

## Illinois' New Physical Fitness Assessment

Starting this school year, all Illinois public schools are required to administer a physical fitness assessment to students in grades 3-12. Illinois has selected *FITNESSGRAM*<sup>1</sup>, a health-related fitness test that is intended to help students acquire lasting habits of regular physical activity.

The four required areas of fitness assessment are as follows:

- For **Aerobic Capacity**, grades 4-12 will be take the PACER test (recommended) or Mile Run Test (alternate) or Brockport test (adapted);
- For **Flexibility**, grades 3-12 will take the Back-Saver Sit and Reach test (recommended) or Trunk Lift test (alternate) or Brockport test (adapted);
- For **Muscular Endurance**, grades 3-12 will take the Curl-Up test or Brockport test (adapted); and
- For **Muscular Strength**, grades 3-12 will take the Push-Up test or Brockport test (adapted).

For each fitness area of the *FITNESSGRAM*, a student's performance is classified into the *Healthy Fitness Zone* (HFZ) or *Needs Improvement* (NI). The desired performance goal for each test option is the HFZ, which represents a level of fitness that offers some protection against the diseases related to physical inactivity. The NI designation indicates an area of fitness where a student would benefit from activities designed to improve performance in that area.

Our students will receive their results upon completion which will help them understand their individual levels of fitness. Students are encouraged to talk about these results with their parents or guardians and their physical education teacher to plan appropriate fitness activities.

-If you have any questions about these assessments, videos are available on-line through - YouTube or you may contact Sandwich High School, 815-786-2157.

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<sup>1</sup> The *FITNESSGRAM* and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.