# 2020 California Physical Fitness Test (PFT) WebEx Notetaking Guide

## Agenda

**Educators will understand:**

* The background of the PFT
* Changes to Data Submission
* The PFT Timeline
* Where to find PFT resources

## PFT Overview

**What is the PFT?**

The PFT is a statewide physical fitness testing program that began in 1976 and was re-established in 1995 as a part of the California Assessment of Academic Achievement Act.

**What Does The FITNESSGRAM® Test?**

There are 6 Fitness areas.

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

**Who takes the PFT?**

Students in grades 5, 7, and 9 are tested.

**Students with Disabilities:**

There are two or three test options for most of the fitness areas of the FITNESSGRAM® so that all students have the chance to participate in the PFT. Students are to be given as much of the test as their condition will permit.

**How Are Students Scored?**

Student’s will get a score that either falls into the Healthy Fitness Zone or in the Needs Improvement area.

## What’s New?

In 2019-20 you will be required to administer the PFT to all students in grades 5, 7, and 9, but that data will **NOT** be sent to the CDE.

The California Department of Education (CDE) recognizes the tremendous responsibilities LEAs are tasked with throughout the school year, especially with assessment administrations and reporting. As such, the CDE aims to ease LEAs’ administrative burdens.

Instead of submitting PFT results every year, LEAs will now be required to submit PFT results at least once every two years, in accordance with California Education Code Section 60800. Therefore, the CDE will not be collecting PFT results for the 2019–20 PFT administration.

Please note, however, LEAs are still responsible for reporting aggregate results of the PFT in their annual school accountability report card. Although reporting to the state is not required this administration year, please be diligent in preparing students for the PFT and in focusing on the primary goal of assisting students in establishing lifetime habits of regular physical activity.

Research has established that regular activity, combined with good nutrition, contributes to healthy outcomes by preventing obesity and reducing chronic health conditions, such as diabetes, coronary heart disease, and hypertension.

Other appropriate uses of PFT results include providing information that can be used by (1) schools to evaluate their physical education programs; and (2) parents and guardians to understand their children’s fitness levels.

## PFT Time Line

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Coordinator Designation Forms available
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - Coordinator Designation Forms due
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The PFT administration window opens
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The PFT administration window closes
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ - The system resets for the next testing cycle

## Reporting PFT Scores

According to the Regulations for the Physical Fitness Test which can be found on the CDE website:

*Results shall be provided to each pupil after completing the test. The results may be provided orally or in writing. NOTE: Authority cited: Section 33031, Education Code. Reference: Section 60800, Education Code*.

## Best Practices

* Keep your Coordinator Designation Form up to date.

## Key Contacts

**Physical Fitness Test**

Assessment Development and Administration Division

Phone: 916-445-9449

Email: pft@cde.ca.gov

**Physical Education Curriculum**

Educator Excellence and Equity Division

Phone: 916-323-5798

**PFT Help Desk**

San Joaquin County Office of Education

Phone: 888-852-9681

Email: <https://pftdata.org/contact.aspx>

## PFT Resources

Parent Guide to Understanding the PFT

<https://www.cde.ca.gov/ta/tg/ca/parentguidetounderstand.asp>

PFT Fact Sheet

<https://www.cde.ca.gov/ta/tg/ca/assessmentfactsheets.asp>

PFT Modules

<https://pftdata.org/training.aspx>

Quick Reference Guides

How to Complete the Coordinator Designation Form

How to Delete Student Records

How to Correct Errors and Warnings

How to Download Student Score Reports

<https://pftdata.org/resources.aspx>

PFT Coordinator Manual

<https://www.cde.ca.gov/ta/tg/pf/pftresources.asp>

PFT Reference Guide

<https://pftdata.org/resources.aspx>

PFT Resources

<https://pftdata.org/resources.aspx>

PACER Look-up Table

<https://www.cde.ca.gov/ta/tg/pf/pftresources.asp>

Equipment List

<https://www.cde.ca.gov/ta/tg/pf/pftresources.asp>

Healthy Fitness Zone Charts

<https://www.cde.ca.gov/ta/tg/pf/pftresources.asp>

PFT Calendar

[https://pftdata.org/calendar.aspx?c=20](https://pftdata.org/calendar.aspx?c=2020)20