



WCCUSD Physical Education



March 2009

Dear parents,

This letter is to inform you of the new policies with regards to your student's fitness level. Students are tested annually with the state mandated Fitnessgram Assessment in grade 5, 7 and 9 physical education classes. A copy of your student's scores is maintained in their cumulative record and another copy is sent home for your information. The scores will advise you of your student's health related fitness level and activity habits. The school wide scores are reported on the school accountability report card and can be viewed via the district web site.

The Fitnessgram is a set of 6 tests that assess your student's level of fitness in comparison to the expectations of healthy students of the same age and gender. The gram tests are divided into the following areas:

- 1) **AEROBIC CAPACITY** –
Measured by the mile, pacer, or walk test
- 2) **BODY COMPOSITION** –
Measured by BMI (weight in relation to height) or % body fat
- 3) **ABDOMINAL STRENGTH AND ENDURANCE** –
Curl ups to a regular pace
- 4) **TRUNK EXTENSION STRENGTH AND ENDURANCE** –
Trunk lift
- 5) **UPPER BODY STRENGTH AND ENDURANCE** –
Pushups to a regular pace, modified pull ups, or flexed arm hang
- 6) **FLEXIBILITY** –
Shoulder stretch or sit and reach

The purpose of the Fitnessgram is to guide students in establishing lifetime habits of regular physical activity. Students will be taking the test in a designated period in March. Students should be monitoring and adjusting their personal fitness goals for growth and improvement. In your student's physical education class, many opportunities are provided to improve in the areas measured.



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Senate bills 78 and 601 effective July 2007, established the following:

- ✓ Ninth Grade – All students must take PE and take the Fitnessgram assessment.
- ✓ Students who score in the Healthy Fitness Zone (HFZ) **on 5 of 6 tests** (SB 601) need only take and pass 1 more year of PE while in grades 10, 11, or 12.
- ✓ Students who score in the Healthy fitness Zone **in 4 or fewer tests must enroll** in PE in grade 10
- ✓ Students who continue to be unsuccessful in passing **5 of 6 tests must continue enrollment in PE until they pass.**

Regardless of Fitnessgram performance, a student's graduation status will not be affected. A minimum of 20 credits of Physical Education will still be required to graduate.

It is our hope that parents will encourage their students to perform to the best of their ability and help monitor progress in developing a lifestyle which includes sound nutrition and regular physical activity. If you have any questions related to the information above, please contact your student's physical education teacher.

Sincerely,

Matt Stewart
Physical Education Curriculum Specialist
West Contra Costa Unified School District