

(School Logo or Mascot)

(Semester or Year)

(Date)

Dear Parent/Guardian:

Beginning (*date*) and ending (*date*), I will be administering the state-required Alabama Physical Fitness Assessment (APFA) to students in Grades (*grades*). This assessment includes concepts that encourage achievement of personal physical fitness as well as an appreciation for wellness both in and outside the school setting. Each student will be tested according to the following assessment components and test items:

- Aerobic Cardiovascular Endurance – One-Mile Run or Walk or Progressive Aerobic Cardiovascular Endurance Run (PACER) Test (*Circle specific test item.*)
- Muscular Strength/Endurance – 90-Degree Push-Up
- Abdominal Strength/Endurance – Partial Curl-Up
- Flexibility – Back-Saver Sit-and-Reach or V Sit-and-Reach (*Circle specific test item.*)

Assessment is an integral part of the physical education curriculum; therefore, I am committed to ensuring all students participate in this evaluation process. I assure you that all test items, information, and student data are treated confidentially and sensitively. Scores are not posted nor shared with anyone other than the individual student and parents or guardians. As with any test, students should be prepared. To help your child do his or her best on the assessment, please be certain to follow these recommendations for test day:

- Have students wear proper clothing and footwear to allow for ease of movement.
- Allow students to get plenty of rest the night before the test.
- Provide students with a bottle of water for hydration purposes. (*Omit if not consistent with school policy.*)
- Make sure students attend school during all testing days.

If your child has a medical condition in need of attention, please send medical documentation to me by (*date*) in order for necessary accommodations to be made. I will be available prior to testing to answer questions or to explain any assessment components. Thank you for your continued support.

Sincerely,

(Teacher name)
(Contact information)