

# BERRY MIDDLE SCHOOL E-LEARNING

## PHYSICAL EDUCATION

The student will demonstrate each of the four components of the newly implemented physical fitness test for the State of Alabama to their parent/guardian. Students can access the instructions, demonstrations and cadences on the Berry Physical Education web page. After completion of each test, the student should record his or her score on the completion form and the parent/guardian must sign the form confirming that the student performed the component. The completion form can be printed off from our Berry Physical Education web page or can be obtained from their Physical Education teacher.

### PHYSICAL FITNESS TEST COMPONENTS:

1. Aerobic Cardiovascular Endurance – One-Mile Run
2. Flexibility - V Sit-and-Reach
3. Abdominal Strength/Endurance – Partial Curl-Up
4. Muscular Strength/Endurance – 90-Degree Push Up

\*Demonstrations of these four components, if done correctly, should take no longer than 30 minutes.