

Etiwanda School District
California Physical Fitness Testing



Dear Parents of 5th Grade Students

On behalf of your Etiwanda Elementary Physical Education Department, we would like to thank you for your continued support of physical fitness and well-being. Each year students in grades five and seven participate in the California Physical Fitness Test (PFT) between February and May. As a 5th grade student your child will be participating in the physical fitness test this year, and we would like to share some information on what is expected.

Purpose and Content:

The State Board of Education designated the FITNESSGRAM® as the Physical Fitness Test (PFT) for students in California public schools. The FITNESSGRAM® is a comprehensive, health-related physical fitness battery developed by The Cooper Institute. The primary goal of the FITNESSGRAM® is to assist students in establishing lifetime habits of regular physical activity.

Participants:

Public school students in grades five, seven, and nine are required to take the PFT (Physical Fitness Test). Students who are physically unable to take the entire test battery are to be given as much of the test as his or her condition will permit. (Education Code (EC) Section 60800 and the California Code of Regulations, Title 5, Section 1041).

How is the testing information used?

The PFT provides information that can be used by (1) students to assess and plan personal fitness programs; (2) teachers to design the curriculum for physical education programs; and (3) parents and guardians to understand their children's fitness levels. This program also provides results that are used to monitor changes in the physical fitness of California students. By law (EC Section 60800), all school districts in California are required to administer the PFT annually to all students in grades five, seven, and nine.

The FITNESSGRAM® is composed of the following six fitness areas, with a number of test options provided for most areas. Due to facility and time restraints, the district department has chosen the following tests to administer to our elementary students for each of the six fitness areas:

1. **Aerobic Capacity:** PACER (Progressive Aerobic Cardiovascular Endurance Run – an alternative to the distance run) Students run as long as possible, going back and forth across a 20-meter distance at a specified pace that is set to music and gets faster each minute. **To PASS:** Boys and girls must each complete 20 PACERS
2. **Abdominal Strength and Endurance:** Curl-Up
Students complete as many curl-ups as possible at a specified pace, up to a maximum of 75 curl-ups.
TO PASS: Boys and girls must complete 15 curl-ups.
3. **Upper Body Strength and Endurance:** Push-Up
Students complete as many push-ups as possible at a specified pace, up to a maximum of 75 push-ups.
TO PASS: Boys must complete 8 push-ups and girls must complete 7 push-ups.
4. **Body Composition:** Body Mass Index (height and weight) is recorded by the health clerk at each school site.
5. **Trunk Extensor Strength and Flexibility:** Trunk Lift
Students lift the upper body a maximum of 12 inches off the floor using the muscles of the back and hold this position long enough to allow for the measurement of the lift distance.
TO PASS: Boys and girls must lift a minimum of 9 inches off the floor.
6. **Flexibility:** Shoulder Stretch
Students touch their fingertips behind the back by reaching over both the left and right shoulders and under the elbow.
TO PASS: Boys and girls must be able to touch their fingertips in both positions.

Sincerely
Etiwanda Elementary Physical Education Teachers

Additional information about the California PFT is available on the CDE PFT Web page at <http://www.cde.ca.gov/ta/tg/pf/>
Additional information about the FITNESSGRAM is available on the FITNESSGRAM Web page at <http://www.fitnessgram.net>