

FitnessGram

Chester County Schools adopted FitnessGram beginning in the 2015-2016 school year. All physical education teachers have been trained. FitnessGram is used in all schools, at all levels: elementary, middle, and high.

The FitnessGram designated leader is Physical Education teacher, Ms. Melissa Lindsay.

The Chester County School District point of contacts are:

Dr. Charles King, Associate Superintendent for Curriculum and Instruction

Mrs. Dena Dunlap, Director of Academics

Presidential Youth Fitness Program

Forged from a first-of-its-kind partnership, the Presidential Youth Fitness Program emphasizes the value of being active—in school and for a lifetime. It supports physical educators following the national standards and grade-level outcomes for physical education that are designed to develop physically literate individuals.

The Presidential Youth Fitness Program provides resources and tools for physical educators to enhance the fitness education process. This includes:

- FitnessGram® health-related fitness assessment
- Instructional strategies to promote student physical activity and fitness
- Communication tools to help physical educators increase awareness about their work in the classroom
- Options to recognize fitness and physical activity achievements

Learn more at www.pyfp.org

