

## PARENTS and STUDENTS

### \*\*PLEASE READ\*\*

During the 80<sup>th</sup> Legislative Session, Senate Bill 530 was passed, which requires fitness assessment for all 3<sup>rd</sup> through 12<sup>th</sup> grade students starting in the 2007-2008 school year. The Texas Education Agency (TEA) has identified **FITNESS GRAM** as the assessment tool to be used by all districts throughout the state. Starting in 2011 High School students taking a class for “PE Credit” will be tested.

**FITNESS GRAM** is a comprehensive fitness assessment battery for youth. It includes a variety of health related physical fitness test designed to assess cardiovascular fitness, muscle strength, muscular endurance, flexibility, and body composition. Criterion-referenced standards associated with good health have been established for children and youth for each of the health-related fitness components.

**FITNESS GRAM** will be a report card that summarizes the child’s performance on each component of health related fitness. It can be used for students to plan their personal fitness programs; teachers can use it to determine student needs and help guide students in program planning; and parents can use it to help them understand their child’s needs and help the child plan a program of physical activity.

**FITNESS GRAM** uses a comprehensive database structure to allow fitness records to be tracked over time and detailed reporting tools that can be used to summarize class, school, and district outcomes.

### HOW DOES THIS AFFECT YOU?

During the spring semester, all 3<sup>rd</sup> through 12<sup>th</sup> grade students on all campuses in the Montgomery ISD will be given a physical fitness test and a report will be sent home to parents. The District has outlined the following procedures to implement this program:

- Students will be tested during PE/Athletics or taken out of classes to test.
- All passing qualifiers on the tests are based on standards that are based on age and gender. This means that younger students will need to do less than older students. Also, scores for successful girls will be different than those for boys.
- At the secondary campuses we will be asking the students to bring shorts, t-shirts, and running-type shoes.
- Students will need to notify the teachers involved of any unusual medical situation.
- Results of the testing will be sent home later in the spring.

The tests that will be given include:

- a) The **Pacer Test** which is a timed event. It includes running 15 or 20 meters and returning back to the starting point in a timed manner. The number of repetitions will be based on gender and age.
- b) **Curl-Ups** - similar to a sit-up. Arms are to the side with the knees bent and students rise forward as their hands move along the surface 3 to 4.5 inches and then back down.
- c) **Trunk Lift** - While lying on their stomachs the student will be asked to raise their chin to 6” to 12”.
- d) **Push Ups** – A 90-degree, full-extension push-up starting in the up position. Going down and up is a repetition.
- e) **Flexibility** – The Shoulder Stretch test will require students to reach one arm over their shoulder and touch their other hand which is placed behind the back. Then the other arm over the opposite shoulder and touch the other hand will be tested.
- f) In addition students will be measured for height and weighed in order to develop a **Body Mass Indicator**.

The principal mission of the **FITNESS GRAM** program is to promote lifelong physical activity among youth. We hope that all of you will encourage your child to do their very best. Please feel free to contact your child’s campus Physical Education teacher for any questions.

We encourage you to access the following web site for a program overview and Frequently Asked Questions:

<http://www.fitnessgram.net/faqparents/>