

AUGUST 11, 2014

Dear Parents,

As part of your child's physical education program, Pima Junior High School is preparing to participate in the Presidential Youth Fitness Program (PYFP). This national program provides educators with the tools necessary to help students adopt an active lifestyle and improve their health and overall well-being.

Through implementation of this new program, students will participate in FITNESSGRAM, a comprehensive health-related assessment for youth designed to assess aerobic capacity (mile, pacer), muscular strength and endurance (curl-up, 90 degree push-up, pull-up, trunk lift), flexibility (sit-n-reach), and body composition (body mass index). They can also earn recognition for their efforts. This process will help your child learn how to set goals, interpret fitness assessment results, and learn what they can do to improve their physical well-being over the course of the school year.

This week we will begin the fitness testing. We would encourage you to take part in this with them by preparing them nutritious meals at home and doing exercise along with them. They are encouraged to do curl-ups and push-ups every night to help them get stronger and exercise 60 minutes everyday. If they are in after school sports they are probably getting plenty of exercise. Doing yard work and housework is also considered exercise. The main goal is to be physically active for at least 60 minutes a day. (Parents included)

We are excited to work with your student this year and will be here to support him/her and you as well. Feel free to contact us anytime if you have any questions or concerns.

Thank you,



Mrs. Hancock and Mr. Hawkins

mhancock@pima.k12.az.us

thawkins@pima.k12.az.us