



SAN BERNARDINO CITY
UNIFIED SCHOOL DISTRICT
Making Hope Happen

Mauricio Arellano
Superintendent

February 2, 2026

Dear Parent/Guardian:

Each year, students in California public schools participate in the California Physical Fitness Test (PFT). The goal of the test is to help students build healthy, lifelong habits through regular physical activity. The PFT helps measure your child's fitness and offers insight into how their physical health can be supported at school and at home.

The testing window runs annually from February through May

Your child will participate in the Physical Fitness Test if they are enrolled in **grades 5, 7, or 9**. Students with disabilities will be provided the opportunity to participate in as much of the test as their condition permits.

The PFT measures student performance in the following five fitness areas. Each area includes one or more test options to allow all students the opportunity to participate successfully:

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

You are an important part of your child's education. To make sure your child feels comfortable taking tests, you can:

- Encourage your child to try their best and remind them that the goal is to support healthy, lifelong fitness habits.
- Ensure your child wears appropriate athletic clothing and footwear on testing days.
- Reinforce the importance of staying active and healthy at home.

To learn more about these tests review [A Parent Guide to Understanding The California Physical Fitness Test](#) or the [Assessment Fact Sheet for the Physical Fitness Test](#).

If you have additional questions, please contact your child's school.

Sincerely,

Michelle Cleveland, Director
Accountability and Educational Technology

ACCOUNTABILITY & EDUCATIONAL TECHNOLOGY