

Dear Parents, Guardians, and Students,

All 3<sup>rd</sup>-6<sup>th</sup> grade students in Mrs. Rousseau's Health & Wellness classes at Powder Mill School will participate in the Fitnessgram physical fitness assessment program. There are five basic fitness tests that assess the four components of physical fitness. These tests are as follows: the 1-mile run, which assesses cardiovascular fitness, push-ups, and curl-ups, which assess muscular strength and endurance, sit & reach, shoulder stretch which all measures flexibility, and the trunk lift which measures trunk strength.

On the end of this paper are the standards for reaching the healthy fitness zone (HFZ) by age and gender. This assessment program will offer your child a better idea of their personal fitness level.

What is Physical Fitness?

Being physically fit means having the energy and strength to perform daily activities vigorously and alertly without getting "run down," and to have energy left over to enjoy leisure-time activities or to meet energy demands. When you are physically fit, your heart, lungs and muscles are strong, and your body is firm and flexible.

Physical fitness will help you maintain a healthy weight level and cope with stress. You'll feel and look better, and you may even do better in school. Getting in shape is important for your future. You'll be healthier both now and as an adult, and that means a more enjoyable and active life. Fitness is feeling great!

How do you measure Physical Fitness?

Physical Fitness can be broken down into four main parts: cardiovascular or aerobic endurance, muscular strength, muscular endurance, and flexibility. Each one can be measured and there are specific exercises to improve each area. Endurance is the ability to keep moving for long periods of time. There are two types of endurance.

Cardiovascular Endurance means that your heart and lungs can supply your muscles with lots of oxygen and nutrients. You don't get out of breath easily and your muscles are firm. When your heart and lungs are in good shape, you're

healthier and less likely to develop some forms of disease. Also, doing “aerobic” exercises burns extra calories to help maintain a healthy weight.

Muscular Endurance means that your muscles are strong enough to move for long periods of time. Why build endurance? With high levels of endurance, you have more energy and can play harder and longer during sports or games.

Muscular Strength is how much force your muscles can produce at one time. Why build strength? When you are strong you don’t need to rely on others to do the “heavy” work and you are less likely to injure your muscles. You can do things like lift your body weight and move heavy objects. Hard jobs become easier.

Flexibility means that you can move your muscles and their joints through a “full range of motion.” Stretching exercise can increase flexibility. Why build flexibility? When your muscles are flexible you can reach, bend, and stretch more easily. You are less likely to injure your muscles and joints. Stretching helps make your body feel good.

Together, we can inspire our children to learn, adopt, and maintain health and fitness habits to last a lifetime.

In good health,

Mrs. Rousseau ;-)

**\*\*Check out Mrs. Rousseau’s Web Page!** Keep updated with our class units and news occurring in Mrs. Rousseau’s Health & Wellness class by logging on to our website @ <http://mrsrousseauphysicaleducationsit.weebly.com/index.html>



\*\*\*\*\*Health & Wellness Class Wish List\*\*\*\*\*



Donations are never required, but always greatly appreciated!

**\*\*Tissues**

**\*\*Disinfectant Wipes**

**\*\*donations of new or used exercise equipment such as resistance bands, mini-bands, 1-through 10lb dumbbells or kettlebells, jump ropes, cones, etc.**

