

# 1<sup>st</sup> Semester Goal Setting Assignment

In support of our department philosophy of lifetime fitness, we want to teach students to set and monitor goals for their overall fitness. This project will allow students to review previous fitness test scores and set new goals for the year to come. The Everett School District uses a web-based tool, Focused Fitness, which is designed to gather health and fitness data and communicate results to students, teachers, and parents.

## **Part One: Goal Setting (1/2 point for each box for a total of 10 pts)**

Using your pre-assessment results, set an attainable goal for the first semester. Fitness test scores are used as summative assessments each grading period. Fitness test standards are age and gender specific.

### **Example for an 8<sup>th</sup> grade boy**

Fitness Test	PACER	MILE	SIT & REACH	SIT-UPS	PUSH-UPS
Pre-assessment	73	7:49	6"	48	21
Goal	76	7:39	6.5"	52	23
Meeting Standard	41	9:04	8.5"	45	12
Did you meet standard?	Y N	Y N	Y N	Y N	Y N

Fill in the chart below with your results. Write your goals for the first semester. The meets standard numbers can be found on the PE website under Fitness Testing, then select Fitness Standards at the top of that page.

Fitness Test	PACER	MILE	SIT & REACH	SIT-UPS	PUSH-UPS
Pre-assessment					
Goal					
Meeting Standard					
Did you meet standard?	Y N	Y N	Y N	Y N	Y N

## **Part Two: Set Goal online (4 points for each goal for a total of 20 points)**

Instructions for accessing and setting goals using the Focused Fitness website -

1. <http://www.focusedfitness.org>
2. Click on LOGIN
3. Type in user name = (student ID #); Password = what you use at school
4. Click on Green LOGIN
5. Click on FITNESS (on left side of page)
6. Enter your semester goal for each fitness test. Use the empty boxes to the right of the label "Goal." (Goal 2 will be used for second semester goals)
7. **Click "Save Information" button at the bottom.**