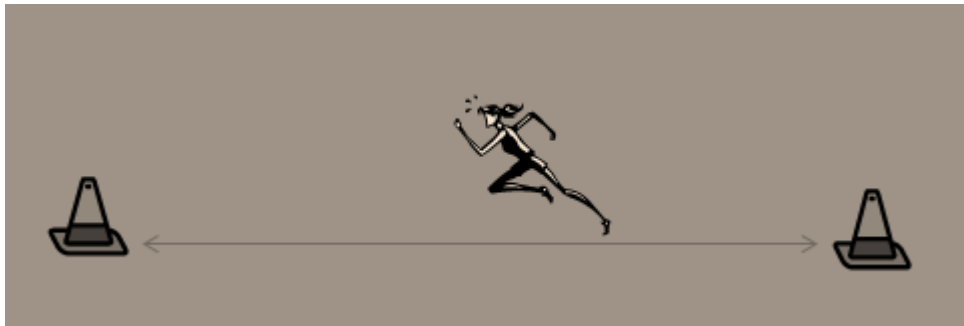


Cardio-Vascular Fitness is measured by using the Pacer Assessment or the Mile Run Assessment. Schools will select the most appropriate assessment for their student group.

Pacer

This assessment requires that students run between two lines 20m apart in time to recorded beeps. Students stand behind one line while facing the second, and begin running when instructed by the recording. The pace at the beginning of the assessment is slow. Students continue running between the two lines, turning when prompted by the recorded beeps. As the test proceeds, the time between beeps decreases (so the beeps will be closer together). If the line is reached before the beep sounds, the student must wait until the next beep sounds before continuing. If the line is not reached before the beep sounds, the student is given a warning and must continue to run to the line, then turn and try to catch up with the pace within the next two 'beeps'. The test is stopped if the subject does not reach the line for two consecutive ends after a warning.



Mile Run

Students will run 1 mile (usually around a school track). They will be timed to see how long the run takes and set goals for improvement.

