

Northern York County School District

Northern Middle School

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Dear Parents/Guardians,

In physical education class, we strive to consistently stress the importance of being physically fit. We also discuss the risks associated with being physically inactive. The FitnessGram Fitness-Test Program is a very valuable tool we use in assessing each child's fitness level. Being below the "healthy fitness zone" (HFZ) in any of the areas can lead to injury or disease. Your child has documented his/her results for you in the chart below.

- The PACER Test measures cardio-vascular endurance. A score below the HFZ indicates an increased risk for heart disease, diabetes type 2, childhood obesity and other diseases associated with inactivity.
- Strength Test scores below the HFZ can lead to injury. A lack of lean muscle tissue also slows metabolism.
- The Sit & Reach Test measures flexibility. A score lower than the HFZ may be a sign of increased risk of injury during activities.

Please encourage your child to be physically active everyday! Each has written some goals about how to improve or maintain scores within the HFZ. Raising scores is not the sole purpose of FitnessGram; we want each individual to be within the HFZ for a lifetime to reduce health related illness.

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PHYSICAL EDUCATION - STUDENT FITNESS TEST RESULTS

STUDENT NAME () AGE () GRADE-TEAM (-) HR ()

TEST AREA	Healthy Fitness Zone	Student Results	Difference Compared to HFZ (+, -, or OK)	Improved from last year's results ? (yes/no/unknown)
PUSHUPS (strength)				
CURL UPS (ab strength)				
SIT & REACH (flexibility)				
PULL UPS (strength)				
FLEX ARM HANG (strength)				
PACER (cardio endurance)				

STUDENT PERSONAL GOALS TO IMPROVE FITNESS LEVELS...

1.

2.