



4600 Lavell Road, Santa Rosa, CA 95403

Phone: (707) 524-2741

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Tracy Kendall, Principal

Michelle Franci, Vice Principal

Dear Parent/Guardian:

Each spring, students in grades five, seven, and nine participate in the California Physical Fitness Test, also called the PFT. California has chosen the **FITNESSGRAM**[®] as the annual physical fitness test for students in California public schools. This health-related fitness test, developed by The Cooper Institute, can help students acquire lasting habits of regular physical activity.

The **FITNESSGRAM**[®] includes six test areas:

- Aerobic Capacity
 - Mile Run - Record minutes and seconds
- Body Composition
 - Body Composition - Record Height in feet and inches and Weight
- Abdominal Strength and Endurance
 - Curl Ups - Record # of curl ups not to exceed 75
- Trunk Extension Strength
 - Trunk Lift - Record # of inches of trunk lift, not to exceed 12"
- Upper Body Strength and Endurance
 - Push Ups - Record # of push ups
- Flexibility
 - Record shoulder stretch left and right side ("yes" or "no" if they can touch fingertips behind back)

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 the chance to participate in the PFT.

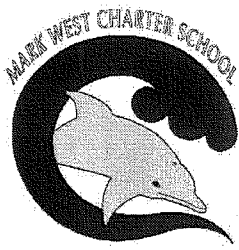
For each fitness area of the **FITNESSGRAM**[®], students are scored as meeting the "Healthy Fitness Zone" or "Needs Improvement." The Healthy Fitness Zone represents a level of fitness that offers some protection against the diseases related to physical inactivity.

Our students will start testing in March/April and will receive their results near the beginning of next school year. These results will help students understand their individual levels of fitness.

Sincerely,

Michelle Franci

Assistant Principal



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How can I help my child get ready for the PFT?

You are an important part of your child's education. Some things you can do to help your child are:

- Talk about the PFT with your child. Make sure they feel supported and not anxious.
- Tell your child that you and his or her teacher have high expectations and are there to help.
- 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.

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