

Vermont Physical Education Fitness Assessment Letter to Parents

Dear Parent or Guardian,

Starting on May 1, 2018, Vermont's students in grades four, seven, and nine or ten will begin taking the new Vermont Physical Education Fitness Assessment. The test, which is administered during PE class or in a school-wide event, can be administered at any time during the month of May. The test will assess students' fitness in four domains of physical fitness:

- Upper body muscular strength and endurance: FitnessGram 90 degree push up
- Abdominal muscular strength and endurance: FitnessGram Curl-Up
- Aerobic capacity: FitnessGram PACER (Progressive Aerobic Cardiovascular Endurance Run)
- Flexibility : FitnessGram Back-Saver Sit-and-Reach

NCUJHS will be assessing ALL trimester #3 students in Physical Education and Health. The seventh graders who don't have PE or Health will be joining one of the PE/Health sections. The assessment window will be taking place from May 1 – May 10.

The schedule will look as follows:

- May 1 and 2: Overview and Practice of each test
- May 3 and 4: Testing Day
- May 7 and 8: Testing Day
- May 9 and 10: Testing Day
- May 11-18: Make-Up Test (this may be done in class or during Block 10)

At the conclusion of testing, school leaders will be able to access individual student reports that will be forwarded to parents on a date determined locally. These reports will give parents information on how well their children achieved in relation to a common set of fitness standards. However, parents need to keep in mind that the tests provide only a broad overview of fitness, and that results are most useful when viewed in the context of other data gathered by the teacher or the school. The primary purpose of the testing program is to provide parents and community members with the combined results for all the students in the school as one gauge of how well the school is meeting the needs of all its students.

The Vermont Physical Fitness Assessment provides students with a variety of physical activities, and accessibility options. These options include the following:

- FitnessGram: Offers nine activities to access the four domains of physical fitness.
- Brockport Physical Fitness Test: The Brockport Test offers modified activities for students with significant disabilities.
- Pilot Test: The 2018 PE assessment is a pilot test which allows us to collect data on how the test is working, and which students don't yet have access to the assessment. The state will be collecting this information to provide a more accessible assessment for the 2018/19 school year.

Please note that Vermont's test reporting system uses security features that will protect our students' privacy, and will adhere to all federal and state confidentiality regulations, including but not limited to the Family Educational Rights and Privacy Act (FERPA).

To learn more about the Vermont Physical Education Fitness Assessment, go to the Vermont Comprehensive Assessment Program Portal at <http://vt.portal.airast.org/>. If you have any questions, please feel free contact us at (802)766-2276.

Sincerely,



Christiane Brown
Physical Education Teacher



John Gunn
Physical Education Teacher



Julie Gunn
Health Teacher