

**Name/Title:** [Setting Goals for Fitnessgram Test](#)

**Purpose of Event:** To set a specific health related goal based on Fitnessgram test scores.

**Suggested Grade Level:** 3-5

**Materials Needed:** Goal setting question sheets (provided below)

### Description of Idea

I use the handouts to help the students set specific, health related goals after fitness testing using the Fitnessgram personal record sheets and reports. It takes them through a step by step process to help them evaluate their health in each component of fitness and set a goal for one of the fitness tests/components they need to improve. There are 3 sheets - one for 5th (which focuses more on the components), one for 4th and a slightly easier sheet for 3rd grade. They then share the Fitnessgram score sheets and their goals with their parents (we do this at goal-setting conferences). After fitness testing again in the spring, they will be able to see if they met their goal (there is a question at the end of each handout about meeting their goal).

[3rd Grade Fitness Gram Goal Setting Sheet](#) (PDF)

[4th Grade Fitness Gram Goal Setting Sheet](#) (PDF)

[5th Grade Fitness Gram Goal Setting Sheet](#) (PDF)

---

Submitted by **Jennifer Diehl** who teaches at Devonshire Elementary School in Des Plaines, IL. Thanks for contributing to PE Central! **Posted on PEC: 4/5/2013**. Printed 2093 times since 10/23/2007.

---

[Back to Viewing this lesson](#)  
[Search for more lesson ideas](#)

Printed: 5/28/2017 10:08:07 PM EST

Visit [S&S Discount](#) for all your physical education equipment and supplies!