

Dear Parents/Guardians,

Senate Bill 530 has mandated annual fitness testing for all students 3rd-12th grade in the state of Texas. The TEA has selected FITNESSGRAM® to serve as the state-wide fitness assessment in which all school districts will administer the required tests.

FITNESSGRAM® was developed by The Cooper Institute to provide an effective way for physical education instructors to communicate fitness level results to students and to parents. The assessment measures three components of health-related physical fitness using criterion-referenced standards, called Healthy Fitness Zones, to determine students' fitness levels based on what is optimal for good health. There are three components that have been identified as important to overall good health: aerobic capacity; body composition; and muscular strength, endurance, and flexibility.

All students must be assessed each school year. An accurate assessment of physical fitness is one component of a comprehensive physical education curriculum that incorporates health-related fitness education. Your child will be assessed this fall. Student results will be sent home with the student on every campus. Composite results for Lewisville ISD will be sent to the Texas Education Agency as required by law. This data will have student names removed so that individual scores may not be identified with a particular student. The data will be used to study trends and not to judge individual students.

The FITNESSGRAM® assessment and report are intended to give parents accurate information about their child's physical fitness. The report provides personalized tips and suggestions that can help in planning an individualized fitness plan. Schools will not use FITNESSGRAM® either to grade your child or to evaluate teachers. The inherent goal of the FITNESSGRAM® program is to promote regular, enjoyable, physical activity for students so that they can reach and maintain a level of physical fitness that will contribute to good health and well-being.

If you have any further questions in regards to the fitness testing, please contact the physical education instructor at your school or the district supervisor for Health and Physical Education, Sheila Ukrainetz at 972-350-0981. More information can be found by visiting the FITNESSGRAM® website at <http://www.fitnessgram.net>.

Sincerely,

Sheila Ukrainetz

Sheila Ukrainetz
Health & Physical Education Coordinator
Lewisville Independent School District