**Fitness Project**

**The project is to be completed on Adobe Spark located at spark.adobe.com.  It will look like a power point presentation and download as a video to turn in.  Complete an overall plan of what is to be included as well as the project itself.  Pick a target group or audience and teach that group how to improve their overall fitness.  This year we have evaluated pushups, curl ups, sit and reach, shoulder stretch and the pacer.  These tests evaluate each student's overall fitness.  Following the testing, students set goals to improve on each test.  They also learned the FITT principle.  This information should be used as a base for moving forward on the project.  The video should be approximately three minutes in length.**

