

# Physical Fitness Activities and Knowledge

## Fitness Testing, 6-8

<b>Beginning</b> 1	I rarely complete the fitness assessments for the physical education fitness requirements.
<b>Developing</b> 2	I sometimes complete the fitness assessments for the physical education fitness requirements.
<b>Applying</b> 3	I consistently complete the fitness assessments and meet the requirements for each test.
<b>Innovating</b> 4	I always complete the fitness assessments and exceed the requirements for each test.