











# Program Checklist

Physical educators can use the PYFP checklist to guide program implementation. Instruction and assessment (i.e., verbal or written checks, classroom observation, demonstrations, etc.) should be provided at each step. Schools may have some or all of the checklist items in place already.

Free resources at [pyfp.org](http://pyfp.org) can help.

Step	Instruction & Assessment
 <p><b>Teach Fitness Concepts</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Components of health-related fitness: why each is important, how each is measured and developed</li> <li><input type="checkbox"/> Difference between skill- and health-related fitness</li> <li><input type="checkbox"/> Principles of training</li> <li><input type="checkbox"/> Importance of health-related fitness and physical activity for good health</li> </ul>
 <p><b>Prepare Students</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain and model the importance of conditioning</li> <li><input type="checkbox"/> Review proper protocol for each FitnessGram® assessment SPECIAL NOTE: Use the PYFP Fitness Club in grades K-3</li> <li><input type="checkbox"/> Provide multiple opportunities to practice (formal, peer and self-assessment)</li> <li><input type="checkbox"/> Identify physical activities students can do at home or in their community</li> </ul>
 <p><b>Conduct Assessment</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Determine type of testing to be conducted (e.g., self-testing, individualized, institutional, or personal) SPECIAL NOTE: Use the Brockport Physical Fitness Test on students not presently able to perform one or more FitnessGram test items</li> <li><input type="checkbox"/> Reinforce why each assessment is important, the component of health that it measures, and physical activities that can influence it</li> </ul>
 <p><b>Analyze Results at Various Levels (student, class, grade, school)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain the purpose of the Healthy Fitness Zone® standards</li> <li><input type="checkbox"/> Compare FitnessGram results to the Healthy Fitness Zone standards</li> <li><input type="checkbox"/> Use results to make student and program decisions SPECIAL NOTES: FitnessGram results should not be used to assign student grades or evaluate teacher performance FitnessGram results should not be posted publicly unless in aggregate form or when confidentially communicated with the student and/or parent For students in grades 4-12, FitnessGram or Brockport results can be used to determine achievement of the Presidential Youth Fitness Award</li> </ul>
 <p><b>Help Students Set Personal Goals</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain and demonstrate how to use results to set realistic age and gender appropriate goals for improvement</li> </ul>
 <p><b>Help Students Create Plan for Improvement</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain and demonstrate how to develop a personal fitness or physical activity plan utilizing the principles of training</li> </ul>
 <p><b>Help Students Track Progress</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Explain and demonstrate how to record and maintain physical activity log aligned to goals and personal fitness or physical activity plan</li> <li><input type="checkbox"/> Explain and demonstrate how to record in- and out-of-school physical activity time SPECIAL NOTE: The Presidential Active Lifestyle Award (PALA) provides a ready-made way to track daily physical activity and achievement of healthy eating goals</li> </ul>
 <p><b>Reassess</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Repeat FitnessGram assessment</li> <li><input type="checkbox"/> Explain how to evaluate progress and revise goals and physical activity or fitness plan</li> </ul>

Founding Partners:



This program is managed by the National Fitness Foundation