PACER Cheat Sheet

Links for more info:

http://www.presidentialyouthfitnessprogram.org/resources/index.shtml
http://www.fitnessgram.net/home/

Recording PACER Laps

I. Teachers may utilize “individual score sheets” if partner scoring will be used and “group score sheets” if they wish to score several students by themselves.

II. Group scoring is the preferred method of the presenter. Students sometimes make scoring errors…

III. The new state reporting system will only require the number of laps to be input either into an excel-type file or web-based spreadsheet.

Setting Up the PACER Course

I. Use a flat, non-slippery surface. Gym floors and asphalt are most common. Grass wears and turns to mud quickly and don’t even think about gravel!

II. Use existing painted lines when possible.

III. Volleyball courts are 18m long which means 2m need to be added to one end.

IV. Take multiple measurements to insure that all participants have 20m (or 15m) paths.

V. Use 30/40/50 method if you have to lay out PACER course from scratch.

VI. Make sure that each lane is at least five feet wide for safety sake.

***20m=65’8” and 15m=49’2”

Administering the PACER
(assuming that students have had two, short, low-intensity practice sessions)

I. Make sure your CD player is loud enough to be heard by everyone.

II. Handout scoring sheets and pencils to scorers if applicable.

III. Have students report to the start line and double check shoelaces.

IV. Have each student walk a couple of laps to warm-up.

V. Start the CD. After the countdown, the students will start.

VI. Students continue running/jogging PACER laps until they fail to reach the line a second time (doesn’t have to be consecutive) or they fail to attempt a lap.

VII. The first “miss” counts toward the lap total but the second and final miss does not. If a student does not attempt a lap, their last completed lap would be their score.

VIII. Students will either continue walking in their lane after their second “miss” or will have an exit procedure.

IX. Score sheets will need to be collected from the scorers if applicable.

***FAILURE TO FOLLOW THESE SCORE PROTOCOLS WILL INVALIDATE YOUR RESULTS.