



Dear Parents/ Guardians,

As many of you know we measure our student's fitness each year through a Physical Fitness Test. With the start of 2019 underway we are encouraging students to focus on their personal fitness goals. We have administered a pre-test to help our 4th and 5th graders evaluate their present level of fitness and establish goals for when they are re-tested towards the end of the school year in May/June. Our classes have had many discussions about strategies for improvement and activities to maintain their current fitness levels. Students will also be exposed to a fitness application on their iPads (Hudl) to record themselves performing skills. Visualizing their personal performance is a great way for students to assess themselves during practice and be mindful of their body position while performing a skill. We hope these additions help the students achieve their personal goals while promoting a healthy lifestyle.

The students are tested in 5 areas:

- * Curl-ups
- * Shuttle run
- * 1 Mile Endurance Run
- * Right Angle Push Ups
- * Sit and Reach (in cms)

We have given to your child a copy of their scores from the pre-test and have printed/ attached the grade level standards for receiving a fitness award.

Please review the scores with your child and discuss their goals for the upcoming test in the spring. Practicing is key! Our students can improve on all of these tests with a little bit of practice.

Thank you for your time.

We look forward to seeing all of your child's hard work.

Mrs. Casale, Ms. Hanlon and Mrs. Soltan