**Praxis Paper**

As high school educators of physical education it is required to perform fitness testing at all grade levels; in senior levels of physical education there are personal fitness classes in which baseline fitness testing is even more important in order to measure student progress and improvement. The goal of our Multiliteracies Project was to provide teachers with a tool for implementing proper fitness testing, as well as ensuring students perform the activity/exercise with proper form to ensure the safety of themselves and their peers. Since these are exercises with weights and machines, it is recommended that this lesson be performed solely in a higher level class (grade 11 or 12) where there will be fewer students and their bodies are more developed.

The lesson that we have developed draws on students previously developed schemas (previously established pathways of knowledge) that the students can draw on through muscle memory, or activation of those schemas. There is a sense of scaffolding principles integrated into this lesson as well: in previous years students should have learned the basic movement principles required to complete these exercises, and throughout those years the movements should have improved in form and quality due to increased instruction. The teacher should still support the students by ensuring each exercise is carried out properly, but the students should be able to perform independently.

The teacher plays a minor role in this lesson, mainly guidance and observation. Vacca, et al. (2014) explain the concept of the best form of assessment for this type of lesson:

“Who is better equipped to observe students, to provide feedback, and to serve as a key informant about the meaning of classroom events? You epitomize the process of assessing students in an ongoing, natural way because you are in a position to observe and collect information continuously.” (p. 104)

The reason to implement baseline fitness testing is to gain an initial measure of students’ ability. Obtaining a baseline/benchmark level is important in the realm of physical education because it gives the teacher insight into areas of fitness that require attention. It also gives both teachers and students something to compare subsequent tests to in order to provide a measure of student improvement and progress. By providing students with a recording sheet for their progress, we as teachers are holding students accountable for their own success and progress, and it gives them a goal to work towards.

Overall, this Multiliteracies project provides teachers with a resource to use to develop a proper plan for implementing fitness testing. It also provides a video, so that the teacher can show the students (in a preceding class the day before) the expectations for the activity. The screening of the video is the choice of the instructor, it could be a tool just for the teacher, or it could be an information tool for the students as well.