

Physical Fitness Test (PFT)

- **Who takes the test?** Students in grades 5, 7, and 9.
- **What is the test format?** The test consists of five performance components: aerobic capacity, abdominal strength, trunk strength, upper body strength, and flexibility.
- **Which standards are tested?** The PFT can be given to students over multiple days. Students will participate in each of the five fitness areas and will be provided with their individual results upon completion of the PFT

You are an important part of your child's education. We thank you for your support in making sure your students are at school during your sites testing windows, arrive on time and well rested so they may do their best! Remember these tests help formulate the curriculum for years to come, so good testing equals good results!

You will receive your child's results at or before the beginning of the next school year. The results will identify where your child is doing well or needs more help, so you can better support their learning at home and teachers can better support their learning in the classroom.

To learn more about ELPAC or CAASPP assessments, please visit the ELPAC Starting Smarter website at <https://elpac.startingsmarter.org/> or the CAASPP Starting Smarter website at <https://ca.startingsmarter.org/> and/or review the CDE Parent Guides to Understanding web page at www.cde.ca.gov/ta/tg/ca/parentguidetounderstand.asp.

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Pursuant to California Education Code Section 60615, parents/guardians may annually submit to the school a written request to excuse their child from any or all of the CAASPP assessments. This exemption does not exist for the ELPAC or Physical Fitness Test.

Every school has their own schedule. If you have questions, please contact your school Principal for assistance.