Our school is preparing to take part in the FITNESSGRAM physical fitness assessment. FITNESSGRAM was selected by the Georgia Department of Education because it measures only those areas of fitness related to the health of students. The areas of health related fitness include: cardiovascular endurance, muscular strength and endurance, flexibility and body composition.

The following FITNESSGRAM assessments will be used to measure your child's health-related fitness:
- PACER or One-Mile Run (Cardiovascular)
- Push-Up (Upper body strength)
- Curl-Up (Abdominal strength)
- Back-Saver Sit and Reach (Flexibility)
- Body Mass Index (Body Composition)

The FITNESSGRAM assessment does not compare your child to anyone else, nor does it measure skill or athletic performance. Rather, it compares your child 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 child (4th-5th grade) has completed the FITNESSGRAM, you will receive a student report that includes the following:
- A brief explanation of each fitness assessment
- Details on the importance of each assessment
- Your child’s actual scores and the Healthy Fitness Zone (HFZ) for your child’s gender and age
- An explanation of the HFZ and the student report

A few ways to support your child:
- Stress the importance fitness has on feeling good!
- Give your child equipment that encourages physical activity.
- Help your child identify a time and place for daily physical activity.
- Restrict time watching T.V. and playing video games.
- Be a role model for your child.
- Share or teach your child games you enjoyed playing as a child.
- Praise and encourage your child to be active.
- Involve your child in recreation programs within your community.

We are very excited about participating in FITNESSGRAM and hope you will support and help your child reach his/her potential. If you have any questions, please contact your child’s physical education teacher:

Mrs. Dunn: dunnr@fultonschools.org
Ms. McConnell: mcconnellk@fultonschools.org

Support Statement

I pledge to support my child in his/her efforts to “Reach the Healthy Fitness Zone.”

Parent Signature ________________________________

Information on the validity and reliability of all the FITNESSGRAM assessments can be found at www.fitnessgram.net under the section entitled “Reference Guide.” We encourage you to check it out!

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