Parents of 8th Grade Physical Education Students,

Morgan Middle School Physical Education Department is adopting the Presidential Youth Fitness Program. I am personally very excited for the new program. With the new program, we will be able to assess students based more on their body instead of just a national norm referenced test. According to the Utah State Core for Intermediate Activities (8th Grade Students), pre and post fitness tests are used to provide personal information, to individualize instruction, and to indicate student improvement. Fitness tests to be considered are the Presidential Physical Fitness test and the FitnessGram. We are using both of these to assess and monitor student ability and progress. Fitness scores are never used as the primary factor in the grading process; the scores are still used as part of their overall grade.

Morgan Middle School applied for and received a grant to implement the new program. As part of the program we will be gathering information, testing, recording test results, providing feedback, and monitoring student progress. The information being gathered will be: student age, height, weight, and body mass index. Please remember that this information will be confidential and will not be passed out to other students. The grant we received requires that we gather this information. With this information, we will be able to assess the students based more on an individual basis and less on a normative standard. The tests that will be used are: PACER test, curl-up, trunk lift, push-up, and sit and reach. The sit and reach will assess each leg individually instead of together as in years past. After all tests have been given, students will be given an individualized report of where they are and what they can do to improve. The tests we use are the recommended tests, but other tests can be used. The mile is still one of the tests, but will not be used to assess the students. In its place we will use the PACER test.

I know that getting the initial body mass index (BMI) information can be intimidating to students. I want to assure you that all information is confidential and will not be gathered or given in front of other students. No names will be associated with any report that I send in to those directing the Presidential Youth Fitness Program. I will also not be discussing with students the need to lose weight; that is up to the parent and student. I will discuss healthy eating and exercising habits and risk factors associated with improper decisions. As a parent you are more than welcome to visit my classroom at any time and observe. If you decided to do that, I just ask that you provide me the courtesy of letting me know beforehand.

For more information on the Presidential Youth Fitness Program, you can go to their website or come and visit with me anytime. Thank you for the opportunity I have to teach your children, and I hope they enjoy their eighth grade year.

<http://www.presidentialyouthfitnessprogram.org/index.shtml>

Mr. Barlow

Morgan Middle School

Physical Education

801-829-3467

[jbarlow@morgansd.org](mailto:jbarlow@morgansd.org)

Presidential Youth Fitness Program

Student in the 8th grade will also be completing different online reporting activities as part of the Presidential Youth Fitness Program (PYFP). In addition to the FitnessGram testing, students will be completing physical activity tracking assignments associated with the PYFP. Each student will have their personal username and login information. I have found that students don’t always remember what their login is, so I am sending a reminder of what it is.

**Website**: [www.fgontheweb.com/pyfp/morgancsdut](http://www.fgontheweb.com/pyfp/morgancsdut)

The website must be typed in exactly as it is written, or they will not be able to access the site.

**Username**: The username is their first initial of their first name capitalized and their last name with the first letter capitalized.

Example: JBarlow

**Password:** The password is the student’s ID (lunch) number.

Example: 20153