PATIÑO SCHOOL

INNOVATE. LEAD. LEARN. CREATE.

PRINCIPAL
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VICE PRINCIPAL
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Fresno Unified School District

January 22, 2025

Dear Parent/Guardian:

Our students in grades 5, 7-10 will be administered the required California Physical Fitness Test (PFT) this school year, between February 3 and May 30, 2025. The California PFT consist of five components:

- Aerobic Capacity
- Abdominal Strength and Endurance
- Trunk Extensor Strength and Flexibility
- Upper Body Strength and Endurance
- Flexibility

Results from the PFT provide students and their families with a measurement they can use along with other information to monitor their overall fitness. The results also can be used by schools to evaluate their physical education program.

Helping Your Child Prepare
You play an important role in your child's education and can help your child get ready for the test. Here are ways you can help:

Talk about the PFT with your child. Make sure your child is not anxious and is ready to do their very best.

Tell your child that you and their teacher are both there to help, every step of the way, and want them to do their best to finish what they can.

Help make sure your child engages in 60 minutes of activity every day.

Make sure your child gets a good night's sleep and a nutritious breakfast before testing.

To learn more about the PFT, visit the California Department of Education at https://www.cde.ca.gov/ta/tg/pf
If you have any questions about your child's participation in the PFTor the test results, please contact Ms. Herrera at 248-7360.
Sincerely,

Ms. Herrera
Vice Principal