



Empower Students to Adopt An Active Lifestyle

Implement the Presidential Youth Fitness Program

Physical activity is critical to our children's health and well-being. Research shows that children with better health are in school more days, are better able to learn, have higher self-esteem and are at lower risk for developing chronic diseases.

What is the Presidential Youth Fitness Program?

The Presidential Youth Fitness Program (PYFP) is a free, voluntary program that focuses on three areas:

- Professional development
- A health-related fitness assessment
- Motivational recognition to empower students to adopt and maintain an active lifestyle

The PYFP provides a model for fitness education within a comprehensive, quality physical education program. It emphasizes appropriate instructional practices and communication before, during and after the fitness assessment takes place.



The PYFP is FREE! There are supplemental resources available for purchase to help enhance the program experience! To learn more about the program and funding opportunities available for schools, visit www.pyfp.org!

The program uses Fitnessgram®, which provides an efficient way for physical educators to perform evidence-based health-related fitness assessments.

Why Should My School Adopt the Presidential Youth Fitness Program?

Adopting the Presidential Youth Fitness Program means that your school understands the value of developing healthy, active students who are ready to learn and shows your community that your school is participating in THE national fitness assessment. Schools across the country can receive national recognition for their participation.

Getting Started is Easy! FREE Resources Are Available!

It's the mission of the Presidential Youth Fitness Program to provide a model for fitness education that includes all of the resources needed to empower students to live healthy and active lifestyles. **Visit www.pyfp.org/resources and get started!**

Interested in the Presidential Youth Fitness Program? Find out how your school can participate.

A comprehensive list of requirements for adopting the program is located on back. Read more >>

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Presidential Youth Fitness Program Overview - Requirements for Participation

To be identified as participating in the Presidential Youth Fitness Program, a school must be able to affirm the following components are part of their fitness education, within a comprehensive, quality physical education program.

Physical Education Teacher:	
<p>Demonstrates:</p> <ul style="list-style-type: none"> ✓ Knowledge of components of health-related fitness and protocols used for assessment ✓ Ability to accommodate all students ✓ Appropriate grade level use of health-related fitness assessment ✓ Purpose and use of Healthy Fitness Zone® standards ✓ Importance of goal setting and how to develop an appropriate plan for improvement ✓ Appropriate communication with parents and students ✓ Appropriate use of recognition 	<i>Professional Development</i>
<ul style="list-style-type: none"> ✓ Uses FITNESSGRAM® assessment protocols and Healthy Fitness Zone standards ✓ Uses Brockport Physical Fitness Test items as needed ✓ Provides instruction on test protocols to include purpose of test, what each test measures, and how the information should be applied ✓ Provides multiple opportunities to practice before formalized test is conducted ✓ Grades K-3: Uses assessment to focus on enjoyment and learning proper technique ✓ Grades 4-12: Uses assessment for healthy zone analysis and to develop goals and improvement plan with student ✓ Does not assign grades nor is evaluated based on FITNESSGRAM scores ✓ Does not publicly post or share student scores 	<i>Assessment</i>
<ul style="list-style-type: none"> ✓ Downloads free school recognition certificate ✓ (Optional) Encourages students to achieve their physical activity and/or fitness goal(s) or age/gender-appropriate standard and recognizes students for that achievement 	<i>Recognition</i>

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Get Started Today! www.pyfp.org

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