name of Recorder _____

Count the laps by placing a slash over each number as that lap is completed.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20

21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40

41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65

66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85

12

Components of Fitness

FITNESS TEST	WHAT FITNESS COMPONENT DOES IT MEASURE	WHAT IS THIS FITNESS COMPONENT	WHY IS THIS IMPORTANT/BENEFITS	HOW CAN I IMPROVE THIS
Personal Best (1 Mile Run) Pacer Team Pacer Jump Rope 1 Minute Jump Rope Endurance	Cardiorespiratory Fitness	Cardiorespiratory fitness is the ability of the heart and lungs to work together to provide blood and oxygen to the muscles so the body can perform activities for an extended period of time.	✓ Better physical and mental quality of life ✓ More energy ✓ Improves sleep ✓ Improves sport performance ✓ Reduces depression and anxiety ✓ Improves immune system ✓ Decreases fat Decreases chances of developing: ✓ Heart Disease ✓ Diabetes ✓ Osteoarthritis ✓ Osteoporosis	***All fitness components can be improved by** ✓ Working hard in physical education class ✓ Joining sport/fitness intramural programs after school. ✓ Joining a sports team or a gym outside of school. **Specific Cardiorespiratory Exercises Include:** o Jogging o Bike Riding o Swimming o Dancing o Most team sports (with constant movement)
Curl-Up Sit-Up 1 Minute Plank Endurance	Muscular Endurance	Muscular endurance is the ability to use the muscles for a long period of time without getting tired.	✓ Everyday activities become easier and less exhausting. ✓ Improves sports performance ✓ Improves sleep ✓ Decreases chance of injury Decreases chances of developing: ✓ Heart Disease ✓ Diabetes ✓ Osteoporosis	o Bodyweight exercises o Lifting weights o Cutting grass o Shoveling snow o Helping carry groceries Participating in such activities as: ▪ Some sport examples include: Football, wrestling, gymnastics, dance, and karate.
Push-Up Push-Up 1 Minute	Muscular Strength	Muscular strength is the amount of force a muscle can exert.	Same As Muscular Endurance Benefits	o Lifting Weights o Certain bodyweight exercises
Sit & Reach	Flexibility	The ability to move a joint through its complete range of motion.	✓ Decreases chance of injury. ✓ Muscles and joints experience less stress. ✓ Improves posture ✓ Improves sport performance	o Stretching o Yoga/Pilates o Dynamic Warm-Ups o Sports that incorporate stretching some examples include: Gymnastics, dance, cheerleading, and karate.

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This fitness packet belongs to

Name:_____

Keep this fitness packet in your P.E. folder and never store it anywhere but your P.E. Locker!

Do not leave this packet in the gymnasium.

Place your name on multiple pages so if your cover page rips off and you lose this packet your name will still be visible.

If you find a lost packet please pick it up and return it to that student's teacher.