Dear Parents and Guardians:

During the 80th Texas Legislative Session, Senate Bill 530 was passed into Texas state law. This law requires physical fitness assessment for all students in grades 3-12 beginning in the 2007-2008 school year. “Fitness Gram” is the assessment tool that is used by all districts throughout the state of Texas to accomplish this task.

The Fitness Gram program measures the following components of health-related physical fitness that have been identified as important to overall health and function:

1. **Aerobic capacity**-measured with either a one-mile run or a pacer test, in which the student is assessed by running back and forth for a 30-meter distance at a specific pace for a short amount of time.

2. **Body composition**-measured by Body Mass Index (BMI), which is calculation of the ratio of weight to height. This data is recorded by the teacher and is obtained in a discreet, confidential way during class.

3. **Muscular endurance**-measured by using the curl-up (abdominal strength and endurance) and the trunk lift (overall endurance)

4. **Muscular strength**-measured by push-ups, pull-ups, and the flexed arm hang.

5. **Flexibility**-measured by the sit and reach test and the shoulder stretch.

The assessment is not based on athletic ability, but rather on good health. There is no “pass” or “fail” grade assigned to this assessment, nor does it affect a student’s physical education grade in any way. The test results are meant to be used to assist in determining students’ health and physical needs and be a guide for improvement in these areas.

Students are assessed once per year in the springtime. This occurs during their physical education class if they are enrolled in one, which includes all elementary school students and approximately 75% of middle school students. High school students who are enrolled in a physical education class or athletics period are assessed in those classes. Students in middle school or high school who are not enrolled in a physical education class are scheduled to be assessed by physical education staff after a brief pullout from their homeroom class. Students are notified in advance when they will be assessed. If a student is pregnant, injured, or has a permanent medical condition or physical disability that makes the assessment inappropriate, the student is excused from participation. **Parents may receive a copy of their child’s fitness assessment results by making the request at the child’s school.**

In San Elizario ISD, we believe that a healthy child learns better. For more information, contact your child’s physical education teacher or:

Adam Starke, Director of At-Risk Programs, (915) 872-3939 ext. 3594
Bernie Del Hierro, Director of Athletics, (915) 872-3939 ext. 3514