

Physical Fitness Test Administered in Grades 3-12

Midlothian ISD is dedicated to supporting the effort to reduce childhood obesity and encourage daily physical activity. Our campuses are in compliance with the state requirements for physical activity.

In June 2007, the Legislature passed Senate Bill 530, a state mandate, requiring every school district to administer a fitness test to students in grades 3-12. The Fitnessgram Test developed by the Cooper Aerobic Center in Dallas was selected by TEA to be the state fitness instrument.

Elementary students participate in the Pacer Test for aerobic capacity, curl-ups for abdominal strength, push-ups for upper body muscular strength, and the sit and reach test for flexibility. The secondary students participate in the same fitness assessment but they have a choice between the Pacer Test and the Mile Run. The school nurse and/or trainer at the secondary level will calculate the Body Mass Index (BMI) for all students.

Class results (no names) are posted and shared with the students. District results (no names) will be submitted to TEA by grade level. Parents may request their child's results at the end of the school year. If you have any questions, please contact your child's physical education teacher.

For more information you can visit the Fitnessgram website at www.Fitnessgram.net/Texas