**Physical Fitness Test (PFT), 2017–18**

# PFT Score Report Letter Template

Directions: Adapt this letter by inserting information where indicated.

Dear Parent or Guardian:

Last spring, your child took a test called the Physical Fitness Test (PFT). This test is part of the California assessment system. California has chosen the FITNESSGRAM® as the annual PFT for students in public schools. The FITNESSGRAM® is a comprehensive health-related fitness test developed by The Cooper Institute.

## The FITNESSGRAM® has six fitness areas:

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

Your child’s score report shows his or her overall score in each of the six fitness areas. The goal is for every student to be in the Healthy Fitness Zone. This means students can reach a level of activity that offers some protection against the diseases resulting from physical inactivity. A student classified as “Needs Improvement” in an area of fitness would benefit from more activity in that specific area.

In our district, the test results are just one way to look at how well our students are doing. We use the results to find areas where students need help in the next school year. It is also important to know that the test results are not used to determine whether a student moves to the next grade. If you have questions or concerns about your child’s progress, please call the school office at [*Insert phone number*] to arrange a conference with your child’s teacher.

Sincerely,

[*Insert name of superintendent or principal*]