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DPS: 2010 - 177

To: District School Superintendents

From: Commissioner Dr. Eric J. Smith and William J. Montford, III

Date: October 1, 2010

Subject: **Launch of the 2010-2011 Middle School Governor's Fitness Challenge**

As Commissioner of Education, I am pleased to join Chief Executive Officer of the Florida Association of District School Superintendents, Bill Montford, and Governor Charlie Crist in announcing the launch of the 2010-2011 Governor's Fitness Challenge. Each year, the Governor's Fitness Challenge strives to reach as many children as possible with the message that it's not only healthy but exhilarating to engage in physical activity, and we hope you will support us in this endeavor.

The 2010-2011 Governor's Fitness Challenge is a semester-long challenge that encourages middle school students to participate in physical activity by focusing on activities that can be completed during or after the school day. Participating schools have the opportunity to win sports/fitness equipment or a visit from a Florida professional, college, or Olympic athlete. Schools will also have the opportunity to receive the designation of being a *Governor's Fitness Champion School,* and participating students from winning schools will receive a Governor's Fitness Challenge T-shirt, certificate, and sticker signifying their participation.

Below are important Governor's Fitness Challenge dates for your consideration:

2010-2011 Middle School Governor's Fitness Challenge Timeline Semester I	
September 7, 2010	Registration Begins
October 22, 2010	Registration Ends
November 5, 2010	Pre-test Due
December 17, 2010	Post-test Due

2010-2011 Middle School Governor's Fitness Challenge Timeline Semester II	
September 7, 2010	Registration Begins
October 22, 2010	Registration Ends
January 28, 2011	Pre-test Due
April 8, 2011	Post-test Due

Through their registration to participate, schools agree to designate two 45-minute sessions per week OR three 30-minute sessions per week for the duration of the Governor's Fitness Challenge for students to work on the fitness activities or a selection of modified fitness activities.

The Governor's Fitness Challenge works in conjunction with a school's existing Physical Education or after-school program and allows students to participate from home. The main activities and exercises can be modified to accommodate students with special needs. Homeschool students and students who attend a school that does not participate in the Governor's Fitness Challenge can also take part. Assistance for modifying and implementing the activities for these groups will be available through the Governor's Fitness Challenge website.

The Governor's Fitness Challenge also encourages students to engage in physical activity outside of the school environment. Each month a new theme will be unveiled on the challenge website, featuring podcasts from popular professional, college, or Olympic athletes in an effort to encourage students to become more active. It also has fun, healthy recipes that families can prepare together.

We encourage you to join in on this exciting challenge. To participate, schools may register at www.GovernorsFitnessChallenge.com.

EJS/WJM/nw

cc: Dr. Frances Haithcock, Chancellor of Public Schools