Dear Parent/Guardian:

In the Spring of 2023, students in grades 5, 7 and 9participated in the California Physical Fitness Test (PFT), also known as the FITNESSGRAM. Designated by the State Board of Education to be the PFT for California public school students, the goal of the FITNESSGRAM is to help students acquire lasting habits of regular physical activity.

The FITNESSGRAM is designed to assess two main categories of fitness: (1) Aerobic Capacity; and (2) Muscular Skeletal Fitness. It is composed of the following five key fitness areas: Aerobic Capacity, Abdominal Strength and Endurance, Trunk Extensor Strength and Flexibility, Upper Body Strength and Endurance, and Flexibility. There are two or three test options for most of the fitness areas of the FITNESSGRAM so that all students, including those with special needs, have the chance to participate in the PFT.

The student results contain the raw scores of each area tested. If a fitness area is blank, it means your student was not tested in that area.

For the Shoulder Stretch Fitness Area:

* 1=Y the student has passed this area
* 0=N the student has not passed this area

*Student results can be accessed electronically through the parent portal on our student information system PowerSchool:* <https://wccusd.powerschool.com/public/>. Student results will not be mailed. However, you will have access to print them. If you do not already have access to PowerSchool, please contact your school for instructions on creating an account.

Results from the PFT provide students and their families a measurement they can use along with other information to monitor their overall fitness. It can also help you and your child understand his or her individual level of fitness and help plan appropriate fitness activities.

The results can also be used by schools to evaluate their physical education program.

If you have questions or concerns, please call the school office to arrange a conference with your child’s physical education teacher.