

West Byford Primary School Fitness Testing

Dear Parents and Carers

After the success of last year's Fitness Testing with *Sports Challenge Australia* (www.sportchallenge.com.au), we will be again completing a series of Fitness Tests for our students from years 1-6. This will be of great benefit to all our students as school strives to build your child's physical health. The testing will have a range of activities that will include:

- Aerobic fitness
- Strength
- Flexibility
- Various sporting skills that focus on fundamental movement and ball skills

The activities will take place in PE lessons in Week 9 this term, starting on Monday, 12th September. The testing will be in a **'fun filled and non-threatening environment'** co-ordinated by Dr Garry Tester, CEO of Sports Challenge Australia and an Adjunct Professor of Pedagogy (Child Development) in the School of Sports Science, Exercise and Health at the University of Western Australia and his team of trained specialists.

This highly acclaimed program will again provide the school with valuable data and feedback for both teachers and parents regarding the physical health of our students. All parents will receive a comprehensive report of their child's fitness levels, with comparisons to Australia-wide averages by gender and age.

Should you have any queries, please do not hesitate to contact us.

We look forward to your support of this important endeavour, as a step in maintaining the physical health of your child.

Kind regards

Mr Brian Abbey
Deputy Principal

Mrs Danielle Bastick
Miss Alexandra Stumpf
PE Teachers

Mrs Noelene Mason
Principal

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