



Hello Bobcat Families! As part of your child's P.E. program, Birmingham Falls is preparing to take part in the FIT Georgia physical fitness assessment. All students in grades K-5 will participate in this assessment, which aligns with the state law requiring schools to measure areas of fitness related to the health of students, including cardiovascular endurance, muscular strength and endurance, flexibility, and body composition.

The following FIT Georgia fitness assessments will be used to measure the various areas of health-related fitness:

- 15M or 20M PACER or 1-mile run (Cardiovascular) – grades 4-5
- Curl-Up (Abdominal Strength) – grades 4-5
- Push-Up (Upper Body Strength) – grades 4-5
- Sit and Reach (Flexibility) – grades 4-5
- Body Mass Index (Body Composition) – grades 1-5

It's important to note that the assessment does not compare your child to anyone else, nor does it measure skill or athletic performance. Instead, it compares your child to health standards established by researchers as the level of fitness all students should reach to attain health benefits.

Here are a few ways to support your elementary child:

- Stress the importance of fitness for feeling good
- Provide equipment that encourages physical activity
- Help your child identify a time and place for daily physical activity
- Limit screen time (TV, video games, devices, etc.)
- Be a role model for your child
- Teach your child games you enjoyed playing as a child
- Praise and encourage your child to be active
- Involve your child in after-school or recreation programs within your community

If you have any questions, please contact the PE department:

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