



Dear Parents,

Welcome to fifth grade! As part of our curriculum this year your child will be taking the California Health and Fitness Test in the Spring. In order to help your child succeed we will be practicing portions of the fitness test each week. A physical education grade for running will be given each week.

California State Standard 3 Students assess and maintain a level of physical fitness to improve health and performance.

Aerobic Capacity

3.3 Participate three to four days each week, for increasing periods of time, in continuous moderate to vigorous physical activities at the appropriate intensity for increasing aerobic capacity.

For a student to receive:

4 Advanced	boys 6:00-8:59 minute mile
	girls 6:30- 9:29 minute mile
3 Proficient	boys 9:00 – 11:30 minute mile
	girls 9:30 – 12:30 minute mile
2 Basic	boys 11:31 – 13:31 minute mile
	girls 12:31- 14:00 minute mile
1 Below Basic	boys 13:32 and slower
	girls 14: 01 and slower

An effort grade of **E (Excellent), G (Good), S (Satisfactory), N (Needs Improvement)** will also be given each week in alignment with **California State Standard 5:**

Students demonstrate and utilize knowledge of psychological and sociological concepts, principles, and strategies that apply to the learning and performance of physical activity.

Self-Responsibility

5.1 Improve the level of performance on one component of health-related physical fitness and one identified motor skill by participating in fitness and skill development activities outside school.

5.2 Work toward a long-term physical activity goal and record data on one's progress.

5.3 Distinguish between acts of physical courage and physically reckless acts and explain the key characteristics of each.

5.4 Act in a safe and healthy manner when confronted with negative peer pressure during physical activity.

If you have any questions please feel free to contact us.

Please cut and return with your child.

I have read the Physical Education grading procedure.

Parent signature

Child's name

date

