



Dear Parents and Guardians:

Encouraging our youth to be physically active is more important than ever before. Increasing a child's level of physical activity is not only important for improving their health, but recent studies also indicate that physical fitness levels are associated with academic performance, school attendance, and discipline. As a part of your child's Physical Education program, their class will be participating in the FitnessGram® assessment which measures health-related fitness for youth.

The FitnessGram health-related fitness assessment offers multiple tests to measure aerobic capacity, muscular strength and endurance, flexibility, and body composition. We ask that you encourage your child to participate with his/her best effort and to the best of their ability. The FitnessGram assessment provides a measure of good health as opposed to athletic ability. Students may be assessed using options from the following test items:

- PACER, One-Mile Run, Walk Test
- Push-Up, Modified Pull-Up, Flexed Arm Hang
- Height and Weight, Percent Body Fat
- Curl-Up
- Back-Saver Sit and Reach, Shoulder Stretch
- Trunk Lift

A confidential FitnessGram report will be provided for each student to take home. This report will include your child's scores and information about whether or not they achieved the FitnessGram Healthy Fitness Zone®. The Healthy Fitness Zone represents the level of fitness needed for good health. The information on this private report will not be displayed or made public.

For more information regarding the FitnessGram assessment, please refer to www.FitnessGram.net. If you have other questions, please contact your child's physical education teacher.

Thank you for your support,
The Cooper Institute®