

## Grades K-2

### Student Surveys

Not Required

### FITNESSGRAM\*

Two times per year

Recommended: Height & Weight for BMI  
Other tests may be administered for fun.

Fall Online Availability Sep 26 - Dec 2  
Spring Online Availability March 19 - June 15

Access via [www.ispod.info](http://www.ispod.info)

### Teacher Survey

Two times per year

Fall Survey by December 2  
Spring Survey by June 15

Teachers surveys distributed via email.

## Grades 3 - 8

### Student Surveys

Two times per year

Fall Survey available Sep 26 - Dec 2  
Spring Survey available March 19 - June 15

Access via [www.ispod.info](http://www.ispod.info)

### FITNESSGRAM\*

Two times per year

Pacer, Curl Up, Trunk Lift, 90 degree Push Up,  
Back Saver Sit and Reach, Height & Weight

Fall Online Availability Sep 26 - Dec 2  
Spring Online Availability March 19 - June 15

Access via [www.ispod.info](http://www.ispod.info)

### Teacher Survey

Two times per year

Fall Survey by December 2  
Spring Survey by June 15

Teachers surveys distributed via email.

\*Fitness testing should be conducted in accordance with the *Fitness Testing Guidelines* published by the State Board of Education in June 2011. A link to the guidelines can be found on our website at [www.ispod.info](http://www.ispod.info).