



**Acton-Boxborough Regional School  
District**  
16 Charter Road  
Acton, MA 01720  
978-264-4700 [www.ab.mec.edu](http://www.ab.mec.edu)  
a

Dear Parents/Guardian,

One of the goals of Acton Public Schools Physical Education Program is to teach children what they need to know in order to become healthier. We teach children how to become fit for life through fun, basic skill development, and active participation.

This year we will be conducting the PACER (Progressive Aerobic Cardiovascular Endurance Run test). This test, which is designed to analyze your child's physical fitness level, will be conducted **during the week of October 23<sup>rd</sup> for grades 3-6.** The test objective is to run as long as possible back and forth across a 20-meter space at a specified pace that gets faster every minute. Students run to music, which helps them pace themselves. When a student is unable to make the distance twice, his or her test is over. The reported score will be the number of laps the student was able to run. The children have an enjoyable time learning how to take this test and how to pace themselves.

**Children who use inhalers before exercise should go to the health office before the PACER starts. If your child has any medical issues that might interfere with his or her ability to participate in the PACER test, please call the school nurse at (978) 266-2550.** Once again, thank you for your cooperation. If you have any questions, please feel free to contact me.

Sincerely,

William Chan, M. Ed.,  
Physical Education Specialist  
[wchan@abschools.org](mailto:wchan@abschools.org)  
(978) 266-2550 ext. 2032