California Department of Education • January 2023

**Physical Fitness Test 2022–23**

# Parent and Guardian Notification Letter Template

**Directions:** Adapt this letter by using school letterhead and inserting school information where indicated in brackets.

Dear Parent/Guardian:

Our students in grade ***[insert grade level]*** will be administered the required California Physical Fitness Test (PFT) this school year, starting in ***[insert month]*** 2023. For this testing period, the California Department of Education (CDE) has emergency regulations that will allow schools to administer only the following five components of the PFT:

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

## About the PFT

California has chosen the FITNESSGRAM® as its annual PFT for students in grades five, seven, and nine. Results from the PFT provide students and their families with a measurement they can use along with other information to monitor their overall fitness. The results also can be used by schools to evaluate their physical education program.

## Helping Your Child Prepare

You play an important role in your child’s education and can help your child get ready for the test. Here are ways you can help:

* Talk about the PFT with your child. Make sure your child is not anxious and is ready to do their very best.
* Tell your child that you and their teacher are both there to help, every step of the way, and want them to do their best to finish what they can.
* 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.

## For More Information

To learn more about the PFT, visit the CDE Parent Guides to Understanding web page at <https://www.cde.ca.gov/ta/tg/ca/parentguidetounderstand.asp>.

If you have any questions about your child’s participation in the PFT, the FITNESSGRAM®, or the test results, please contact ***[insert name]*** at ***[insert phone number and/or email address]***.

Sincerely,

**[*Insert name of LEA superintendent or school principal*]**

**[Superintendent/Principal]**