California Department of Education • March 2020

**California Physical Fitness Test**

# Individual Student Results Parent and Guardian Notification Letter Template

**Directions:** Adapt this letter by using school letterhead and inserting information where indicated in brackets.

Dear Parent/Guardian:

The Physical Fitness Test (PFT) is part of the state assessment system. California has chosen the FITNESSGRAM® as the annual PFT for students in grades five, seven, and nine in public schools. The FITNESSGRAM®—including its performance standards, called the Healthy Fitness Zone (HFZ)—is a comprehensive health-related fitness test developed by The Cooper Institute.

Your child’s FITNESSGRAM® results are listed below:

| **Demographic Information Category** | **Student Information** |
| --- | --- |
| Student name | [insert student name] |
| Date of birth | [insert date of birth] |
| Grade | [insert grade] |
| Age on test date | [insert age] |
| School | [insert school] |
| School district | [insert school district] |
| Statewide Student ID | [insert SSID] |
| Test date | [insert test date] |

| **Fitness Area** | **Test** | **Score** |
| --- | --- | --- |
| Aerobic Capacity | [insert test name here] | [score here] |
| Body Composition | [insert test name here] | [score here] |
| Abdominal Strength and Endurance | [insert test name here] | [score here] |
| Trunk Extensor Strength and Flexibility | [insert test name here] | [score here] |
| Upper Body Strength and Endurance | [insert test name here] | [score here] |
| Flexibility | [insert test name here] | [score here] |

The PFT results provide one measure that you can use, along with other information, to monitor overall fitness. For more information regarding the PFT, please review the California Department of Education (CDE) “Parent Guide to Understanding the PFT and FITNESSGRAM®” at <https://pftdata.org/files/pft-pgtu.pdf>.

You may compare your child’s scores to the PFT HFZ charts available on the CDE PFT web page at <https://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp>. The goal is for every student to be in the HFZ, which is a level of activity that offers some protection against the diseases resulting from physical inactivity. A student classified as “Needs Improvement” in an area of fitness would benefit from more activity in that specific area.

If you have questions, please contact **[*insert name of school contact*]** at **[*insert phone number and/or e-mail address*].**

The CCCs identify priorities in each content area to guide the instruction for students in this population and for the alternate assessment.

Sincerely,

**[*Insert name of LEA superintendent or school principal*]**

**[Superintendent/Principal]**