



Dear Parents,

We will be conducting our school-wide Sport Performance and Wellness Fitness Testing over the next two weeks. This is the first test out of two and will be utilized as a baseline to monitor and track the progress of the health, wellness and fitness of the boys throughout the year.

These results will also go towards their Physical Education Semester mark.

The testing will be done at school during their afternoon sport practices by the Pre-prep, Prep and College strength & conditioning team. Boys are to pack in their sports kit for the afternoon their grade will be testing.

Please ensure that boys are present at school over the next two weeks, it is important that we have this data to manage the health and wellness of the boys.

**Grade Testing Days: (Refer to parent Calendar for venues)**

Monday 9<sup>th</sup> March - Grade 3

Monday 16<sup>th</sup> - Grade 4

Tuesday 17<sup>th</sup> - Grade 5

Wednesday 18<sup>th</sup> – Grade 6

If there are any questions/concerns, please do not hesitate to make contact.

Kind regards,

Jamie Southgate

*Bishops Prep Sports Coordinator*

*Inspires Individuals*

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