

## THE PACER

(Progressive Aerobic Cardiovascular Endurance Run) Grades 3-5

The PACER is a cardiovascular assessment which helps to teach the children to pace themselves as they run and to increase and strengthen the following:

1. To increase endurance or stamina
2. To strengthen the heart
3. To strengthen the lungs
4. To provide practice for Middle School where students will run a mile each week in Physical Education.

The students run to a pace setting beep and must reach the end of the gym before the next beep sounds. As the test progresses, the beeps get closer together and students must keep a faster pace. There's a total of 14 levels with a total of 144 laps. Stars are awarded for those students who exceed level 6 or higher throughout the year.

Students are encouraged throughout the year to keep physically active by setting cardiovascular goals, which they work toward during the school year.

The assessment will be administered THREE times during the school year: October (baseline score), February and April. Each student will keep their data log for all three testing periods allowing for instant feedback on their cardiovascular progress during the school year.

The 5th grade goal is that all students will improve their baseline score or reach their set goal by the end of April 2018.

Fifth Grade Power Standard 3: Understands the components of health-related fitness, and interprets information from feedback, evaluation, and self-assessment in order to improve performance.

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