



The mission of Everett's Health and Fitness Program is to provide a daily, quality lifetime fitness program for all students.

The Physical Education Department at Everett School District is implementing a new curriculum that is committed to the fitness and health of our students. This report provides you with a snapshot of your child's fitness level in the 5 Components of Fitness: cardiorespiratory endurance, muscular strength, muscular endurance, flexibility and body composition. Students set goals based on their pre-test measurements and work to improve them throughout the year. This program is designed to teach your child how to be fit and healthy for life.

Student Name:

Age:

Grade:

Level:

Teacher:

School:

Begin Date:

End Date:

Fitness Measurements	BMI	Height	Weight	Pacer - 20 Meter	Sit and Reach - Inches	Sit-Ups	Push-Ups
Minimum Health Related Standards	15.4-24.7			41	8.5	42	10
Pre	20.40	5'1	108	67	<u>6</u>	43	20
Goal							
Post							
History	BMI	Height	Weight	Pacer - 20 Meter	Sit and Reach - Inches	Sit-Ups	Push-Ups
2007-09-01 - Pre	19.75	4'7	85	48	9	34	5
2008-06-01 - Post	21.23	4'7.5"	93	67	8.5	37	12
2008-09-03 - Pre	21.42	4'9"	99	48	9.5	40	

Scores printed in **bold** have met the standard, underlined scores have not met the standard, other scores have not been measured against a standard.

Notes:

Your child's scores are referenced to minimum health standards on measurement items if data is available. There are no standards for height and weight. N = Not Assessed, A = Adaptive, M = Medical

Pre- measurements are taken at the beginning of the year. Post- measurements are taken at the end of the semester (high school) or school year (middle/elementary school).

Pacer - A timed running assessment used to measure cardiorespiratory endurance. Activities to do at home: Bicycling, running, walking the dog, mowing the lawn, jumping rope, soccer, basketball, etc.

BMI (Body Mass Index) - Derived from the height and weight of a student; an indicator of overall health. Children's body composition can change with age due to growth spurts. BMI results should be looked at overall several years to determine whether a child is normal weight, overweight or underweight. Activities to do at home: Eat a balanced diet (www.mypyramid.gov), limit t.v./video games, stay active

Sit-Ups - This measurement determines the amount of muscular endurance in the abdominals and hips. Activities to do at home: Raking leaves, carrying groceries, circuit training, crunches.

Push-Ups - A measure of upper body muscular strength; performed by doing as many right angle push-ups as possible. Activities to do at home: Pull-ups, push-ups, climbing trees, moving heavy objects.

Sit and Reach - Measures flexibility of the hamstrings and lower back. Activities to do at home: Stretches, gymnastics, toe touches, etc.