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Table 9.1 FITNeSSGRaM Standards For Healthy Fitness ZoneTable 9.1 FITNeSSGRaM Standards For Healthy Fitness Zone Boys Age Vo 2 Max (ml · Kg⁻¹ · Min⁻¹) 20-meter PACER (Enter # Laps In Software) 15-meter PACER (Use Conversion Chart; Enter In Software)† One-mile Run (min:sec) Walk Test (Vo 2 Max) Percent Fat Body Mass Index 5 Participation In Run. Lap Count Standards Not Recommended. Completion ... Feb 19th, 2024FITNESSGRAM Class RecordFITNESSGRAM Class Record School: Grade: Teacher: ID Name PACER (#) Push Up (#) Curl-Up (#) Trunk Lift (inches) Sit + Reach Left Right May 16th, 2024FitnessGram 20M PACER Laps - Fwisd.orgGoal Setting Chart For Aerobic Capacity And PACER Test* FITNESSGRAM® V10 This Lookup Table Includes The Minimal Aerobic Capacity (VO₂max) Score And PACER (20m) Laps Needed For Students To Achieve The Healthy Fitness Zone® (HFZ). Though Students Can Make Goals Based On The Minimum Number Of PACER Laps, Teachers Are May 16th, 2024.

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Performance Goal For All Test Areas Is The HFZ. Aerobic Capacity. \geq The Score Is Greater Than Or Equal To The Indicated Value \leq The Score Is Less Than Or Equal To The Indicated Value. One-Mile Run / 20m PACER / Walk Test ... Mar 20th, 2024South Brunswick Elementary Physical Educators' Fitnessgram ...Fitnessgram Testing Manual Fitnessgram Is A Program Used To Assess Students Fitness Levels Based On Age And Gender. The Mission Of The Program Is To Promote Lifespan Fitness And Educate The Students On The Importance Of Healthy Fitness Habits. Incorporating This Program Into Our Curriculum Will Help Us To Obtain This Mission. Apr 8th, 2024.

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