



October 2013

Dear Parent/Guardian,

To help encourage students to be physically active, the Philadelphia Eagles has selected our school to receive FITNESSGRAM®, a comprehensive youth fitness assessment with reporting capabilities. PLAY 60, the NFL's youth health and fitness campaign, and FITNESSGRAM have joined forces to promote physical activity and combat the obesity epidemic that is challenging our youth. Brass Castle School is excited to utilize this fitness assessment tool for the benefit of our students and families.

Brass Castle School considers the FITNESSGRAM a premier assessment for three reasons:

1. FITNESSGRAM places emphasis on aspects important to the student's health. It measures aerobic capacity, muscular strength and endurance, flexibility and body composition and it is for all children regardless of ability.
2. FITNESSGRAM does not compare students to other students; instead it compares a student to carefully set health fitness standards, established for each age and gender, called the Healthy Fitness Zone® (HFZ). The HFZ can help students set fitness goals and check their progress to plan for lifelong physical activity.
3. FITNESSGRAM uses innovative software that can track and generate student reports. The student reports provide objective individualized feedback and positive reinforcement that are vital for changing behavior. Our school is looking forward to utilizing the reporting functions to help communicate your child's fitness results.

We will be conducting a pre-assessment during physical education classes in the near future. In the spring we plan to follow-up with a post assessment. After each test, a FITNESSGRAM parent report will be printed for your review. Brass Castle School believes that 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 John Hornyak or refer to <http://www.FitnessGram.net> . For more information regarding the NFL PLAY 60 initiative, please visit <http://www.nflrush.com/play60>

Sincerely,

Name

John Hornyak  
Brass Castle Physical Education Teacher  
jhornyak@washtwpsd.org

## **FITNESSGRAM® Frequently Asked Questions**

### **1. Why is fitness testing important to me?**

The FG physical fitness assessment is health-related and is for all students. No matter what your career path, you will live a happier, more productive life if you are healthy--and physical fitness is vital to overall health. FG provides accurate and reliable information about your physical condition and how it can be improved.

### **2. Can I “fail” the FG test?**

No. FG is a tool to help you determine your current fitness status and guides you in planning a personalized physical activity program. The test will not affect your grades in any way.

### **3. Will my scores be posted or be made public?**

No.

### **4. Will my results be compared to other students?**

No. FG uses Healthy Fitness Zones® (HFZ) to determine your overall physical fitness. HFZs are not based on class averages or any other peer comparisons. The standards are set specifically for boys and girls of different ages using the best available research. If your score falls within the HFZ, it means you have achieved the recommended level of fitness for your age. If your score falls below the HFZ, you should engage in activities that will help you improve.

### **5. What are the FG Test items?**

Listed below are the FG test items (recommended test items are indicated with an asterisk “\*\*”) including the health-related component it measures. For more information on the test items please contact your physical education teacher or visit [www.nflplay60fitnessgram.com/fitnessgram.cfm](http://www.nflplay60fitnessgram.com/fitnessgram.cfm).

#### **Aerobic Capacity**

- PACER\* (20 meter shuttle run), Mile Run or the Walk Test

#### **Muscular Strength/Endurance**

- Push-ups\*, Flexed Arm Hang, Pull-Up or Modified Pull-Up (measures upper body muscular strength/endurance)
- Curl-ups\* (measures abdominal muscular strength/endurance)

#### **Flexibility**

- Back-Saver Sit and Reach\* or Shoulder Stretch (measures flexibility)
- Trunk Lift\* (measures trunk extensor strength and flexibility)

#### **Body Composition**

- Body Mass Index (measures appropriateness of weight relative to height)
- Skinfold test\* (measures percent body fat by testing the triceps and calf areas)
- Percent Body Fat using a portable bioelectric impedance analyzer (BIA) or device

### **6. What can I do to prepare for the FG test?**

- Actively play or move at least **60** minutes each day. Try to participate in a variety of aerobic activities such as walking, running, jumping, dancing, playing games such as catch, tag, or touch football. Try to find activities you enjoy.
- Do strength-training activities such as sit-ups, push-ups, modified push-ups, gymnastics, and/or climbing activities at least **3** days each week. This time can count towards your 60 minutes of daily physical activity.
- Eat a balanced diet by including more fruits and vegetables, low-fat dairy products, and whole grains and try to decrease fats and sugars.
- Ask a physical education teacher, nurse, and/or coach on your campus for specific tips on ways you can prepare not only for the FG test, but for a lifetime of overall good health.

For more additional FAQ's regarding FITNESSGRAM visit: <http://www.fitnessgram.net/faqparents>