

# CENTRAL DAUPHIN SCHOOL DISTRICT

District Administration Office  
600 Rutherford Road  
Harrisburg, PA 17109  
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January 3, 2024

Dear Parent/Guardian,

This letter is to inform you about the PHYSICAL FITNESS assessment that will occur during your child's fourth and fifth grade years. Our testing is based upon the Presidential Youth Fitness Program.

<https://www.pyfp.org/>

The assessment is comprised of four components:

1. One Mile Walk/Run (measures cardiovascular endurance)
2. Curl-Ups (indicates abdominal strength)
3. Flexed Arm Hang (tests upper body strength)
4. Back-saver Sit and Reach (indicates flexibility)

The Physical Fitness assessment is usually started by the P.E. staff during the third trimester period.

The goal for the students is to complete each section of the assessment to the best of their ability. During the course of the school year, our P.E. programs include various activities that incorporate fitness components; however, it would be in your child's best interest to do some preparation outside of school. Any activities that would practice the assessed skills will be beneficial to improving your child's performance.

If at any time during the school year you have questions or need some suggestions for activities, please contact your child's P.E. teacher.

Sincerely,

CENTRAL DAUPHIN SCHOOL DISTRICT  
ELEMENTARY PHYSICAL EDUCATION STAFF