

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:

Aerobic Capacity	Muscular Strength & Endurance	Flexibility	Healthy Body
PACER or One-Mile Run	Push Ups Curl Ups	Sit and Reach	Weight in pounds Height in inches

Who participates?

Any student in a physical education course during the 2024 – 2025 school year.

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 or reported for a specific fitness component, select it below and electronically sign this form by September 1, 2024.

No action is required if you want your student to participate in all fitness components.

- I **do NOT** want my child's data recorded or reported for Healthy Body (height and weight).
- I **do NOT** want my child's data recorded or reported for Aerobic Capacity (one mile run or PACER test).
- I **do NOT** want my child's data recorded or reported for Muscular Strength and Endurance (push-ups).
- I **do NOT** want my child's data recorded or reported for Muscular Strength and Endurance (curl ups).
- I **do NOT** want my child's data recorded or reported for Flexibility (Sit and Reach).

Note: *Unless they are medically injured, students exempted from a component will still participate in all physical activities as part of their regular PE program. Students exempted from Healthy Body **will not** have their height or weight measured.*

If you have any questions or concerns, please contact your student's physical education teacher.

Sincerely,

Forsyth County Schools