

# NKHS HEALTH GRADE 9 ANCHOR ASSIGNMENT

**DIRECTIONS:** Using the **KEY** below complete the chart.

<b>FITNESS ASSESSMENT</b>	<b>Name the Health Related Fitness Components that this assessment addresses.</b>	<b>Name an alternative exercise that can be performed to improve this fitness component.</b>
<b>P.A.C.E.R. TEST</b>		
<b>CURL – UPS</b>		
<b>PUSH- UPS</b>		
<b>SIT &amp; REACH</b>		
<b>SHOULDER STRETCH</b>		

**KEY:**

**HEALTH RELATED FITNESS COMPONENTS:**

- FLEXIBILITY**
- MUSCULAR STRENGTH**
- MUSCULAR ENDURANCE**
- CARDIOVASCULAR ENDURANCE**
- BODY COMPOSITION**