

Sports Challenge Fitness Testing Term 3 · Week 8 · 2020

Dear Parents/Carers

Sports Challenge Australia (www.sportschallenge.com.au) will be conducting a series of fitness assessments with our students from Years 1 – 6 in Week 8 (Monday, 7th – Friday, 11th September).

The assessments will include a range of fitness activities that will include:

- Aerobic fitness
- Strength
- Flexibility
- A focus on fundamental movement and ball skills

The activities will take place in normal Physical Education times over one week. The testing will occur in a *'fun filled and non-threatening environment'* co-ordinated by a team of trained specialists from Sports Challenge Australia, and Dr Garry Tester, CEO of Sports Challenge Australia and an Adjunct Professor of Pedagogy (Child Development) in the School of Human Sciences at the University of Western Australia.

This program provides the school with valuable data and feedback for both teachers and parents regarding fitness levels of our students. All families will receive a comprehensive report of their children's fitness levels, with comparisons to Australia-wide averages by gender and age.

Sports Challenge Australia has introduced updated hygiene standards, in line with the Health Department Guidelines. These standards are acknowledged and supported by West Byford Primary School.

All students should wear their normal school uniform, which can include their faction shirt, on their assessment day. Your child's session time will be communicated by the classroom teacher.

Should you have any queries, please do not hesitate to contact: Megan Meldrum megan.meldrum@education.wa.edu.au or Brian Abbey brian.abbey@education.wa.edu.au.

We thank you for your support!

Kind regards



Mrs Megan Meldrum
Acting Deputy Principal

2 September 2020