

In PE, students are assessed through a series of fitness tests. Those tests are called FitnessGram tests. They are Push-ups, Curl-ups, Sit and Reach, Pacer, Trunk Lift, and Body Mass Index (BMI). These are state tests. To help your child be successful, practice these exercises with them at home. Attached is a link to Pacer test. The students will need 20 meters of running space to complete the test.

<https://www.youtube.com/watch?v=Y82jDHRrswc>