

Niagara Falls City School District

3rd Grade Physical Education Resources

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P.E. Activities for MAY 18th to MAY 26th

Grade Level: 3rd Grade

Lesson Title: **PERSONAL FITNESS TESTING WEEK**

***This lesson can be completed over 3 DAYS.** Each day consists of a Warm-Up, 1 or 2 Fitness Tests and a Cool Down provided below.

*Access to YouTube on a computer/phone is necessary to complete workouts.

*Each lesson is approximately 30 to 40 minutes in duration.

NYS P.E. Standard #5 – *Recognizes the value of physical activity for overall wellness, enjoyment, challenge, and/or self-expression.*

- **DAILY WARM-UP = Invisible Dumbbell Warm-Up Stations**

- There are 6 exercises included in this packet. Read through each of the cards to get an idea of how movements are performed. Complete each exercise for 45 seconds and then take a 15 second rest before moving on to the next exercise.
<https://openphysed.org/wp-content/uploads/2020/03/MMNOW04-InvisibleDumbbellStationspdf.pdf>

- **LESSON ACTIVITY = PERSONAL FITNESS TESTS** -If you've been completing the weekly at home activities, this is the week to challenge and test yourself to see how you stack up with the Niagara Falls City Schools Fitness Testing Standards.

DAY 1 Tests = Standing Long Jump & Push-Ups

Standing Long Jump:

- Places toes as close as possible to a marked starting line without going over line.
- Keep both feet firmly planted on the ground until jumping out straight as far as possible. Would work best to jump next to a tape measure.
- Student achievement is measured from where the student's heels land in relation to the marked distances.
- Attempt 5 jumps and compare your best (farthest) jump to the standards below.

Push -Ups:

- Perform as many correct form Push-Ups as you can in 1 minute.
- Begin in the up position with a straight back, students must go down low enough so there is a minimum 90 degree bend in their elbows.

- Return to the up position with arms fully extended and continue good form.
- Avoid form errors which would include: not going low enough, not maintaining the correct straight back body position, not extending arms fully enough and touching down to the floor/ground with your body.
- Try this test 2 or 3 times to see if you can beat your amount and compare your results to the standards below.

DAY 2 Test = 12 Minute Run

- Maintain a running motion for up to 12 Minutes. Individual speed and quickness is not of concern. A constant running motion is needed. Try your best to achieve all 12 Minutes! Compare your results to the standards below

DAY 3 Tests = CURL-UPS and SIT & REACH

Curl Ups:

- Sit down on a soft surface. A home or family member is allowed to hold/stand on your feet/ankles to the ground.
- Student will lay on back, bend knees, feet flat on the floor, arms crossed in front of body with hands on shoulders. Start in laying down position.
- Curl-Up consists of touching elbows to the thigh then back down to the ground so that shoulders blades touch the ground.
- Student will have 1 minute to complete as many curl ups as possible. Compare your best amount of 2 or 3 attempts to the standards below.

Sit & Reach:

- Sit down on a soft surface near a set of stairs. A home or family member can assist you by taking a measurement with a ruler.
- Place both feet against one of your stairs. Sneakers can be on or off for this test.
- Keep your feet and legs flat on floor and make “pancake hands” (hand over hand). Reach forward past your toes as far as you can each time keeping legs locked on the ground and hands together.
- Place the ruler flat on the stairs next to your sneakers. Taping it down to the stairs may help too. To get the most accurate reading, line up the centimeter side of the ruler next to your toes. The ruler should be set at 15 centimeters next to your toes. If you are able to reach past your toes you will definitely get a result over 15 cm. If you are short of reaching past your toes the result will be less than 15 cm.
- Take 5 or 6 sit & reach attempts and compare your best result to the standards below.
- **DAILY COOL DOWN = Kids Fitness – 5 Minute Cool Down**
 - <https://www.youtube.com/watch?v=9rOQKt6z0d4>

NFCSD Physical Fitness Testing Standards

Elementary Physical Education

Scoring Level	Standing Long Jump (Feet)	Push-Ups (1 min.)	Curl-Ups (Curls in 1 min.)	12 Min Run (Minutes)	Sit & Reach (Centimeters)
5	6' & Over	20 & over	45 & over	9-12	30 cm & over
4	5' to 5' 11	16-19	36-44	7:00 to 8:59	25-29
3	4' to 4' 11	10-15	27-35	4:00 to 6:59	20-24
2	3' to 3' 11	6-9	18-26	2:00 to 3:59	15-19
1	2' to 2' 11	5 & under	17 & under	0:00 to 1:59	14 & under

CUMULATIVE FITNESS SCORES

Add all of the scoring points from above to find your overall fitness level

23-25 = Level 5 (*Exceeding Fitness Level – Superior Effort*)

18-22 = Level 4 (*Proficient Fitness Level*)

14-17 = Level 3 (*Basic Fitness Level*)

9-13 = Level 2 (*Approaching Basic Level*)

8 & Under = Level 1 (*Needs Improvement to Fitness/Wellness*)