PATIÑO SCHOOL

INNOVATE.
LEAD.
LEARN.
CREATE.

PRINCIPAL
Blair Sagardia

VICE PRINCIPAL
Leah Herrera

COUNSELOR
Oscar Barragan

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Fresno Unified School District

Lub Ib Hlis 22, 2025

Nyob zoo Niam Txiv/Tus Saib Xyuas:

Peb cov tub ntxhais kawm nyob rau qib 5, 7-10 yuav raug tswj xyuas qhov kev xeem California Physical Fitness Test (PFT) xyoo kawm ntawv no, thaum Lub Ob Hlis 3 txog Lub Tsib Hlis 30, 2025. California PFT muaj tsib yam:

- Aerobic Peev xwm
- Abdominal Strength thiab Endurance
- Lub cev Extensor Strength thiab Flexibility
- Upper lub cev muaj zog thiab kev ua siab ntev
- Yooj yim

Cov txiaj ntsig tau los ntawm PFT muab cov tub ntxhais kawm thiab lawv tsev neeg nrog kev ntsuas lawv tuaj yeem siv nrog rau lwm cov ntaub ntawv los saib xyuas lawv lub cev tag nrho. Cov txiaj ntsig kuj tuaj yeem siv los ntawm tsev kawm ntawv los ntsuas lawv qhov kev kawm lub cev.

Pab Koj Tus Menyuam Npaj
Koj ua lub luag haujlwm tseem ceeb hauv koj tus menyuam txoj kev kawm thiab tuaj yeem pab koj tus menyuam npaj txhij rau kev xeem. Nov yog txoj hauv kev uas koj tuaj yeem pab tau:

Tham txog PFT nrog koj tus menyuam. Xyuas kom koj tus menyuam tsis ntxhov siab thiab npaj ua lawv qhov zoo tshaj plaws.

Qhia rau koj tus menyuam tias koj thiab lawv tus kws qhia ntawv yog ob qho tib si los pab, txhua kauj ruam ntawm txoj kev, thiab xav kom lawv ua lawv qhov zoo tshaj plaws kom ua tiav qhov lawv ua tau.

Pab kom koj tus menyuam koom nrog 60 feeb ntawm kev ua ub no txhua hnub.

Xyuas kom koj tus menyuam tau pw tsaug zog zoo thiab noj tshais zoo ua ntej kuaj.

Yog xav paub ntxiv txog PFT, mus saib hauv California Department of Education ntawm https://www.cde.ca.gov/ta/tg/pf
Yog tias koj muaj lus nug txog koj tus menyuam txoj kev koom tes hauv PFTTau qhov kev xeem, thov hu rau Ms. Herrera ntawm 248-7360 .

Ms. Herrera
Vice Principal