



UNITED INDEPENDENT SCHOOL DISTRICT PHYSICAL EDUCATION 2007-2008

Dear Parent/Guardian:

The 2007-2008 school year has brought many changes to the physical education program being taught at all UISD campuses due to the passing of Senate Bill 530. Senate Bill 530 requires beginning with the 2007-2008 school year that students in grades K-5 participate in moderate to vigorous physical education activities daily for 30 minutes or 135 minutes weekly. In addition, Senate Bill 530 requires that the FITNESSGRAM physical fitness assessment be administered to all students in grade 3-12. FITNESSGRAM is a health-related fitness assessment developed by The Cooper Institute for Aerobic Research and is a research-based criterion referenced test.

UISD considers FITNESSGRAM a quality assessment for three reasons:

1. FITNESSGRAM establishes a baseline of a healthy fitness zone from which students can set goal and check their progress (non-competitive) to plan for lifelong physical activity and to maintain and improve their fitness level.
Health-related fitness assessment measures students' aerobic capacity, muscular strength/endurance, flexibility, and body composition.
2. FITNESSGRAM provides recommended activity program options that will help students reach healthy fitness zones in those areas where they need to improve.
3. FITNESSGRAM does not place an emphasis on skill or sports-related fitness such as speed measured by an individual's 40 yard dash time. It does not compare students to other students.

FITNESSGRAM tests all students regardless of age, gender, or ability. Students are encouraged to be self-aware of health-related fitness and take responsibility by setting personal fitness goals. When students focus on the process of doing their personal best, a more positive lifelong impact is achieved.

On your child's test date this spring, he/she should bring and wear athletic shorts, a t-shirt, socks, and tennis shoes. If your child forgets proper testing attire, he/she will proceed with the fitness test in standardized dress. **Children in grades 3-7 will be tested through their physical education class between January 21, 2008 and February 29, 2008. Children in grades 8-12 will be tested during the week of February 4-8, 2008 and February 11-13, 2008 through one class period.**

You may request a copy of your child's physical fitness assessment by submitting the REQUEST FOR FITNESS ASSESSMENT RESULTS FORM to your principal at the end of the school year. The request form is online or maybe picked up with your child's physical education teacher. UISD believes by providing you and your child with this health-related fitness information, you can lead your child toward a healthy lifestyle. A healthy student is better prepared to learn and perform in all aspects of life.

If you have any questions about the FITNESSGRAM Assessment, please contact Lisa Haberkorn, Physical Education Coordinator (956) 473-7100 or refer to <http://www.FITNESSGRAM.net/texas/>.

Sincerely,

Lisa Haberkorn
Physical Education Coordinator
United ISD
(956) 473-7100