

Teach kids to fit fitness into their future.

To set our students up for healthy futures, it's crucial to be well-equipped and well-informed. With the FitnessGram® assessment, you get powerful fitness data starting at the individual level. You also receive lesson plans, videos, and other classroom resources to build enthusiasm for wellness and help fight obesity.



Why does Delaware fitness test?

Childhood obesity is at an all-time state high. FitnessGram's purpose is to help combat it by improving fitness now, while instilling values and habits that last well into adulthood.



Boost academic achievements



Guide policies and practices for schools



Improve general health and well-being

FITNESS FACT ONE

The perks are more than physical

Research from the Cooper Institute and other entities shows that students who are physically fit perform better in school, have higher reading and math scores, have fewer behavioral problems, and miss fewer days of school.

FITNESS FACT TWO

We need to act now

As of 2018, Delaware is ranked in the top third for childhood obesity. 16.7% of children ages 10 through 17 are obese. But effective fitness education can help to lower that number.

FITNESS FACT THREE

Effective against depression

FitnessGram data can be used to help governing bodies and decisionmakers better allocate resources to schools that need them. With stronger curriculum and more wide-reaching programs, we can better equip kids for a future of physical fitness.

Visit DESchoolPE.com to learn more about how and why FitnessGram works.