

Aspen Fitness Test

Grades/Students

All students enrolled in physical education grades 2-12

Date

Pretest: August 30-November 30

Post Test: January 7- April 26

Description

Aspen Fitness is the new fitness program for the collection and reporting of student fitness data. There are 6 tests that are administered as a pre-test and post test. These scores are analyzed by the teachers to improve students' fitness skills throughout the school year.

Results

All student data must be input by each physical education teacher for the students enrolled in their classes. Each teacher can access Aspen Fitness on their employee portal.

Basis of Test

District mandate

Website

<http://pe.dadeschools.net>

Local Contact

Ilisa L. Carroll, District Supervisor Physical Education and Health Literacy
Zachary Garvin, Executive Director Life Skills and Special Projects