



*Loretta Bourn
Coordinator for Elementary Music/Elementary Physical Education and Off-Campus Physical Education*

Dear Parent/Guardian,

Texas Education Code requires an annual fitness assessment for all students in grades three through twelve enrolled in physical education or a physical education substitute course/activity. School districts submit the results to the Texas Education Agency (TEA) each school year. FITNESSGRAM® is the assessment tool used in Texas school districts.

FITNESSGRAM® is a fitness assessment developed by The Cooper Institute. The assessment includes health-related physical fitness tests that assess aerobic capacity; muscular strength, muscular endurance, and flexibility; and body composition. Scores from the different assessments are compared to Healthy Fitness Zone® standards to determine students' overall physical fitness and suggest areas for improvement when appropriate. The standards are criterion-referenced standards based on levels of fitness needed for good health.

A parent/guardian with a student in grades three through twelve enrolled in physical education or an equivalent physical education course/activity 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, please contact Loretta Bourn at 281-897-4140.

Sincerely,

Loretta Bourn
Coordinator for Elementary Physical Education and Off-Campus Physical Education
Cypress-Fairbanks ISD