

E Presidential Challenge Physical Fitness Test Notice

** 4th & 5th grade teachers, please forward to the parents of your students **

This year Van Meter's 4th and 5th graders will participate in The Presidential Challenge Physical Fitness test. The emphasis will be on the importance of physical fitness and encouragement to improve over time. Although we will encourage the students to set stretch goals, our priority is to have them working to improve their strength, endurance, speed and flexibility overall. The results achieved by the 5th graders on the partial curl-ups, mile-run and push-ups will also be sent into the state as they are every year.

We thank the parents who signed up to help us with testing. We are hoping to have pre-tests for a few of the events before the holidays so the kids will have a baseline. Then we will resume after the holidays with follow-on pre-tests and eventually the final results by early May. We will let you know when we get closer as to when we can best use your help.

Please note: Training for the "official" testing days is not limited to our 2, 45 minute PE sessions each week. We would encourage you and your child to fit physical fitness and healthy lifestyle activities into your schedules whenever you can! The more physically fit the kids are, the easier, more fun and rewarding all physical activities will be for them.

Some parents have expressed an interest in finding out what the events will be and what the qualifying standards are. To help with that, we are providing you with the following links to the Presidential Challenge websites.

This week we will demonstrate the challenge events to the students during their Miss Melissa or Mrs. Grimes PE classes so they'll have a better idea of what's ahead. You are welcome to observe during your child's PE period.

Thank you for your support.

Art Mee
Grimes

Melissa Vuckovich

Beth

Fitness Test Events

We will be testing using the following five events:

- 1) Partial curl-ups - tests for abdominal strength and endurance
- 2) Shuttle run - measures speed, quickness and agility
- 3) Endurance run/walk - measures heart/lung endurance
- 4) Right angle push-ups - measures upper body strength and endurance
- 5) Sit and reach - measures flexibility of the lower back and hamstrings

For a complete definition of each of the events, please select the event on the following page:

http://www.presidentschallenge.org/educators/program_details/physical_fitness/events.aspx

Fitness Award Achievement Levels

Participant - participating in all five tests, but receiving below 50% achievement level in at least one event.

National - achieving at least a 50% fitness level in all five events

Presidential - achieving at least a 85% fitness level in all five events

For more on the different Achievement Levels go to:

http://www.presidentschallenge.org/educators/program_details/physical_fitness_test.aspx

Fitness Level Qualifying Standards

Please see the following website for the qualifying standards at each of the different levels.

http://www.presidentschallenge.org/educators/program_details/physical_fitness/qualifying_standards.aspx

Note: The child's age goal will be the child's age on the first day of testing which we estimate to be around 2/1/09.