

Wisconsin is a local control state and does not have a statewide mandated curriculum in any subject area. School districts have the flexibility to identify curriculum and resources to support the building of skills and knowledge in each of the content areas.

There is a continued commitment in Wisconsin to the promotion and enhancement of physical activity and physical education in public schools. The Department of Public Instruction supports FitnessGram® screening assessments along with best practices of implementation as outlined in the FitnessGram® test administration manual. FitnessGram® is the recommended battery of assessments from the leading physical education national programs, SHAPE America and the Presidential Youth Fitness Program.

When preparing for Fitness Assessments it is recommended you follow additional guidelines that include:

1. Presidential Youth Fitness Program
<http://www.pyfp.org>
Evaluation tool
<http://www.pyfp.org/doc/pyfp-as-evaluation-tool.pdf>
2. Center for Disease Control and Prevention BMI Executive Summary
http://www.cdc.gov/HealthyYouth/obesity/BMI/pdf/BMI_execsumm.pdf
3. Appropriate Use of Fitness Measurements
<http://www.shapeamerica.org/advocacy/positionstatements/pe/loader.cfm?csModule=security/getfile&pageid=4649>
4. Appropriate Instructional Practice Guidelines, K-12: A Side-by-Side Comparison
<http://www.shapeamerica.org/standards/guidelines/upload/Appropriate-Instructional-Practices-Grid.pdf>
5. System for Observing Fitness and Instruction Time (SOFIT)
<http://activelivingresearch.org/sofit-system-observing-fitness-instruction-time>