

In the spring of 2019, all 5th, 7th, and 9th grade students in the Newman-Crows Landing Unified School District will take part in the California Physical Fitness Test (PFT). The FITNESSGRAM is the required annual PFT for students in grades 5,7 and 9 in California Public Schools. This health-related fitness test, developed by The Cooper Institute, is intended to help students acquire lasting habits of regular fitness activity.

The FITNESSGRAM includes tests for six areas of fitness:

- Aerobic Capacity
 - One Mile Run
- Body Composition
 - Body Mass Index (Calculated using height/weight)
- Abdominal Strength and Endurance
 - Curl-Up
- Upper Body Strength and Endurance
 - Push-Up
- Trunk Extensor Strength and Flexibility
 - Trunk Lift
- Flexibility
 - Shoulder Stretch

There are two or three test options for most of the fitness areas of the FITNESSGRAM so that all students, including those with special needs, have a chance to participate in the PFT. For those fitness areas that have multiple options, only one option is reported for each student.

If you have any questions about your child's participation in the PFT, you can contact:

5 th graders	Bryan Black, Elementary Physical Education Teacher
7 th graders	Mike Beevers, Michael Phillips, Kasey Cooper, Yolo Middle School Physical Education Teachers
9 th graders	Kathryn Juarez and Daniel Morrison, Orestimba High School Physical Education Teachers