

FITNESS TEST

READ: Attempt each exercise below. You will time yourself for 45 seconds and count how many repetitions of each exercise you are able to do. Be honest when recording your repetitions. You are NOT competing with your classmates. You are competing with yourself. You will be repeating this test. See if you can beat your previous scores. You can do it!

45-second timer: <https://www.youtube.com/watch?v=5tFALF0bPY0>

Exercise	Repetitions - Week 1	Repetitions - Week 2	Repetitions - Week 3
Jumping jacks  https://www.youtube.com/watch?v=62aK03kmmU4			
Crunches  https://www.youtube.com/watch?v=Ked_4a2wK1U			
Side Lunges  https://www.youtube.com/watch?v=5tFALF0bPY0			

Texas Physical Education Practice Test

**Luis A. Rosado, Ann M.L. Cavallo, Diane
M. Lange, Larry P. Nelson, Kathleen C.
Tice, Dean Ferguson, Jason Wardlaw**

Texas Physical Education Practice Test:

TEXES Physical Education Ec-12 158 Teacher Certification Test Prep Study Guide Sharon A. Wynne, 2008-08

Become a Physical Education Teacher with Confidence Unlike other teacher certification test preparation material our TExES Physical Education EC 12 study guide drills all the way down to the focus statement level providing detailed examples of the range type and level of content that appear on the test Completely aligned with current TExES exam this book provides the support you need to study and pass the exam with confidence This study guide includes one practice test to help you test your knowledge understand how the exam is weighted and identify skills and competencies you need to focus on Our detailed answer explanations reference related skills in the book allowing you to identify your strengths and weaknesses and interact with the content effectively Maximize your study by prioritizing domains and skills you need to focus on the most to pass the exam This study guide is perfect for college students teachers and career changing professionals who want to teach Physical Education in Texas

TEXES Physical Education EC-12 (158) Test Educational Testing Group, 2018-03-05 This practice test includes 190 questions about TExES Physical Education EC 12 158 Test The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions Two main topics HEALTH EDUCATION and PHYSICAL EDUCATION are covered in this test Health Education questions focus on 9642 Health Knowledge 9642 Health Instruction Physical Education questions focus on 9642 Planning Instruction 9642 Planning Activities 9642 Student Growth Development

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Resources in Education, 2001-10 **Prepare for the TExES Core Subjects EC-6 Mathematics Test in 7 Days** Reza Nazari, Ava Ross, 2020-04-11

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Measurement and Evaluation in Human Performance James R. Morrow,Dale P. Mood,Weimo Zhu,Minsoo Kang,2023
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