



Available Resources

FOR THE

Physical Fitness Test

The following resources are designed for classroom educators to support their understanding of the Physical Fitness Test (PFT). Additional resources are provided for site administration to use when communicating to parents/guardians about the assessments.

Fact Sheet

Answers general questions about various aspects and objectives of the PFT.

<https://pftdata.org/files/pft-factsheet.pdf>

Parent Guide to Understanding

Designed for parents/guardians to address basic questions, such as who takes the test, why, when, and how; can be shared during back to school night, at teacher conferences, with the letter that notifies parents/guardians that their students will be taking the PFT, or with the annual Student Score Reports.

<https://pftdata.org/files/pft-pgtu.pdf>

Videos

Videos featuring PFT training materials and instructional support.

- PFT Training
Designed for teachers to address basic questions about the PFT; link will connect teachers with modules, videos, and trainings that will allow them to become familiar with the test.
<https://pftdata.org/training.aspx>
- What Is Body Composition?—The Cooper Institute
A 2-minute video that describes body composition to support teaching and learning.
<https://www.youtube.com/watch?v=61k7MmtoFFc>
- What Is Aerobic Capacity?—The Cooper Institute
A 90-second video explaining aerobic capacity and how the FITNESSGRAM® supports aerobic capacity.
<https://www.youtube.com/watch?v=eiS8xGzRIwI>

For Site Administrators

Talking about the PFT (Coming Soon)

Series of PowerPoint templates for site administrators to use when talking about the PFT.

- Talking to Parents
- Talking to Educators

PFT Reference Guide

Provides information to assist staff in becoming familiar with the California PFT, including detailed descriptions of the fitness areas, data collection requirements, most of the equations used in scoring, performance standards, and suggestions for facilitating the administration of the different test options.

https://pftdata.org/files/PFT15-16_Reference_Guide.pdf

FITNESSGRAM® Fitness Areas, Test Options, and Equipment

Shows the test options available for each fitness area and the equipment required for each test.

<https://pftdata.org/files/pft-equipment.pdf>

FITNESSGRAM® PACER Look-Up and Goals Setting Table

Provides the minimum number of 20-meter laps that females and males need to complete in order to achieve the Healthy Fitness Zone for the PACER (Results for the PACER tests are still reported as VO_2 max.) .

<https://pftdata.org/files/pft-pacer-tables.pdf>

Parent Notification Letters

Sample letter templates to serve as notice to parents/guardians of the yearly statewide assessment and when sharing information about student scores.

- Notice of Administration
<https://www.cde.ca.gov/ta/tg/pf/documents/pftparentletter.docx>
- Student Score Report Letter Template
<https://www.cde.ca.gov/ta/tg/pf/documents/pft18ssrletter.docx>

For Site Coordinators

PFT Coordinator Manual

Provides PFT coordinators with the information and resources needed to prepare, coordinate, and carry out all the activities associated with the PFT.

<https://pftdata.org/files/PFT15-16%20Coordinator%20Manual.pdf>

How to Complete the Coordinator Designation Form

Step-by-step instructions for completing the online coordinator designation form.

<https://pftdata.org/files/pft-qrg-coordinator.pdf>

