

ILLINOIS PHYSICAL FITNESS ASSESSMENT AND DATA REPORTING REQUIREMENTS



Background Information

[Public Act 98-0859](#) was signed into law on August 4, 2014. It created the [Stakeholder and Expert Task Force on Physical Education](#) (SETFPE), which is composed of members from organizations representing physical education teachers, school officials, principals, health promotion and disease prevention advocates and experts, school health advocates and experts, and other experts with operational and academic expertise in the measurement of fitness. The SETFPE was tasked with submitting recommendations to the Illinois State Board of Education (ISBE) on physical fitness assessments, as well as the collection and reporting of aggregate student fitness data. The SETFPE submitted its [recommendations](#) to ISBE in April 2015. After seeking public comment, ISBE adopted the rules ([Part 1, Section 1.425](#)) which went into effect January 27, 2016 and were amended July 13, 2022.

Questions and Answers

1. What are the physical fitness assessment and data collection requirements in Illinois?

Public school districts are required to:

- Ensure that school personnel administering the assessments participate in **training** related to the proper administration and scoring of the assessment by reviewing the chapters of the [FitnessGram Test Administration Manual](#):
 - Chapter 4 FITNESSGRAM Test Administration
 - Chapter 5 Aerobic Capacity
 - Chapter 7 Muscular Strength, Endurance, and Flexibility

If administering fitness testing with students with disabilities, review the [Brockport Physical Fitness Test Manual](#), as well as the [Inclusive Physical Education](#) section and the [Physical Educator Resource Guide](#) from the [Presidential Youth Fitness Program](#) website.

It is recommended that staff watch the training videos linked under the four required FitnessGram assessments bulleted below.

- Ensure district maintains **evidence** of individual school personnel's successful completion of the training and make it available to the ISBE upon request. Having staff sign and date a log that shows what manuals and videos were read and watched is sufficient. Staff need to be trained only once, although annual refresher is recommended.

- Establish procedures and protocols to ensure the **confidentiality** of individual student assessment results consistent with the requirements of the [Illinois School Records Act](#) and [Family Educational Rights and Privacy Act](#).
- Administer the following four required assessments using either FitnessGram or Brockport Physical Fitness Assessment:
 - [Aerobic Capacity](#) –
 - [PACER test](#) (recommended) or [Mile Run Test](#) (alternate)
 - [PACER Cadence – 15-Meter](#)
 - [PACER Cadence – 20-Meter](#)
 - View more PACER test videos [here](#).
 - Brockport test (any of the adapted tests for aerobic functioning for students with disabilities) for students in Grades 4-12
 - Note: If your district chooses the alternate Mile Run Test, student height and weight will need to be collected and entered into the free *FitnessGram calculator at the [Presidential Youth Physical Fitness Program](#) in order to calculate healthy fitness zones.
 - [Flexibility](#) –
 - [Back-Saver Sit and Reach test](#) (recommended) or [Trunk Lift test](#) (alternate)
 - Brockport test (any of the adapted tests for flexibility or range of motion for students with disabilities) for students in Grades 3-12
 - [Muscular Endurance](#) –
 - [Curl-Up test](#)
 - [Curl-Up Test Candence](#)
 - Brockport test (any of the adapted tests for strength and endurance for students with disabilities) for students in Grades 3-12
 - [Muscular Strength](#) –
 - [Push-Up test](#)
 - [Push-up Test Candence](#)
 - Brockport test (any of the adapted tests for strength and endurance for students with disabilities) for students in Grades 3-12

Links to training videos for Brockport tests can be obtained by purchasing the Brockport manual at the [Human Kinetics](#) website.

- **Collect and report** the aggregate data as outlined under questions No. 6 (page 2) and No. 8 (page 3) by your district’s established date and no later than June 30.

2. Is there a cost for FitnessGram or Brockport Physical Fitness Test?

A district may opt to purchase a more complete package from FitnessGram or Brockport Fitness Test, but ISBE only requires use of the free materials that are accessible at [Presidential Youth Fitness Program](#) website. Please see the program checklist and the Presidential Youth Fitness Program Physical Educator Resource Guide. If districts choose not to purchase FitnessGram, it is recommended that they use the state-provided template discussed under No. 4 on the next page to collect student data in the second semester.

3. Who must be tested, when, and how often?

All students in Grades 3-12 (only Grades 4-12 for aerobic capacity), unless otherwise exempted under [105 ILCS 5/27-6](#) of the School Code, must be tested annually in the second semester. In some cases, FitnessGram provides scoring only for ages 10 and up; therefore, a student who is 9 years old, but in Grade 4, can receive a score evaluation against the criterion standard for 10-year-old students.

4. How are scores recorded and how do I know if a student has met the Healthy Fitness Zone (HFZ) or Needs Improvement (NI)?

Scores may be recorded using either the *Illinois Physical Fitness Assessment Data Collection Template* posted under *Illinois Physical Fitness Assessments/FitnessGram* at <https://www.isbe.net/EnhancedPhysicalEducation> or *FitnessGram's free spreadsheet at [the Presidential Youth Physical Fitness Program](#). Both spreadsheets automatically convert the scores into HFZ/NI results. Note, however, that if your district chooses the alternate Mile Run Test, student height and weight must be collected and entered into the *free FitnessGram spreadsheet at the [Presidential Youth Physical Fitness Program](#) website in order to calculate healthy fitness zones for the Mile Run. The Mile Run score and the results may then be recorded into the Illinois template if a district chooses to use the Illinois template.

5. What information needs to be reported to ISBE?

Districts must report the second-semester data, in aggregate, to ISBE for each of the four tests outlined under No. 1 on page 1:

- Number of students tested by Grade (5, 7, and 10 only) and gender;
- Number of students that achieved a healthy fitness zone by Grade (5, 7, and 10 only) and gender; and
- Number of students that were identified as needing improvement by Grade (5, 7, and 10 only) and gender.

6. Does the data reported to ISBE contain individual student data?

The fitness data reported to ISBE will not contain any individual student name or assessment results. Only a school's aggregate data of those tested by grade and gender will be reported. For example, if a school had four sections of fifth grade, the data submitted to ISBE would only include the total number of students tested by gender in the fifth grade at that school identified as achieving Healthy Fitness Zone or Needs Improvement.

7. When and how will fitness data be reported to ISBE?

Schools are to record individual student data at the school level using either the *Illinois Physical Fitness Assessment Data Collection Template* or *FitnessGram's free spreadsheet at [the Presidential Youth Physical Fitness Program](#) website. Both templates will automatically calculate whether a student meets HFZ or NI once the student's score, age, and gender are entered. Aggregate data show on these sheets as well for ease in reporting to the state; if using the Illinois spreadsheet, aggregate counts are shown at the bottom of each grade level tab.

The district must ensure the aggregate results for Grades 5, 7, and 10 for each of its applicable schools are **reported electronically to ISBE** through the *Student Health Data-Physical Fitness* system in **IWAS by June 30**. The [IWAS Electronic Submission User Guide](#) provides step-by-step instructions on how to complete this process. A snapshot of the data that is required to be entered into IWAS is included at the end of this Q&A document.

There is no software, including FitnessGram, from which this physical fitness data can be automatically uploaded into IWAS. Districts will determine if they want each school to report the data in IWAS and by what date (no later than June 30) or to send the aggregate data to the district for the district to input and by what date (no later than June 30) they want this entered.

8. What tests and protocols are to be used for students with disabilities?

Schools should use the Brockport Fitness Test methodologies for any student with disabilities whose Individualized Education Program (IEP) identifies the FitnessGram as not appropriate. If schools are wanting more detail on adapted fitness testing, including instructional videos, districts may wish to purchase the [Brockport Fitness Test Manual](#). A section (page 16, No. 5) has been added to the [IEP form](#) to identify students being tested using Brockport. Please also refer to the [Q&A on Fitness Testing for Students with Disabilities](#).

9. Can fitness test results be used to grade a student or evaluate a teacher?

None of the data resulting from the fitness testing as defined previously may be used to grade a student or evaluate a teacher. A joint committee established pursuant to [Section 24A](#) of the School Code may select any fitness assessment for purposes of teacher evaluation provided that the scores from the state-mandated assessment are not used as part of the teacher evaluation. Further, the scores from the state-mandated assessment are not to be used for purposes of student grading.

10. Where can I find information about FitnessGram tests and protocol?

Links to instructional manuals and training videos on administering the assessments are provided within questions No. 1 on page 1. *Additional free materials are available at the [Presidential Youth Physical Fitness Program](#) website and at [Fitnessgram Assessment](#) website.

11. What are the requirements involving FitnessGram “training” and the required documentation of the “training”?

See question No. 1 on page 1, which includes training requirements as well embedded links to training manuals and videos.

12. What about schools that have a P.E. waiver?

ISBE does not have any waiver that totally eliminates P.E. from the curriculum. For that reason, any district, whether it is offering daily P.E. or a reduced version of P.E., must comply with [Sec 27-6.5 of the School Code](#) and [Sec 1.425 of the Administrative Code](#)) pertaining to P.E./fitness testing.

13. What about students with exemptions or activities that take them out of P.E?

If some subset of students never participate in P.E. during the entire school year due to exemptions

under [Sec 27-6 of the School Code](#), they would not have to take the assessment. ISBE has not exempted any student enrolled in P.E. from these assessments. Neither the law nor the rule relieves districts of their duties to assess students in P.E. “part time” (e.g., behind-the-wheel, sports, vocational education, etc.). This may mean having more than one window for testing.

14. Does the physical fitness assessment requirement apply to both public and private school students? What if public student attends an outplacement center?

No; this requirement applies only to public school students in any one of the following settings: a.) a public school, b.) possibly a charter school if the certified charter (agreement) requires that the charter school authorized by a school district use the same assessments as all other schools in the district and that it offer P.E, and c.) an ISBE-approved nonpublic special education program. Children sent from a public school district must be assessed; however, the assessment can be done either at the home district or at the special education facility. If the outplacement center assesses the student, it is to report to the home school or district as the home district is ultimately responsible for reporting the data for these students to ISBE, same as it would with other health-related data.

15. Has a letter been developed to notify parents of this upcoming assessment?

Sample language that schools can modify and incorporate into newsletters, website postings, etc. is posted under the *Illinois Physical Fitness Assessments/FitnessGram* tab at <https://www.isbe.net/Pages/Enhanced-Physical-Education.aspx>.

16. How long is a school or district required to keep the individual student physical fitness assessment data?

As defined under [105 ILCS 10/2 and 10/4](#), physical fitness data is deemed part of a student’s temporary record and shall be retained for not less than five years after the student has transferred, graduated, or otherwise withdrawn from the school.

17. How are scores reported for students who identify with a different gender?

For the physical fitness data, schools should report a student’s gender in accordance with information provided by parents during registration and the district, in turn, provides to the state via Student Information System (SIS). Teachers should not ask students their gender at the time of testing; they can enter this later and, if gender is in question, pull from SIS or registration information.

FitnessGram Resources

- [FitnessGram Playground](#)
- [FitnessGram Online Learning Modules](#)
- [FitnessGram COVID-19 Fitness & PE Resources](#)

*As of 9/11/23 the [Presidential Youth Physical Fitness Program](#) website is currently being revised, and you will not be able to register and/or login at <http://www.pyfp.org/>. Therefore, some of the referenced resources, including the Fitnessgram spreadsheet, free calculator, or other free resources may not be available.

Student Health Data - Physical Fitness System in IWAS
Annual Due Date- June 30th
Data will be entered for grades 5, 7, and 10 for each school in a district.

Aerobic Capacity

PACER test (Recommended) / Mile Run test (Alternate) / Brockport test (Any adapted test

	Male	Female
Total Number of Students tested for Aerobic Capacity	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Flexibility

Back-Saver Sit and Reach test (Recommended) / Trunk Lift test (Alternate)
 / Brockport test (Any adapted test for Flexibility or Range of Motion)

	Male	Female
Total Number of Students tested for Flexibility	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Muscular Endurance

Curl-Up test / Brockport test (Any adapted test for Strength and Endurance)

	Male	Female
Total Number of Students tested for Muscular Endurance	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>

Muscular Strength

Push-Up test / Brockport test (Any adapted test for Strength and Endurance)

	Male	Female
Total Number of Students tested for Muscular Strength	<input type="text"/>	<input type="text"/>
Total Number of Students achieving Healthy Fitness Zone	<input type="text"/>	<input type="text"/>
Total Number of Students Need Improvement	<input type="text"/>	<input type="text"/>