

AEROBIC CAPACITY

One-Mile Run

Test Objective

To run a mile at the fastest pace possible. If a student cannot run the total distance, walking is permitted.

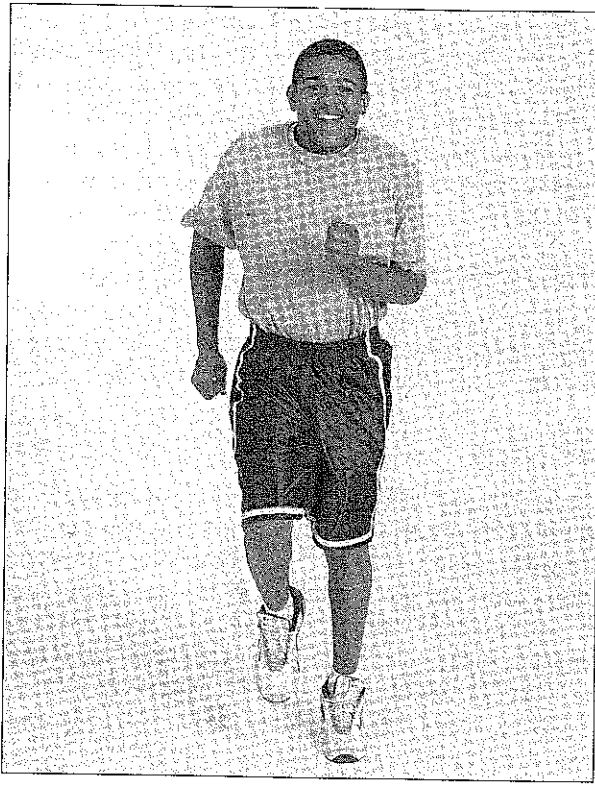


PHOTO 5.1 Student running.

The PACER

Test Objective

To run as long as possible back and forth across a 20-meter space at a specified pace that gets faster each minute. A 15-meter version of the PACER test is being developed.