



Dear Parents and/or Caregivers,

Three times a year, your child will receive a personalized physical education report card. The results for the “Pacer Challenge” Aerobic Conditioning CAAP Test can be found in that report. This test is used to measure how long a student can continuously move at a moderately high intensity (a fast power walk or a slow run/jog). The “Pacer Challenge” assessment uses music and timed bell intervals (6, 7, and 8.5 seconds) to set the aerobic pace. There are three different intensity levels:

- Grades K-1 travel forty feet, every 7-seconds for the duration of the test.
- Grades 2-3 travel forty feet, every 6-seconds for the duration of the test.
- Grades 4-5 travel sixty feet, every 8.5-seconds for the duration of the test.

The benchmarks used to determine the duration of the test and your child’s aerobic conditioning level are listed in table 1.

Table 1 ***Aerobic Conditioning Grade Level Benchmarks***

GRADE	Developing	Grade Level Achieving	Exceeding
<i>K</i>	1-5 minutes	6 minutes	7 minutes
<i>1</i>	5-6 minutes	7 minutes	9 minutes
<i>2</i>	6-8 minutes	9 minutes	12 minutes
<i>3</i>	8-11 minutes	12 minutes	15 minutes
<i>4</i>	8-11 minutes	12 minutes	15 minutes
<i>5</i>	10-14 minutes	15 minutes	18 minutes

It is vital for children to learn that developing good aerobic conditioning will help prevent heart disease and lead to a healthier lifestyle. The number one killer of men and women is heart disease! In Michigan, lack of exercise is the **most** prevalent heart disease risk factor. The rate of physical inactivity, obesity, hypertension, high cholesterol, and diabetes continues to increase in Michigan children.

The physical education staff believes a strong partnership between home and school is a critical part of your child’s learning. Refer to the other side of this paper for some ideas on how to challenge your child aerobically.

Suggestions to Improve Aerobic Conditioning

F.I.T.T. Principle

To improve aerobic conditioning, your child needs to exercise using the **F.I.T.T.** principle.

- **F** stands for **FREQUENCY**, three to five times a week.
- **I** stands for **INTENSITY**, how hard you exercise, measured by your heart rate.
- **T** stands for **TIME**, at least twenty minutes a day.
(Time outside of physical education class is needed to develop aerobic conditioning.)
- **T** stands for **TYPE**. The types of “**WHOLE BODY**” activities that will improve aerobic conditioning involve continuous movement. The following activities are excellent ways to develop aerobic conditioning: walking, jogging, bike riding, skating, rowing, snowshoeing, hiking, cross-country skiing, jumping rope, dancing, and swimming.

3 x 30 = Conditioning (Ninety minutes of “whole body” activities a week can improve aerobic conditioning.)

How to participate in “whole body” activities:

1. Choose one or more “whole body” activities you like and will participate in on a regular basis.
2. Perform a “whole body” activity at least **3 times a week for 30 minutes** each time.
(You may need to start out at 10 minutes and work toward the 30-minute goal.)
3. **Start out slowly** for the first 5 minutes (to warm up), and then use the last 5 minutes to slow down (cool down).
4. After warming up, **keep the pace steady**. Do not stop and go, just keep moving.

Remember, there is gain without pain! If you are in pain, back off a bit and give your body time to adjust.

Aerobic Chart: Record 1 mile every time you...

Aerobic exercise to music – 20 minutes	Mini Tramp – 15 minutes
Baseball/Softball – 20 minutes	Pilates/Yoga/Tai Chi – 22 minutes
Basketball – 12 minutes	Racquetball – 15 minutes
Bicycling – 14 minutes	Rollerblading – 14 minutes
Calisthenics – 20 minutes	Skating – 15 minutes
Canoe/Rowing – 15 minutes	Soccer – 12 minutes
Circuit Training – 15 minutes	Spinning Class – 8 minutes
Cycling, station – 12 minutes	Stair or Bench Stepping – 12 minutes
Dancing – 15 minutes	Swimming – 12 minutes
Elliptical Trainer – 15 minutes	Table Tennis – 30 minutes
Football – 15 minutes	Tennis – 16 minutes
Golfing, carrying bag or pull cart – 35 minutes	Volleyball – 14 minutes
Hiking – 15 minutes	Walking – 20 minutes
Jogging/Running – 10 minutes	Water Skiing – 16 minutes
Jump Rope – 8 minutes	Water Aerobics – 20 minutes
Line Dancing – 25 minutes	Walk 1 mile or 2000 steps (pedometer)

For additional ideas, check out Let’s Get Moving Northern Michigan - www.lgmmn.org. Contact your child’s physical education specialist if you have any questions or concerns. Thank you for supporting your child!

Learn to Move ~ Move to Live