



Cypress-Fairbanks Independent School District

Loretta Bourn
Elem. Music/PE/Health/TA Coordinator

February 20, 2008

Dear Parent/Guardian,

Senate Bill 530 requires *FITNESSGRAM* physical fitness assessment for students in grades three through twelve. The requirement is effective beginning with the 2007-2008 school year. *FITNESSGRAM* identifies healthy fitness zones. It is a research-based, criterion-referenced measurement tool. The assessment does not place an emphasis on skill or sports-related fitness.

Students will be assessed in the following areas:

- aerobic capacity
- muscular strength, endurance, and flexibility
- body composition

Parents/Guardians with a student in grades three through twelve may submit a written request for a child's physical fitness assessment results at the end of the school year. The request should be submitted to the building principal.

If you have any questions about the *FITNESSGRAM* assessment in grades three through five, please contact Loretta Bourn at 281-897-4140.

Sincerely,
Loretta Bourn
Coordinator for Elementary Physical Education and Health
Cypress-Fairbanks ISD