Cognitive Fitness Assessment

Grade levels 6-8

**Standard 3:** The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.

**Outcomes**

TSW be able to identify three physical activities that help improve ones’ cardiorespiratory endurance.

TSW be able to identify three physical activities that help improve upper body muscular strength.

TSW be able to identify three physical activities that help improve lower body muscular endurance.

TSW be able to identify three physical activities that will help increase hamstring flexibility.

**Pre Test Date ___________________________  Post Test Date ____________________________**

Place V if 3 PAs identified. Place × in the box if still learning these concepts.

<table>
<thead>
<tr>
<th>Students</th>
<th>3 cardio PAs</th>
<th>3 Upper Muscular Strength PAs</th>
<th>3 Lower Muscular Endurance PAs</th>
<th>3 Hamstring flexibility PAs</th>
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The following four Exit slips will be provided to students the last five minutes of four different class sessions the first day the concepts are introduced. The same four Exit slips will be administered at the end of the fitness unit or after the concepts have been explored, taught and mastered.
List three activities that could be done to improve cardiorespiratory endurance.
1. 
2. 
3. 

List three activities that could be done to improve upper body muscular strength.
1. 
2. 
3. 

List three activities that could be done to improve lower body muscular endurance.
1. 
2. 
3. 

List three activities that could improve hamstring flexibility.
1. 
2. 
3.