

This is Coach Kazin representing the phys ed staff here at E.M. Baker School. I am honored to have with me today Jessica from third grade and Max from fourth grade, our two highest scoring PACER test students in the school this year for the Fall assessment. For those who are not aware, our PACER test is one component of our Fitnessgram, which gives all of our students a chance to be assessed in four areas of fitness. The PACER test, folks, is on cardio-respiratory endurance where all our students run back and forth in the gym to a cadence. Each minute the cadence gets shorter and the students have to run faster.

Coach Kazin: Our first question to our students is how they felt before, during, and at the conclusion of the PACER test. Jessica, how did you feel before the PACER began?

Jessica: I felt a little nervous. I felt the pressure to do well.

Coach Kazin: Max, how were you feeling before the PACER began?

Max: Before, I felt a little nervous.

Coach Kazin: Jessica, at the beginning of the PACER, how were you feeling?

Jessica: My heart was beating really fast because I was nervous.

Coach Kazin: Max, how did you feel at the beginning of the PACER?

Max: I was ready to beat my previous score.

Coach Kazin: Jessica, how were you feeling towards the end of the PACER test?

Jessica: I felt that I had improvement from second grade.

Coach Kazin: Max, how were you feeling towards the end of the PACER?

Max: I told myself to keep going, but when I got up to the 60s, it was a little hard.

Coach Kazin: Jessica, when you finished, how were you feeling?

Jessica: I was not sweating, but I couldn't take a breath.

Coach Kazin: Max, how did you feel when you finished the PACER?

Max: I was proud of myself.

Coach Kazin: Max, are there things you do outside of school that help you succeed at the PACER?

Max: Sometimes I run around outside. This helps me realize what it feels like when I do the PACER. I've also run a lot of races, including a 5K and a 6 mile run around a track. Outside of school I am on a soccer team, too.

Coach Kazin: Jessica, are things you do outside of school that help you succeed at the PACER?

Jessica: There are two things. Number one: in the summer I wake up at 6:00 am to go outside to bike and run 3 - 4 laps around the park. The second thing I often do is race my sister to the train station and back home.

Coach Kazin: Max, what advice can you give students who want to improve on the PACER in the Spring?

Max: Some advice I can give is that you should always always keep going and never tell yourself to stop until you are really tired.

Coach Kazin: Jessica, what advice can you give students who want to improve on the PACER in the Spring?

Jessica: I can say practice makes perfect.

Coach Kazin: Max, do you have a goal or target score you want to achieve in the Spring?

Max: With a score of 81 in the fall, my goal is to get 86 to 90 on the PACER in the Spring.

Coach Kazin: Jessica, do you have a goal or target score you want to achieve in the Spring?

Jessica: With a fall score of 58, my goal is to run more than 60 laps in the spring.

Coach Kazin: Thank you Jessica and Max for joining us for our Baker podcast on phys ed and the Fitnessgram PACER test.