

A PARENT GUIDE TO UNDERSTANDING The California Physical Fitness Test and FITNESSGRAM®

The physical fitness test (PFT) for students in California schools is the FITNESSGRAM®. The main goal of the test is to help students in starting life-long habits of regular physical activity. The PFT is used to measure your child's fitness and to provide information on how your child's physical fitness can be supported at school and at home.

Who takes this test?

All students in grades 5, 7, and 9 take the PFT. Students with disabilities will be given as much of the test as their condition will permit.

Why do students take this test?

FITNESSGRAM® results can be used along with other information to monitor your child's overall fitness. Schools may also use these results for the purpose of evaluating their physical education program.

When do students take this test?

The PFT is administered between February 1 and May 31. You will receive additional information from your school about the specific dates and times of testing.

How do students take this test?

The PFT can be given to students over multiple days. Students will participate in each of the five fitness areas and will be provided with their individual results, either orally or in writing, upon completion of the PFT.

Most of the fitness areas of the FITNESSGRAM® have two or three test options, so all students, including those with disabilities, have the chance to participate in the PFT.

What are the options for the five fitness areas?

Aerobic Capacity

One-Mile Run or One-Mile Walk
PACER test

Abdominal Strength and Endurance

Curl-Up

Trunk Extensor Strength and Flexibility

Trunk Lift

Upper Body Strength and Endurance

Push-Up
Modified Pull-Up
Flexed-Arm Hang

Flexibility

Back-Saver Sit and Reach
Shoulder Stretch

How can I help my child?

Remind your child that you and their teacher want them to try their best and that you are there to help them every step of the way.

For more information about the PFT, contact your child's teacher and/or the school office.