



Evergreen School District

From strong roots grow bright futures

June 2018

Dear Grade 5th and 7th Parents/Guardians,

Physical fitness is an important part of a child's education and has been shown to help children handle stress and control weight; build and maintain healthy bones, muscles, and joints; increase self-esteem and capacity for learning; and strengthen peer relationships. Education Code Section 60800 requires each school district in California to administer the physical fitness test (PFT) annually to all students in grades five, seven, and nine each spring.

The PFT provides a number of fitness areas so that all students, including students with disabilities, have the maximum opportunity to participate in the test. Students are administered a test in the following six fitness areas.

Aerobic Capacity

- One-Mile Run
- Walk Test (ages 13 and older)

Body Composition

- Body Mass Index

Abdominal Strength & Endurance

- Curl-Up

Trunk Extensor Strength & Flexibility

- Trunk Lift

Upper Body Strength & Endurance

- Push-Up
- Modified Pull-Up
- Flexed-Arm Hang

Flexibility

- Shoulder Stretch (Grade 5)
- Back-Saver Sit and Reach (Grade 7)

The PFT uses criterion-referenced performance standards, based on research and expert opinion, to evaluate fitness performance. Two levels of performance for each test are used to describe students' physical fitness: (1) in the Healthy Fitness Zone and (2) needs improvement (not in the Healthy Fitness Zone). The desired performance standard for each test option is the Healthy Fitness Zone. The Healthy Fitness Zone represents a level of fitness that offers some degree of protection against diseases that result from sedentary living.

Your child's individual and school results are on the reverse side of this letter. The PFT results are designed to be used in several ways. Schools can use the results to determine the fitness levels of their students and provide direction for physical education programs. Students also can be encouraged to use the results to develop a fitness program of maintenance or improvement. Parents/guardians can use the results to help their children plan fitness activities that meet their individual needs.

There is no question that exercise is good for children of all ages, and that they can benefit from physical activity early on. In addition to physical activity, encourage your child to eat nutritious meals and snacks to help build and maintain a healthy body. There are many things you can do at home to help your child become more active.

- Be a positive role model by exercising regularly on your own or with your child.
- Attend your child's athletic events to encourage and provide support.
- Participate in family fitness activities, such as bicycling, walking, roller skating, swimming, dancing, hiking, snowboarding, cross-country skiing, and/or visiting your local park.
- Become familiar with resources in your community for promoting physical activity and fitness, including recreation, sports, and other youth programs.

For additional information on how to help your child become more active, visit the following websites:

- http://www.heart.org/HEARTORG/HealthyLiving/HealthyKids/Healthy-Kids_UCM_304156_SubHomePage.jsp
- <https://www.cde.ca.gov/ta/tg/pf/>
- <http://www.cooperinstitute.org/fitnessgram>