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|  | ***FITNESSGRAM*** |  |

Our school is preparing to take part in the FITNESSGRAM physical fitness assessment.  As a result of Georgia House Bill 229 (a.k.a. the SHAPE Act) students will be participating in this assessment.  FITNESSGRAM was selected by the Georgia Department of Education to be administered because it will measure the 5 areas of health-related fitness:

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| **#** | ***HEALTH COMPONENT*** | ***TESTING COMPONENT*** |
| **1** | **CARDIOVASCULAR ENDURANCE*** **AEROBIC CAPACITY is perhaps the most important area of any fitness program.**
 | **PACER OR 1 MILE RUN** |
| **2** | **FLEXIBILITY*** **Maintaining Joint Flexibility and range of motion will be important as you age.**
 | **BACK-SAVER SIT AND REACH** |
| **3** | **UPPER BODY STRENGTH*** **Strength and Endurance of the muscles in the upper body are important in activities of daily living.**
 | **PUSH-UP** |
| **4** | **BODY COMPOSITION*** **Height and Weight**
 | **BODY MASS INDEX** |
| **5** | **ABDOMINAL STRENGTH/ENDURANCE*** **Strength and Endurance of the abdominal muscles are important in promoting good posture and correct pelvic alignment**
 | **CURL-UP** |

* **THE FITNESSGRAM ASSESSMENT DOES NOT COMPARE YOUR STUDENT TO ANYONE ELSE, NOR DOES IT MEASURE SKILL OR ATHLETIC PERFORMANCE.  ALL SCORES ARE CONFIDENTIAL.**
* Rather, it compares your student to health standards that have been established by researchers as the level of fitness all students should reach in order to attain health benefits.
* After your son/daughter has completed the FITNESSGRAM assessment both Pre-Test and Post Test, you will receive a student report at the end of the year that includes the following:

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| **#** | **FITNESSGRAM Report** |
| **1** | **Brief explanation of each fitness test** |
| **2** | **Details on the importance of each assessment** |
| **3** | **The students actual scores and the Health Fitness Zone (HFZ) for the child’s age and gender** |
| **4** | **An explanation of the HFZ and the student report** |

* Additional information on the validity, questions, or reliability of all the FITNESSGRAM tests can be found at[www.fitnessgram.net](http://www.fitnessgram.net/) .

We are very excited about participating in the FITNESSGRAM. Thank you for your support and we look forward to any questions you may have.

Thank you,

Coach Wilson