# California Physical Fitness Test (PFT)—Updates Webinar

California Department of Education | January 2023

## Welcome

### Agenda

Today we will review:

* General information
* Review of last year’s changes
* Timeline

## General PFT Information

### What is the PFT

* Statewide Physical Fitness Test that began in 1976 and was re-established in 1995 as a part of the California Assessment of Academic Act
* California will use the following FITNESSGRAM® fitness areas:
  + Aerobic Capacity
  + Abdominal Strength and Endurance
  + Trunk Extensor Strength and Flexibility
  + Upper Body Strength and Endurance
  + Flexibility
* California has removed the body composition fitness item.

[insert notes here]

### Who Takes the PFT

* Public school students in grades five, seven, and nine are required to administer the PFT, unless the local educational agency (LEA) has a State Board of Education (SBE) waiver to administer the PFT outside the designated testing window.
* This includes students enrolled in:
  + Elementary school districts
  + High school districts
  + Unified school districts
  + County offices of education
  + Charter schools that are independent for assessment purposes (i.e., independent charter schools).
* LEAs must also test all their students enrolled in alternate programs. Including but not limited to:
  + Continuation schools
  + Independent study
  + Community day schools
  + County community schools
  + Nonpublic schools

[insert notes here]

### Students with Disabilities

* + - Students are to be given as much of the test as their condition will permit.
    - The FITNESSGRAM*®* has two or three test options for most of the fitness areas of the test.
    - Decisions about accommodations is a local decision and must be included in the individualized education program, IEP. The IEP is a legal document.

[insert notes here]

### What Now?

**There are no new changes to the administration of the PFT in 2022-23.**

* LEAs are required to administer the FITNESSGRAM®
* All students in grades five, seven, and nine will continue to be tested on physical fitness using the FITNESSGRAM® assessments and the participation recorded.
* Students should receive their raw score at the time of testing.
* Changes from the 2021-22 year that are continuing:
  + Information related to calculating a student’s body mass index (BMI) will no longer be collected. This includes height, weight, gender and age.
  + Only participation information will be collected and reported on the School Accountability Report Card (SARC).
  + There will be no submission of student level data to the secure PFT portal. Instead, LEAs will now be required to submit participation results for each of the five assessed areas in the SARC.

[insert notes here]

### PFT Window

* February 1–May 31: PFT Administration Window
  + The PFT can only be administered during the months of February through May.
  + Without a State Board waiver, the PFT cannot be administered to students before or after the window.

[insert notes here]

## PFT Resources

Resource for Parents:

* Parent Guide to Understanding the PFT: <https://pftdata.org/files/pgtu-pft.pdf>

Resources for Coordinators and Educators:

* PFT Fact Sheet: <https://pftdata.org/files/pft-factsheet.pdf>
* PFT Reference Guide: <https://pftdata.org/files/pftcoordinatormanual.docx>
* PFT Equipment List: <https://pftdata.org/files/pft-equipment.docx>

Please look for other helpful resources on California PFT Resources web page at [https://pftdata.org/resources.aspx.](https://pftdata.org/resources.aspx)

[insert notes here]

## Question and Answer

[insert notes here]

## Contact Information

Proficiency, Equivalency, and Fitness Testing Office

[pft@cde.ca.gov](mailto:pft@cde.ca.gov" \o "Email to PFT office)

916-445-2766

**Thank You!**