



WEST CONTRA COSTA UNIFIED SCHOOL DISTRICT
Assessment Office
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Dear Parent/Guardian:

Our students in grade 5, 7 and 9 will be administered the required California Physical Fitness Test (PFT) this school year, starting in February 2025. 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 can also 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 your child's school.

Sincerely,

Assessment Office