Instructions for accessing online unit tests

Step 1: Log onto

<u>www.focusedfitness.org</u> This screen will pop up. A) Click LOGIN. Type in user name = student ID#. Type in password = last name



Step 2:

This is the next page that will come up and where you will click on the current unit test.

| 👯 Apps 📕 Managed bookmarks 📴 Suggested Sites (3) 🝺 Suggested Sites (2) 📙 Imported From IE 🔓 Google 🎯 docushare-everett.k 💥 Gateway Health an 🙋 Saved Homes (57) 🎺 Focused Fitness | | | | | | | | | |
|---|---|--|---|--|--|----------------------------|-------------|-------------------|--|
| | WELNET Modules - | | | | | | ۵ | Kristin Blakely + | |
| | ← Back to Dashboard | | STUDENT VI | EW | | | | | |
| | Welcome to WELNET®, the softwar fitness measurements. Use the link | e system that helps students unde is below to go to any task assigned | rstand their health and fitness. As a from your teacher. | student you have the ability to tak | e assessments, comple | te logs and enter | r goals for | | |
| | SAMPLE ASSIGNMENTS | | | | | | | | |
| | FITNESS | ASSESSMENTS | ASSESSMENTS | ASSESSMENTS | AD DESSM | ENTS | | | |
| | My Scores View Fitness Measurements and set your SMART Goals. | GWY Lacrosse 8.1 Take the GWY Lacrosse 8.1 Assessment | GWY Tennis Test 8.1 Take the GWY Tennis Assessment | Take the GWY Archery 7.1 Assessment | GWY Ultimate F Take the GWY Ultim 7.1 Assessment | risbee 7.1 nate Frisbee | | | |

Step 3 & 4:

Complete the mulitiple choice test, using the study guide as a resource. Once the test is complete, push SAVE ASSESSMENT.

| ← Back to Student View | ASSESSMENTS | | |
|---|--|---|----------------------|
| GWY PRACTICETEST 6.1 | | | |
| Instructions: Answer each question by clicking on the Press the 'Save' button at the bottom or saved.' If you do not see that, your asse | e circle next to your answer, or by typing your answer f the test. After you press Save, you will see a screen th ssment has not been saved. | n the box. After you have answered every hat says 'Your assessment has been succes | question, ssfully |
| Question 1: I am able to log on to f © true © false | ocused fitness | | |
| ○ false | | | |

** Note: once a student pushes SAVE ASSESSMENT, there is no way to go back and edit answers. The test has been submitted and is no longer able to be accessed by the student.

Step 5: Scroll down to the bottom on the Assessments tab, click on it, click on 2019-2020 and you should see your final score for the test you just submitted.

| My Viev set y | Scores v Fitness Mer your SMART | asurements a Goals. | nd | | | | |
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| MY | т ністо | RY | IENTS | | | | |
| | ~ | 2019 - 20 | 020 | | | | |
| | | Date | Phase | Assessment | Points | | |
| | | 10/3/19 | Post | GWY PracticeTest 6.1 | 100% | | 1/1 |