

Student Name: _____

School: _____

Dear Families and Guardians,

As part of your child’s P.E. program, all schools throughout the state will be participating in the FIT Georgia fitness assessment which measures health-related fitness for youth. This follows guidance from **O.C.G.A § 20-2-777** and **State Board Rule IDB 160-4-2-.17**.

The FIT Georgia physical fitness assessment measures aerobic capacity, muscular strength and endurance, flexibility, and healthy body. Each student will be assessed using the following assessment components:

Assessment Component	Aerobic Capacity	Muscular Strength & Endurance	Flexibility	Healthy Body
Fitness Test	PACER or One-Mile Run	Push Ups Curl Ups	Sit and Reach	Weight in pounds Height in inches
Grade	4 th – 12 th	4 th -12 th	4 th -12 th	1 st – 12 th

Who participates?

Any student in physical education during the 2024 – 2025 school year. 1st, 2nd, and 3rd grade students only have data recorded for the Healthy Body component.

How will I know their results?

We ask that you encourage your child to participate with his/her best effort and to the best of their ability. **The FIT Georgia assessment is a measure of good health as opposed to athletic ability and does not compare your student to anyone else.** A healthy student is better prepared to learn and perform in all aspects of life.

Per Georgia legislation, a **confidential** FIT Georgia report will be provided for each student at the end of the year. This report will include your child’s scores and information. Since this is the first year of FIT Georgia, there are no “Healthy Fitness Zones” or benchmarks against which to compare the results, and there is no “pass or fail” to the report. The information in this private report will not be displayed or made public. The Georgia Department of Education does share aggregate, de-identified data with the Department of Health and other health organizations for grant funding and health and physical fitness related research.

For more information regarding the FIT Georgia assessment, please refer to the [FIT Georgia Manual](#).

If you **DO NOT** want your student to have their data recorded for the Healthy Body component of the FIT Georgia Fitness Assessment, please electronically sign this form by September 1, 2024.

No action is required if you would like your student to participate in the Healthy Body component of FIT Georgia.

- I **do NOT** want my child’s data recorded or reported for Healthy Body (height and weight).

If you have other questions or concerns, please contact your student’s Physical Education teacher.

Sincerely,

Forsyth County Schools