

California Physical Fitness Test (PFT)—Updates Webinar

California Department of Education | November 2021

Welcome

Agenda

Today we will review:

General Information

- Effects of COVID-19
- Updates to Reporting
- Timeline

General PFT Information

What is the PFT

- Statewide physical Fitness Test that began in 1976 and was re-established in 1995 as a part of the California Assessment of Academic Act
- California will use the following FITNESSGRAM® fitness areas:
- Aerobic Compacity
 - Abdominal Strength and Endurance
 - Trunk Extensor Strength and Flexibility
 - Upper Body Strength and Flexibility
 - Flexibility
- California has removed the body composition fitness item.

[insert notes here]

Who Takes the PFT

- Public school students in grades five, seven, and nine are required to administer the PFT, unless the local educational agency (LEA) has a State Board of Education (SBE) waiver to administer the PFT outside the designated testing window.
- This includes students enrolled in:
 - Elementary school districts
 - High school districts
 - Unified school districts
 - County offices of education
 - Charter schools that are independent for assessment purposes (i.e., independent charter schools).
 - LEAs must also test all their students enrolled in alternate programs.

[insert notes here]

Students with Disabilities

- Students are to be given as much of the test as their condition will permit.
- The FITNESSGRAM® has two or three test options for most of the fitness areas of the test.
- Matrix Two is available on the PFT Variation/Accessibility Resources web page at <https://www.cde.ca.gov/ta/tg/ai/pftaccessibilityresources.asp>.

[insert notes here]

Effects of COVID-19

- 2019–2020 PFT administration canceled due to the difficulties of the onset of the pandemic.
- Spring of 2021 PFT suspended to make way for a study to address the future of the PFT assessments.
- Spring 2022 adjustments were made to the assessment to meet the requirements for test and reporting.

[insert notes here]

What Now?

- All students in grades five, seven, and nine will continue to be tested on physical fitness using the FITNESSGRAM® assessments and the results recorded.
- Some differences in testing includes:
 - Information related to calculating a student’s body mass index will no longer be collected.
 - Only participation information will be collected and reported on the School Accountability Report Card (SARC).
 - There will be no submission of student level data to the secure portal. Instead, LEAs will now be required to submit participation results for each of the five assessed areas.

[insert notes here]

PFT Window

- February–May: the PFT can only be administered during the months of February through May.
- Without a State Board waiver, the PFT cannot be administered to students before or after the window.

[insert notes here]

PFT Resources

Resources to Help Students’ Families

- The resources for parent: The California Physical Fitness Test and FITNESSGRAM® documents are available on the California Department of Education (CDE) Parent Guide to Understanding web page at <https://www.cde.ca.gov/ta/tg/ca/documents/pftpgtu.pdf>.
- The information about PFT assessment is available on the PFT Fact Sheet web page at <https://pftdata.org/files/pft-factsheet.pdf>.

[insert notes here]

Resources for PFT Coordinators, Alternate Coordinators, or PE Teachers

- The information for the PFT Coordinators is available on the PFT Coordinator Manual web page at https://pftdata.org/files/Coordinator_Manual.pdf.
- The Reference is available on the PFT Reference Guide web page at https://pftdata.org/files/Reference_Guide.pdf.
- The Equipment List can be found on the PFT FITNESSGRAM Fitness Areas, Test Options, Equipment web page at: <https://pftdata.org/files/pft-equipment.pdf>.

Please look for other helpful resources on California PFT Resources web page at <https://pftdata.org/resources.aspx>.

Question and Answer

[insert notes here]

Contact Information

Proficiency, Equivalency, and Fitness Testing Office

pft@cde.ca.gov

916-445-9449

Thank You!
