

# HEALTH

## GRADE FIVE – FITNESS

Fitness Expectations  
Based on Gender and  
Age

Fitness Level



**Fitness**

President's Fitness  
Challenge

Improving Fitness  
Level

### Essential Understandings/Learning Goals:

**E.12.1** – Demonstrate understanding of the relationship between activities and physical fitness components. (e.g., cardiorespiratory endurance, muscular strength and endurance, flexibility, nutritional status and body composition).

**E. 12.2** – Recognize physiological indicators (e.g., heart rate, body temperature, perspiration, thirst) of exercise during and after physical activity

**E. 12.3** – Understand the results of formal fitness testing and correctly associate these results with overall fitness, nutritional levels and personal health status

### Content Vocabulary:

Muscle strength  
Curl-Ups  
Muscle endurance  
Shuttle Run  
Flexibility  
Flexed-Arm Hang  
Agility  
Aerobic  
Anaerobic