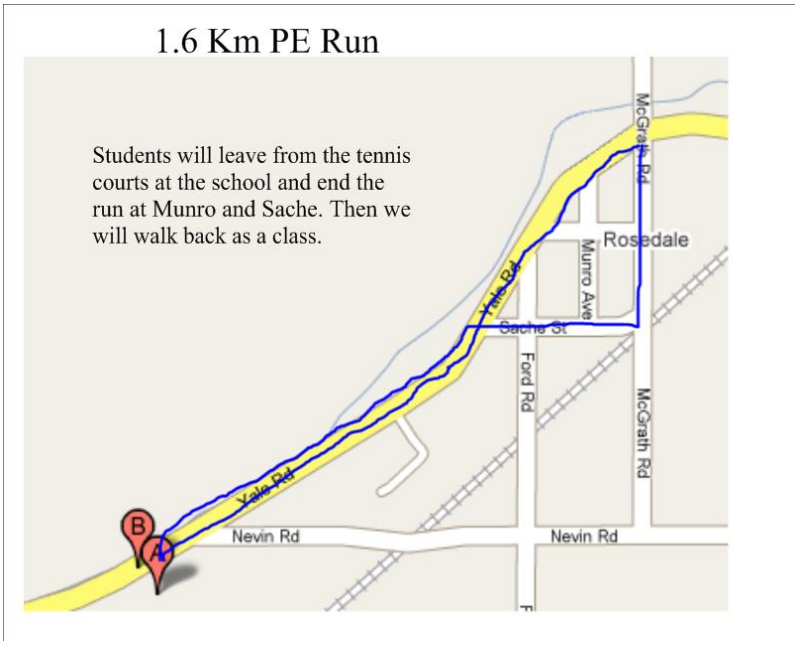
Dear Parents/Guardians:

This letter is to inform you that throughout the year, PE students will be completing off campus fitness runs as part of the regular fitness program and evaluations. Results will be available on your child's FitnessGram each term. This is a new program we are implementing this year (for more information on the FitnessGram go to www.cooperinst.org).

The route that students will be evaluated on is a 1.6 km (one mile) run/walk as part of a VO2 max test. The route students will follow is located on the map below. The intersection of Munro Rd. and Sasche Rd. completes the 1.6 km route**. <u>Supervision will be provided to students along the route!</u>** We encourage the use of the buddy system for students. Teachers will maintain visual contact and have the means of contacting the school should a situation arise.

Regards,

PE Department

RTMS