

September 2008

Dear Parents/Guardians,

The Texas Education Agency has mandated annual fitness testing for the state of Texas for all students 3rd-12th grades. The TEA has selected FITNESSGRAM® to serve as the state-wide fitness assessment in which all school districts will administer the required tests.

FITNESSGRAM® was developed by The Cooper Institute to facilitate communicating fitness testing results to students and to parents. The assessment measures three components of health-related physical fitness using criterion-referenced standards, called Healthy Fitness Zones, to determine students' fitness levels based on what is optimal for good health. The three components that have been identified as important to overall health and function: aerobic capacity; body composition; and muscular strength, endurance, and flexibility.

All students must be tested during the 2008-09 school year. Your child may be tested at anytime during the current school year and it will take place in a physical education class for elementary grades 3rd – 5th, while testing for secondary grades 6th – 12th will occur in a physical education class, athletics, cheerleading, marching band or dance class. Students not enrolled in a physical education course will be tested during designated times specific to each individual campus.

Students and parents will be notified by the campus principal in regards to fitness testing schedules. It is highly recommended that each student bring comfortable attire and gym shoes for the testing day.

Student results will be released to the parent or guardian upon written request made through your child's campus. Composite results for Round Rock ISD will be sent to the Texas Education Agency as required by law.

Please contact the district supervisor for Physical Education curriculum, Traci Neely at 464-5480, if you have any further questions in regards to the fitness testing or visit <http://www.fitnessgram.net/faqparents/> for a sample student report and answers to common questions about Fitnessgram.

Sincerely,



Jesús H. Chávez, Ph.D.
Superintendent