

Welcome to PPF — Presidential Physical Fitness Class

A CHESSIE Physical Education Class for 4th through 7th Grade

Dear CHESSIE Families,

We're excited to introduce PPF to your family! PPF stands for Presidential Physical Fitness, and while the name and general framework come from that program, our approach here is a little different — and we think a better one.

In PPF, students won't be competing against each other. Instead, each student works to beat their own personal record. Whether it's push-ups, running time, or flexibility, the only competition in this class is between a student and who they were last week. This keeps the focus where it belongs: on effort, growth, and encouragement rather than comparison.

Our Foundation

CHESSIE's guiding verse is Ephesians 4:32 “Be kind to one another, tenderhearted, forgiving one another”. That verse sets the tone for our entire class. Students are taught and expected to cheer one another on, encourage a teammate who's struggling, and celebrate each other's progress — not just their own.

What to Expect

Classes meet once a week for 45 minutes and include a warm-up, skill and fitness work tied to the Presidential Fitness benchmarks (push-ups, curl-ups, mile run/walk, flexibility, and more), and time for students to log and track their own progress toward their personal records. We'll have two teen assistants helping each class, and we close most days with a short word of encouragement tied to our themes above.

Our goal is for every student to leave this class a little stronger, a little more confident, and a little more practiced at encouraging the people around them — not because they beat someone else, but because they didn't give up on themselves.

Parent volunteers will be needed on mile-run days & sign-ups will be coming out soon. Please reach out to us if you have any questions.

We can't wait for a great year!

In Christ, Your PPF Instructors

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