



DEERFIELD ELEMENTARY

FALCON FITNESS CHALLENGE – PHYSICAL FITNESS TESTING

PARENT/GUARDIAN INFORMATION LETTER



Today more than ever, our students need help leading active, healthy lives. That is where I, Mr. Stabnick, your child's physical educator comes in. I am on the front line of fitness, working to teach your kids the fundamentals of healthy living. Fitness Testing is an essential element of any health-related physical activity program. It establishes a baseline from which students can set goals and check progress. It also allows students to experience and better understand the components of health-related fitness.

Here at Deerfield Elementary, I have developed a unique fitness challenge that combines two of the more popular fitness challenges; ***Fitnessgram*** and ***The President's Challenge***. Although *The President's Challenge* has been retired since 2013, we will still use those standards for collecting student fitness data. Our challenge has been appropriately named the ***Falcon Fitness Challenge***. The *Falcon Fitness Challenge* has 5 events and students must meet or exceed the standards set at the 50th percentile from the National Fitness Standards in order to receive their Falcon Physical Fitness Award. This award recognizes youth who achieve an outstanding level of physical fitness. If students meet or exceed the standard, they pass the fitness test. If they fall short, they fail the fitness test, and this should give them motivation to set goals for themselves to improve their fitness levels. Students will be rewarded after the Fitness Post-Testing toward the end of the school year (spring). I created this Physical Fitness Challenge as a tool to help me bring out the best in my students.

The ***Falcon Fitness Challenge*** tests student's level of physical fitness in the following five activities/events twice a year, once in the fall (Pre-Test) and once in the spring (Post-Test):

- **Shuttle Run** (Speed & Agility) Measured in Time (Seconds & Tenths).
- **Right Angle Push-Ups** (Upper body muscular strength & endurance) Measured in how many completed in rhythm.
- **Curl-Ups** (similar to sit-ups) (Lower body or abdominal/core strength & endurance) Measured in 60 Seconds.
- **Sit and Reach** (Flexibility) Measured in Centimeters reached.
- **Endurance Run/PACER** (Progressive Aerobic Cardiovascular Endurance Run) / (Cardiorespiratory Endurance) – Measured in laps completed.

We know that just completing all five activities is an accomplishment. However, I do not want the students to become discouraged if they do not pass a test. The Pre-Test gives a gauge as to where our students are at physically, and if they do not pass, they must understand that they will just have to work hard all year in PE class and outside of class to improve their physical fitness levels. If they fail a fitness test, but give their best effort, they still earn points toward their PE Physical Fitness grade. They will not receive a failing grade. If students pass 4/5 or all 5 fitness tests in the spring, they will earn fitness award certificates.

For grading purposes for Physical Fitness, each test will be worth 2 points for a total of 10 points. 1 point will be for effort and 1 point will be awarded if the student passed the test.

FREQUENTLY ASKED QUESTIONS (FAQs):

Why do fitness testing?

Students should learn to self-assess their fitness levels and interpret the results. This will help them learn about fitness concepts, plan and set goals for fitness and serve as a motivational tool to remain active on their own for life. This also gives valuable student data for PE activity planning.

How will I know if my child is fit?

Each student will receive a Personal Fitness Record of their test results. These results will be used as a learning tool for physical fitness. Students who meet the fitness challenge levels after the fitness post-test will receive a Falcon Physical Fitness Award at the end of the school year. Students who pass at least 4 out of 5 fitness tests will receive a Participant Improvement Award.

If my child fails the fitness test, does this affect their PE grade?

NO! Fitness testing is only a tool that measures a student's physical fitness level. If a student fails the fitness test it will not affect their PE grade. Students are told to try their best and give their best effort during fitness testing. Their PE grade is determined on how well they tried and not if they passed or failed the fitness test. Students are told ahead of time that if they fail the fitness test, it will not affect their grade in class.

How many times does my child get to attempt to pass a fitness test?

There is no limit to the number of tries a student may have on each test if time permits. Students that come close to passing but fail, will be given the chance to pass a test, however if they cannot pass after a few attempts, they will have to accept the fact that they did not pass that certain activity and set a goal for future tests. Typically, during testing, students get 2 attempts at Shuttle Run and Sit & Reach and 1 attempt at Push-Ups, Curl-Ups, and PACER. Absent "A" or Did Not Attempt "DNA" will be considered a FAIL. No student will be forced to take a fitness test, but if they decline, it will affect their effort grade.

What fitness areas does the *Falcon Fitness Challenge* cover?

FALCON FITNESS CHALLENGE EVENTS - DESCRIPTION

Speed and Agility:

Shuttle Run Test – This event measures speed, quickness, and agility. Students run back and forth in two parallel lines marked 30 feet apart. At one end there are two shuttle blocks to retrieve, one at a time. Once they run past the starting line the second time, the timer is stopped. Students are given two attempts for their best time.

Muscular Strength and Endurance:

Abdominal Strength:

Curl-up Test – This event measures abdominal strength and endurance. For the curl-up test, the students complete as many curl-ups as they can in 60-Seconds (one-minute). The curl-up has been selected over the partial curl-up because it tests how many a student can do in one-minute for data recording purposes. Strength and endurance of the abdominals are important in promoting good posture and correct pelvic alignment.

Upper Body Strength:

Right Angle Push Up Test – This event measures upper body strength and endurance. The student lies face down on a mat in a push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A push-up test mat is used to help students meet that 90-degree angle. One push-up must be completed in rhythm with the counting cadence otherwise the student is finished with the test.

Flexibility of the lower back and hamstrings:

Sit and Reach Test - The sit and reach measures predominantly the flexibility of the lower back and hamstring muscles. A specially constructed box with a measuring scale marked in centimeters at the level of the feet is used. Students may remove their shoes and sit on the floor with knees fully extended, feet shoulder width apart and soles of feet held flat against the end of the box. With hands on top of each other, palms down, and legs held flat, students reach along the measuring line as far as possible. Two reaches are recorded with the best reach as their final score.

Cardiorespiratory (Cardiovascular) Endurance:

PACER Test - The **P**rogressive **A**erobic **C**ardiovascular **E**ndurance **R**un is a multistage fitness test adapted from the 10-meter (30 ft) shuttle run test. The test is progressive; it is easy at the beginning and gets harder each stage. The object is to run back and forth across a 15-meter (50 ft) distance at a specified pace for as long as possible. Set to music, this test is a valid, fun alternative to the customary one-mile distance run test for measuring aerobic capacity that the President's Challenge tests. The PACER is recommended for all ages. The children have a good time while learning how to pace. (FITNESSGRAM, 1999)

PACER Test NOTE: This can be a difficult cardiovascular endurance event. I will do my best to make sure students are physically ready for this challenge before they try to complete it. Students with asthma can complete this event, but if they have medical inhalers, they must have them readily available before they complete the event. If a student is on record as having asthma and does not have their inhaler with them, the PE Staff reserves the right to deny the student the opportunity to PACER test due to the health risks it may cause that student.

If your child has asthma and has a medically issued inhaler, please make sure I know ahead of time so I can be prepared!

If you have any further questions regarding fitness testing or anything related to PE at Deerfield Elementary, please visit our PE website at www.PhysEdRocks.weebly.com for detailed information related to our PE program. If you do not have Internet access, please contact me, and I will be more than happy to answer any questions you may have or provide you with any information you may need.

Sincerely,

Mr. Stabnick

Physical Education Instructor

Deerfield Elementary

Avondale Schools

Michael.Stabnick@avondaleschools.org

"Get Yourself Moving!"