

20M Shuttle Run



Objective: To run as long as possible back and forth across a 20-meter space at a specified pace that gets faster each minute.

Accommodations:

- Does not have to follow cadence.
- Go up 20 meters, and wait for peers to go up and back, then join peers again going back.
- Walk/push one and run/push one.
- Run/push with a partner who can help with cadence and encouragement.
- Audio and visual cues (clickers, arrows)



1 Mile Run



Objective: To cover a one-mile distance in as short a time as possible by walking/running/push.

Accommodations:

- Run or push width and walk length (or vice versa)
- Have smaller targets such as cones every 100 yards that a student can run to and touch, rest, then run to next cone.
- Hold a bean bag and run/push drop it into bucket 100 yards away. Then pick up another bean bag to run/push and drop into another bucket 100 yards away.
- Run/push with partner who can help with pace and encouragement (*student who is visually impaired can hold hands with peer or can hold a small rope between peer and student who is visually impaired)
- Make sure the 1-mile route is clearly marked.
- Clear of any clutter or objects.
- If outdoors, be sure the area is safe and has clear curb cuts.



*Any aide, peer helper, or teacher assisting a student needs to be properly trained in how to assist the student.

90 Degree Push-Up



Objective: To Measure upper-body strength and endurance by maximum number of push-ups correctly completed.

Accommodations:

- Do without cadence.
- Put an object, such as a book, under the students to make the distance the student must go shorter.
- Do reverse pushups. Start in up position and slowly go down while trying to resist flopping to the ground, repeat.
- Place an object, like a book, on the students back to support a straight back.
- Put marks on the floor to help the student understand the correct hand position.
- Demonstrate how to get into correct position multiple times.
- Push up against a wall to get correct straight back position.
- Do modified push-ups (knees bent).
- Push up from wheelchair by pushing up in armrests (like dips).
- Use a wedge mat.



Partial Curl-up



Objective: To measure abdominal strength and endurance.

Accommodations:

- Do without cadence.
- Demonstrate a few times how to do it correctly.
- Have visual and tactile cues for where hands should be positioned to start and how far they should go.
- Do reverse sit ups. Start in up position and resist as you fall back to mat.
- Allow student to hold knees and lean back and forth to work the abdominals.
- Hold student's hands or hold stick and gently assist child while allowing student to do as much work as possible.
- Have student do sit ups on an inclined wedge (or mats) to make it easier to sit up.



V Sit-and-Reach



Objective: To determine lower back and hamstring flexibility.

Accommodations:

- Demonstrate a few times how to do it correctly.
- Start with easy task for success (e.g., touch knees). Then, gradually ask student to move farther down leg.
- Hold for shorter amount of time (e.g., 1-2 seconds), rest and then repeat.
- Put tape marks on the leg as a visual/ tactile goal.



Back-Saver Sit-and-Reach



Objective: To determine overall joint flexibility by measuring a specified distance on right and left side of body.

Accommodations:

- Demonstrate a few times how to do it correctly.
- Start with easy task for success (e.g., touch knees). Then, gradually ask student to move farther down leg.
- Hold for shorter amount of time (e.g., 1-2 seconds), rest and then repeat.
- Put tape marks on leg as a visual/tactile goal.

