



Arlington Heights School District 25

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Dear Parents and Guardians:

As a part of your child's Physical Education program, their class will be participating in the FitnessGram® assessment which measures health-related fitness for youth.

The FitnessGram health-related fitness assessment offers multiple tests to measure aerobic capacity, muscular strength and endurance, and flexibility. We ask that you encourage your child to participate with his/her best effort and to the best of their ability. The FitnessGram assessment provides a measure of good health as opposed to athletic ability. Students will be assessed using the following test items:

- One-Mile Run (Grades 4-8)
- Push-Up (Grades 3-8)
- Curl-Up (Grades 3-8)
- Back-Saver Sit and Reach (Grades 3-8)

**Students in Kindergarten through 2nd grade may participate in these activities in order to practice the skills involved.*

A FitnessGram report will be provided for each student to take home. This report will include your child's scores and information about whether or not they achieved the FitnessGram Healthy Fitness Zone®. The Healthy Fitness Zone is a research-based standard that represents the level of fitness needed for good health. The information on this private report will not be displayed or made public. For more information regarding the FitnessGram assessment, please refer to www.FitnessGram.net.

Additionally, all districts in Illinois are required to report the number of students that meet the FitnessGram Healthy Fitness Zone® and the number of students that are identified as Needs Improvement in grades 5 and 7 each year. Individual student scores are not reported to the state and are not made public. Student scores will never be used as a grade, but rather as data to help students set personal fitness goals.

If you have other questions, please contact Nick Filipowski, Fine Arts & Physical Education Coordinator, or your child's physical education teacher.

Thank you for your support,

Nick Filipowski
Fine Arts & Physical Education Coordinator
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(847) 228-2061