

ELEMENTARY PHYSICAL EDUCATION
FITNESSGRAM TESTING PROGRAM

Once again this year the physical education specialist at each elementary school will be administering the State-required Fitnessgram Test. The State Department of Education requires the test be given to all 5th, 7th, and 9th grade students. We in the elementary physical education program will be giving the fitness test to the 5th grade students in our district. The results are tabulated and these scores must be sent to the State for a district-by-district comparison. The Placentia-Yorba Linda Unified School District's 5th grade students have continually been among the leaders in fitness scores in Orange County and between 25 – 30% higher than the state average. This year the Fitnessgram Testing Program is scheduled from March through May. Specific tests are given weekly.

Students have been preparing for the Fitnessgram Test since September. They have been practicing each fitness area to be tested using a progressive system raising fitness goals each month. Each of the tests has a researched based "Fitness Target Zone." These fitness zones are based on the 50th percentile. If a student scores within a "Fitness Target Zone" he or she is considered to have demonstrated a significant level of fitness in that area.

The tests, fitness components, and dates are listed below.

<u>DATES</u>	<u>TEST</u>	<u>FITNESS COMPONENTS</u>
<u>TESTING SESSION 1</u>		
March 2 –April 3	Pull-Ups/Flexed Arm Hang Trunk Lift	Muscular Strength (Upper Arms) Flexibility
	Curl-Ups	Muscular Strength (Abdominals)
	One-Mile Jog/Walk	Cardiovascular Endurance
April 6-10	Make-up Tests	(Students who were absent during scheduled tests)
<u>TESTING SESSION 2</u>		
April 20-May 1	Push-Ups	Muscular Strength (Chest, Back & Arms)
	Sit and Reach	Flexibility
April 20-May 8	Skin Fold	Body Composition – conducted by District Coordinators
May 4-15	Make-up Tests	(Students who were absent during scheduled times)

Each of the students has been given a personal recording sheet with "Fitness Target Zones" in all seven test areas. We have added an "Olympic Zone" which reflects scores that would be comparable to a "Highly Fit" student.

You will be receiving a Fitness Report Card in June to indicate how your child performed on the fitness tests. District fitness certificates will be awarded to students achieving Health Fitness Zones in 5 or 6 of the fitness areas.

Please encourage your daughter or son as to the importance of the Fitnessgram Test, and the effort they put forth when attempting each one. We would like to suggest having them eat a good breakfast and wear appropriate, comfortable clothing and shoes on their scheduled physical education days. We know our students will do well. Thank you for your assistance and encouragement. If you have any questions, please contact the Physical Education Specialist at your school.