

How to Use the Concepts of Health and Fitness, Fitness Performance Assessment, and Directions for Administration and Scoring Guide

Introduction:

This CD consists of materials to be used by teachers to assess student learning in Fitness at grades 5, 8, and High School. For each grade level there are three documents: a Concepts of Health and Fitness booklet, Directions for Administration and Scoring Guide booklet, and a Fitness Performance Assessment booklet. These three documents should be used together to assess each student's progress in meeting the benchmark requirements of the Essential Academic Learning Requirements for Fitness.

The **Concepts of Health and Fitness** booklet includes:

- a written assessment that consists of multiple choice, short answer and extended response items

The **Directions for Administration and Scoring Guide** booklet includes:

- detailed directions about how to administer the Concepts of Health and Fitness assessment for the teacher
- a scoring guide that includes an answer key and scoring rubrics.

The **Fitness Performance Assessment** booklet includes:

- a performance-based assessment that requires students to participate in a variety of physical activities
- norms and standards that may be used by the teacher to provide students with feedback
- student record and analysis form to assist in utilizing measurements to further student learning.

Use of These Assessments

Health and fitness teachers in Washington schools developed these assessments. The materials are intended to be a resource for schools and teachers to use on a voluntary basis to measure student learning in concepts and understanding of fitness. This assessment resource provides a measure of a limited number of the health and fitness essential academic learning requirements at grades 5, 8 and high school.

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