



Spalding Drive Charter Elementary School



Important PE News

Dear Parent/Guardian,

As a part of your child's Physical Education program, Spalding Drive Charter Elementary is preparing to participate in the Fitnessgram Physical Fitness Assessment. Fitnessgram is a comprehensive fitness assessment for youth that is designed to measure cardiovascular fitness, muscular strength, muscular endurance, flexibility and body composition. All students in 1st through 5th grade will be measured for height and weight to calculate body composition. The Fitnessgram assessments will be administered to students in grades 3 through 5. The Georgia Department of Education considers the Fitnessgram to be a quality fitness assessment for the following reasons:

- Fitnessgram assessments use criterion-referenced standards. This means that a student can compare his/her scores with Georgia Performance Standards that have been identified for good health. This type of system prevents students from being compared to other students participating in the assessment.
- Fitnessgram measures the current fitness level of students and promotes individual goal setting to allow students to take ownership of their health.
- Fitnessgram does not assess skill or athletic ability.

The Fitnessgram will be used by all certified Physical Education teachers in the state of Georgia and administered to students regardless of age, gender, or ability. The results of the Fitnessgram are not used for grading purposes. Students are encouraged to be aware of their health related fitness and to take responsibility by setting personal fitness goals. When students focus on continually improving their fitness level, a positive lifelong impact can be achieved.

Please make sure that your child is properly dressed on his or her PE days including proper attire and footwear. If you have any questions about the Fitnessgram assessment, feel free to contact Ms. Daugherty at daughertyk@fultonschools.org.

Sincerely,

Kasey Daugherty
Physical Education Teacher
Spalding Drive Charter Elementary