

## **Physical Fitness Test 2022–23**

### **Parent and Guardian Notification Letter**

Dear Parent/Guardian:

Our students in grade **7 and 9** will be administered the required California Physical Fitness Test (PFT) this school year, starting in **February** 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 **Dr. Tehrani** at [baminitehrani@busd.k12.ca.us](mailto:baminitehrani@busd.k12.ca.us).

Sincerely,

**Dr. Babak Tehrani**

**Assistant Principal**