

# Updates to Fitness Testing in Illinois

Illinois signed into law [Public Act 98-0859](#) establishing Fitness testing requirements for schools on August 4, 2014. Here is a [link to FAQ's](#) about the law. ( or visit [www.isbe.net/EPE](http://www.isbe.net/EPE))

## Highlights of requirements for fitness testing starting with school year 2016-17:

- Students in Grades 4-12 will participate in four assessments:
  - Pacer test (cardiorespiratory endurance or aerobic capacity)
  - Back saver sit & reach (flexibility)
  - Curl up test - Muscular Endurance
  - Push up test - Muscular Strength
- 3rd Grade students will be tested only in Muscular Strength, Flexibility, and Muscular Endurance.
- Testing is mandated in an effort to meet State Learning Goal 20, where students achieve and maintain a health-enhancing level of physical fitness. Fitness testing can help students identify their fitness levels and set goals for improvement. Gathering this data also enables parents and schools to better understand the health trends within their region and encourage enhancements in a school's physical education program.
- Scores must be reported to ISBE and on the school report card annually, beginning in May 2017, by:
  - number of students tested by grade (5, 7 and 10 only) and gender;
  - number of students that achieved a healthy fitness zone by grade (5, 7 and 10 only) and gender
  - number of students that were identified as needing improvement by grade (5, 7 and 10 only) and gender
  - and for aerobic capacity only, number of students that were identified as "needs improvement-health risk" by grade (5, 7 and 10 only) and gender.
- Your student's name and individual results will not be reported to ISBE. Only you, your student, and your child's PE teacher will utilize the individual results.

## Fitness Testing in District 100

The primary goal of fitness testing in District 100 is to provide students with personal fitness data to assess, track and improve fitness as well as establish life long fitness habits. Students use their fitness scores to:

- analyze their data against national standards for their age
- set personal fitness goals for maintaining or improving levels
- participate in physical activity to achieve goals

Students will participate in fitness testing again during the spring semester to review data and set new goals. Individual reports will be sent home with students in the fall and spring. Please review your student's fitness scores and ask them to share their goals. In addition, consider incorporating the **live well and play 60** (minutes) initiative into your family's lifestyle. Please feel free to contact your school's PE teacher for questions or follow up!



**We believe that regular physical activity contributes to good health as well as social and emotional well being. Students should be physically active for at least 60 minutes daily. Our mission for students in physical and health education is:**

- **To develop lifelong habits , skills and knowledge to be physically fit**
- **To access and analyze accurate information for decisions that promote wellness**