



June, 2020

Dear Parent/Guardian:

Enclosed is your child's 2020 California Physical Fitness Test (PFT) Report. The report shows your child's results on the FITNESSGRAM, which is the required annual PFT for students in grades five, seven, and nine in California public schools. The goal of this test is to help students acquire lifelong habits of regular physical activity. This report will help you understand your child's individual level of fitness and help plan appropriate fitness activities. Additional information and frequently asked questions can be found below.

Why didn't all students receive test results in 2020?

Not all students completed testing before COVID-19 school closures. Test results were only processed and reported for students who completed all six parts of the fitness test. Students who did not complete testing in grades 5 and 7 will have a chance to take the test again when they are in grades 7 and 9. 9th graders who didn't complete the test may have an opportunity to take the test next year. Contact your child's high school for any questions about when they might take the test again.

What is on the test?

Students are assessed in six fitness areas: aerobic capacity, abdominal strength and endurance, upper body strength and endurance, body composition, trunk extensor strength and flexibility, and flexibility. There are multiple test options for most of the fitness areas on the FITNESSGRAM so that all students, including those with special needs, have the chance to participate in the PFT. For fitness areas where more than one test was given to your child, only the test with the best result is reported.

How is the test scored?

Student performance in each fitness area of the PFT will be classified as one of the following:

- Meets Standard, or in the Healthy Fitness Zone
- Needs Improvement
- Missing Test Data

The Healthy Fitness Zone (HFZ) refers to a level of fitness that offers some protection against diseases related to physical inactivity. Healthy Fitness Zone charts and other information about the PFT are available on the California Department of Education website at <http://www.cde.ca.gov/ta/tg/pf/>.

How will results be used?

The PFT provides one indication of students' physical fitness levels. Results may help students plan personal fitness programs, help teachers design the curriculum for physical education programs, and help parents/guardians understand their children's fitness levels. Students are encouraged to talk about these results with their parents or guardians and their physical education teacher, and to use them in planning appropriate fitness activities. Results should be used as one of multiple measures in evaluating a student's fitness levels.



Who can I contact to fix a mistake in my child's height, weight, age, etc.?

If you notice a mistake in your child's height, weight, age, or other test results, please contact your child's school to make the correction.

What if my child didn't pass one or more areas on the Physical Fitness Test?

PFT results should be used as one of multiple measures when determining a student's fitness levels. Students and parents can use results to help plan fitness activities matched to their individual needs.

In high school, students are required to take 2 years of Physical Education to meet graduation requirements. If a student passes at least 5 of 6 components of the PFT during their 9th grade year, they are able to take their 2nd year of PE at any time during grades 10-12 in order to meet the graduation requirement. Students who do not pass at least 5 of 6 components of the PFT in 9th grade will take their 2nd year of PE in 10th grade. They will be provided another opportunity to pass the components of the PFT they did not pass in 9th grade during their PE course enrollment in 10th grade. If the student does not pass during their 10th grade year, the student will have completed the PE credits needed for graduation and may then be granted an exemption as defined by Ed Code. High schools may also choose to administer the PFT to 11th and 12th graders to gather additional information about student fitness levels. If you have any questions about exemptions, please contact your child's high school.

What can I do to help prepare my child for the test?

Parents can help their children develop healthy habits by encouraging regular participation in physical exercise, supporting healthy nutritional choices, and promoting regular sleep patterns. Developing good exercise habits is important to maintaining lifelong health. By maintaining levels of fitness within the Healthy Fitness Zone or above, your student may have a reduced risk for developing heart disease, obesity, diabetes, or lower back problems.

Where can I find additional information?

For additional information about the Physical Fitness Test, including test options, information about Healthy Fitness Zones, and other resources, please visit the websites below.



IUSD Statewide Testing Website:

www.iusd.org/statewide-testing



California Department of Education Website:

<http://www.cde.ca.gov/ta/tg/pf/>

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