**Article 3**

Write a one page, hand written summary of the benefits of the Physical Fitness Test. Topics you can include: the breakdown of the four components (sit ups, v sit, push-ups, pacer test), how each benefits your body, why is the Physical Fitness Test administered in schools, how this will help you as you get older, etc. You can use Google or another search engine to look up the information on the topic and/or use your own knowledge of the topic. Make sure you answer both prompts in your paper. The article should have your name, class period, attendance coach, and the title of the article at the top of the paper. Your piece of paper needs to be a standard size like college or wide ruled paper. Do not skip lines in between each sentence and do not write in an abnormal size font. The entire front side of the paper should be filled with your response, you may use the back if needed. The article can be turned in during your PE class or you may take a picture of it and upload it to the Schoology. Points will be taken off if the paper is typed, not on topic, not a full page, and/or if it is late.

**Article 3 will be due on Friday, November 3.**