

Dear Parents/Guardians:

Enclosed is your **[2014]** Oklahoma Physical Fitness Assessment (OPFA) Individual Student Report. The report shows your child's results on the *FITNESSGRAM*^{*}, which is the physical fitness assessment for Oklahoma public school students. The goal of the *FITNESSGRAM*^{*} is to help students acquire lasting habits of regular physical activity.

The *FITNESSGRAM*^{*} includes assessments for five areas of fitness, including Aerobic Capacity, Body Composition, Muscular Strength and Endurance, and Flexibility. The PACER, curl-ups, push-ups, trunk lift, and sit-and-reach are the specific assessments to be administered to Oklahoma students. Modifications will be made for students with special needs.

For each fitness area of the *FITNESSGRAM*^{*}, a student's performance is classified as 1) meeting the Healthy Fitness Zone (HFZ) performance standard, or 2) not meeting the HFZ performance standard. Healthy Fitness Zone (HFZ), represents a level of fitness that offers some protection against the diseases related to physical inactivity.

This report will help you and your child understand his/her individual level of fitness and help plan appropriate fitness activities. You are also encouraged to talk about these results with your child's physical education teacher. If you have any questions about your child's participation in the OPFA, the *FITNESSGRAM*^{*}, or this report, please contact Bill Cash at 405-271-3619.

Sincerely,

* The *FITNESSGRAM* and Healthy Fitness Zone (HFZ) are registered trademarks of The Cooper Institute.