

## **Bremen Academy Fitness Newsletter**

Our school is preparing to take part in the FITNESSGRAM physical fitness assessment. As a result of Georgia House Bill 229 (also known as the SHAPE Act) all students in grades 1-12 will participate in this assessment starting in the Fall of 2017. 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 fitness tests will be used to measure the various areas of health-related fitness:

- *PACER or 1 mile run* (Cardiovascular)
- *Push-Up* (Upper Body Strength)
- *Body Mass Index* (Body Composition)
- *Curl-Up* (Abdominal Strength)
- *Back-Saver Sit and Reach* (Flexibility)

**The FITNESSGRAM Assessment does not compare your student to anyone else, nor does it measure skill or athletic performance.**

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.

All scores will remain confidential and will not be shared. Only the physical education instructors will have access to the results.

After your son/daughter has completed the FITNESSGRAM, you will receive a student report that includes the following:

- A brief explanation of each fitness test
- Details on the importance of each assessment
- The students actual scores and the Healthy Fitness Zone (HFZ) for the child's gender and age
- An explanation of the HFZ and the student report

Please plan on using the student report as a tool to come up with ways to support your child in leading a healthy and active lifestyle. A few ways to support your middle or high school child include:

- Stress the importance fitness has on looking good and feeling good!
- Be positive about the physical activities in which your child participates and encourage them to be interested in new activities.
- Stress the positive relationship between fitness and academic achievement. (A fit student is a prepared learner!)
- Take young people to places where they can be active such as parks, community baseball fields or basketball courts.
- Encourage your student to spend less time watching T.V. and playing video games.
- Be a role model to your child by telling them about your enjoyment of physical activity and its benefits.
- Praise and encouragement, rather than nagging, are more effective tools when motivating your child to be active.
- Involve your child in recreation and sports programs within your community.

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

\*Information on the validity and reliability of all the FITNESSGRAM tests can be found at [www.fitnessgram.net](http://www.fitnessgram.net) under the section entitled "Reference Guide." We encourage you to check it out!