

## **Pelham Education Foundation Funds Fitness Gram Program**

Thanks to a grant from the Pelham Education Foundation, students in Pelham's elementary schools and middle schools and their physical education teachers will soon have new tools to help gauge and monitor their physical fitness.

The new tools will enable middle school students to participate in the "Fitness Gram" program currently in place in grades four and five. The Fitness Gram is a research-based program developed by the Cooper Institute to assess student fitness levels. The assessment measures aerobic capacity, muscular strength, muscular endurance and flexibility using a variety of sophisticated metrics. Scores from these assessments are compared to standards established by the Fitness Gram Scientific Advisory Board based on levels of fitness needed for good health. Information from the assessments is compiled into fitness profiles that are shared with students and parents.

The Fitness Gram is currently in use for grades 4 and 5 in the elementary schools. The grant will permit the program to be expanded for use through grade 8, bringing consistency to physical education expectations and goals, and permitting students to track their physical development over a longer period of time. The grant is being used to purchase hardware and software to facilitate program implementation, and to cover a year's worth of data storage costs.

The grant was requested by Keith Maley, a physical education teacher at Siwanoy elementary school, and will be overseen at the Middle School level by Mark Finegan. Mr. Maley stressed that the Fitness Gram has been a big hit with older elementary school students and their parents. "The Fitness Gram is a great tool for monitoring physical development and health. We look forward to this expansion of the program, which would not have been possible without the generous support of the Pelham Education Foundation."

For more information about the Pelham Education Foundation, to make a tax-deductible donation, or to participate in a community survey, log onto [www.pelhameducationfoundation.net](http://www.pelhameducationfoundation.net).