

FitnessGram Best Practices for PE Teachers in Illinois

FitnessGram reporting is once again required for the 2023- 24 school year! FitnessGram is the primary tool used for the mandated Illinois Fitness Assessment in Grades 3-12 as found in ([105 27-6.5ILCS5/](https://www.isbe.net/1052765ILCS5/)). Accurate and efficient administration by PE teachers is key to ensuring valuable data collection and a positive experience for your students. Here are some best practices to consider:

Preparation:

Familiarize yourself: Thoroughly review the FitnessGram Test Administration Manual and Illinois Fitness Assessment guidelines.

[FitnessGram Test Administration Manual](#)

Gather equipment: Ensure you have all necessary equipment, including cones, stopwatches, measuring tape, curl-up and sit-and-reach mats, and scorecards, in good condition.

Plan your space: Choose a safe and spacious area for each test that is clear of obstacles and has adequate supervision points.

Schedule strategically: Consider student energy levels; avoid testing immediately after lunch or recess.

Communicate clearly: Explain the purpose and procedures of each test to students well in advance, emphasizing effort and personal improvement.

Administration:

Warm-up and cool-down: Lead students through a proper warm-up before each test and a cool-down afterward.

Demonstrate and practice: Clearly demonstrate each test procedure and allow students to practice before official testing. See [FitnessGram Demonstration Videos](#).

Standardization: Ensure consistent testing conditions across all classes and grades.

Accurate recording: Train student helpers or use a buddy system for accurate recording of scores and observations.

Positive reinforcement: Encourage and motivate students throughout the testing process, focusing on effort and individual progress.

Specific Test Tips and Grades:

Aerobic Capacity: Test Grades 4-12, Report Grades 5, 7, & 10

Use clear lane markings and ensure students understand the beep signals.

Provide modifications for students with physical limitations.

Consider using music or chants to keep students motivated.

Muscular Strength: Test Grades 3-12, Report Grades 5, 7, & 10

Demonstrate proper form and allow modifications for different fitness levels.

Count repetitions accurately and consistently

Muscular Endurance: Test Grades 3-12, Report Grades 5, 7, & 10

Demonstrate proper form and allow modifications for different fitness levels.

Count repetitions accurately and consistently.

Flexibility: Test Grades 3-12, Report Grades 5, 7 & 10

Use a yoga mat with a marked measurement line for easy setup.

Ensure students keep their legs straight and feet flat on the floor.

Remember: Body Mass Index is **NOT** a required reporting category in Illinois.

Data privacy: Maintain student confidentiality when recording and reporting data.

Accessibility: Offer modifications and accommodation for students with disabilities or special needs.

Discuss the results with students individually or as a class, focusing on goal setting and improvement strategies.

Celebrate effort: Recognize and celebrate student effort and progress, regardless of performance levels.

Resources

Illinois State Board of Education:

[Enhanced Physical Education](#)

FitnessGram: [Presidential Youth Fitness Program Resources](#)

By following these best practices, you can ensure smooth and successful FitnessGram administration for your students and contribute valuable data for the state assessment while supporting their personal fitness journeys. Remember, the goal is to create a positive and motivating environment where students can learn about their fitness levels, set goals, and develop a lifelong love of physical activity.

Signing up for IWAS: [IWAS User Guide](#) - Start at page 4 for detailed signup instructions for any level of user.

Reporting data to IWAS: [Excel Link FitnessGram Reporting](#)

Please reach out at schoolwellness@isbe.net for further assistance.

All results must be uploaded to IWAS by June 30, 2024