

Memo

To: Parents and Guardians of Students in Texas
From: Texas School Health Advisory Committee
Date: 3/29/2012
Re: FITNESSGRAM Guide for Parents

The documents enclosed will help you to understand the requirements, justifications and implementation strategies surrounding the physical fitness assessment initiative for students in grades 3-12 in the state of Texas. These documents have been compiled by the Texas School Health Advisory Committee with special assistance from the Texas Education Agency, the Texas Department of State Health Services and the Texas Department of Agriculture.

For additional information and resources, the following websites are available:

Texas Education Agency: www.tea.state.tx.us/health/PFAI.html

Texas Association for Health, Physical Education, Recreation and Dance: www.tahperd.org

FITNESSGRAM, Human Kinetics: www.fitnessgram.net/texas

FITNESSGRAM Standards: www.cooperinstitute.org/products/grams/references.cfm

You may also contact Marissa Rathbone, Director of School Health at the Texas Education Agency and the state project lead for fitness assessment, at Marissa.Rathbone@tea.state.tx.us.