

Know Before You Administer the Physical Fitness Test

The Physical Fitness Test (PFT) is given to all students enrolled in a California public school in grades five, seven, and nine. Students with disabilities should be given as much of the test as each student's physical condition permits. The individualized education program (IEP) or Section 504 plan team is responsible for deciding how students with disabilities will participate in the PFT. The FITNESSGRAM® is composed of the following five fitness components: Aerobic Capacity, Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Flexibility.

The PFT administration window is open from February 1 to May 31. The local educational agency (LEA) selects the testing window.

Before Testing

- Become familiar with the resources available on the PFT Resources web page.
- Review the PFT Coordinators Checklist.
- Notify parents and guardians of the start of the PFT testing window using the PFT Notification of Test Administration Letter Template.
- Share the Parent Guide to Understanding the PFT.
- Test the equipment used for administration, listed in the FITNESSGRAM® Fitness Areas, Test Options, and Equipment document.
- Train proctors using the resources available on the PFT, Modules, Videos and Training web page.
- Determine specific testing needs for students with disabilities.

During Testing

- **Optional:** Collect student data using the Sample Student Data Collection Form is available on the PFT Resources web page.

After Testing

- Calculate participation rate.

If you have questions about the PFT, contact the PFT Office by email at pft@cde.ca.gov.

