



Kontakt

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Datum

03.12.2015

AZ

52/3 -

ReCheck! evaluation 2015/2016

Dear Family,

Your child took part in the physical fitness and sporting performance test ReCheck! at school. You can find the score for your child overleaf. If your child already took part in the Check! in the second grade, the score from that Check! is also provided, so that you can compare the results.

On the basis of these results, there are many options available to develop your child's sports skills, or to improve their physical fitness – for example, at one of Düsseldorf's sports clubs. You can find the wide range of activities offered by the sports clubs on the website of the Stadtsportbund (City Sports Association) or at www.ssbduesseldorf.de.

The Stadtsportbund also deals with queries regarding financial and other assistance in accordance with the German "Education and Participation Act" (Bildungs- und Teilhabegesetz), e.g. reimbursement/direct payment of club membership costs. Contact partner: Eric Ebert, tel. 0211 20054450, eric.ebert@ssbduesseldorf.de.

If you have any questions regarding ReCheck! or about the options available as part of the Physical Activity, sport and Talent, please contact Mr. Boris Kemper, boris.kemper@duesseldorf.de.

The Düsseldorf Model for the Promotion of Physical Activity, Sport and Talent encompasses further opportunities such as exercise groups, talent days, and the sport information trade fair "Kids in Action powered by Stadtwerke Düsseldorf", about which you will soon receive further information.

With best wishes,

p.p.

Heithorn

Telefonzentrale

0211.89-91

Internet

www.duesseldorf.de

U-Bahn

U 78

Esprit Arena/Messe Nord

Bankkonto

Stadtsparkasse

Düsseldorf

IBAN DE61 3005 0110

0010 0004 95

BIC DUSSEDDXXX

Gläubiger-ID

DE15DUS00000011727

Steuernummer

103/5705/0015



Score

Score for:

ID:

Date of birth:

Test date:

Age at time of test:

Ability	Test name	Measurement	Score
Speed:	10-metre run	sec. ☺	PR
Coordination:	Ball/legs/wall	points ☺	PR
	Obstacle course	sec. ☺	PR
Strength:	Medicine Ball Chest Toss 2 kg	cm ☺	PR
	Sit-ups	repetitions ☺	PR
	Standing long jump	cm ☺	PR
Flexibility:	Stand and Reach	cm ☺	PR
Stamina:	Six-minute run	m ☺	PR
Total:		☺	PR

The smileys (☺) are a simple way of indicating how well your child has done in the exercise. It is possible to achieve a maximum of eight smileys. A percentile rank (PR) is a more precise form of evaluation than the smileys. A PR can have a value of 0 to 100. PR 50 represents the sex- and age-specific norm. Values over PR 50 are above average, and values under PR 50 are below average.

BMI:	kg/m ² (PR)
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On the day of the test, your child weighed kg and was cm tall. The Body Mass Index (BMI = weight/height²) can be calculated based on these two values. The BMI of your child was kg/m².