



Hello Parents/Guardians,

Starting March 19, 2018, the 4th – 8th grade scholars of Leadership Preparatory Academy will be assessed on their ability to complete the five components of the Fitnessgram. The five components consist of: Curls, pushups, sit and reach, one mile run and height/weight. The Health and Physical Education teachers will provide lessons on healthy lifestyles. Did you know that according to the Centers for Disease Control and Prevention childhood obesity has more than doubled in children and quadrupled in adolescents in the past 30 years¹? Accordingly, the executive branch of government has sought to champion this cause by enacting the Presidential Youth Fitness Program². One of the ways this program is being implemented and assessed is through the use of Fitnessgram³. Parents please make sure your child is well hydrated during the next few weeks. If your child is asthmatic, rescue inhaler usage should be used prior to exercise. Information for the Nurse, Ms. Cahil, should be up to date if not please send in another form. Make sure your child is well rested during the next few weeks and they are eating a balanced meal to maintain maximal energy reserves.

If you have any questions or concerns please do not hesitate to email your P.E. teachers:

shomica.robinson.lpa@gmail.com

ava.marshall.lpa@gmail.com

For more information:

<http://www.cdc.gov/healthyschools/obesity/facts.htm>

<http://www.fitnessgram.net/>

<http://www.pyfp.org/>

Your Physical Education Teachers,

Ms. Robinson and Mrs. Marshall