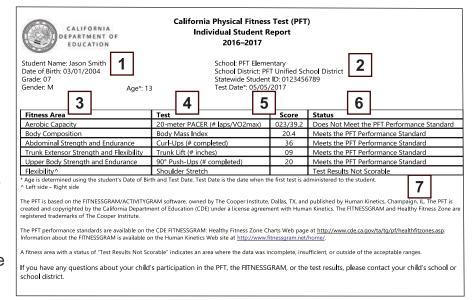
## **UNDERSTANDING YOUR STUDENT SCORE REPORT**

**Physical Fitness Test** 

The Physical Fitness Test (PFT) is part of the state testing program. California has chosen the FITNESSGRAM® as the annual PFT for students in public schools. This guide explains your child's PFT score report. The numbered items listed on the left refer to the numbered areas of the sample score report on the right.

- Student demographic information. Includes the student name, date of birth, grade level, gender, and age at time of testing.
- **2. School and district information.** Includes the school name, district name, statewide student identification number, and test date.
- **3. Fitness Areas.** The PFT has six fitness areas, most with more than one test option.
- **4. Test.** Lists which test option the student took under each area. For example, or the Aerobic Capacity area, the student took the 20-meter PACER instead of the one-mile run or the walk test.



- **5. Student Score.** Displays the score the student received on each test. This might be displayed in the number completed (e.g., the student completed 36 Curl-Ups) or as a time or percentage (e.g. the student had a mile time of 10 minutes and 58 seconds).
- **6. Status.** Shows whether the student met the Healthy Fitness Zone (HFZ). For fitness areas the student did not complete, the status will show "Test Results Not Scorable."
- 7. Additional information can be found below the student scores.

For each test area, the FITNESSGRAM® uses the HFZ to evaluate fitness performance. The performance goal for all test areas is the HFZ. The HFZ charts can be found on the California Department of Education (CDE) FITNESSGRAM® Healthy Fitness Zone Charts Web page at <a href="https://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp">https://www.cde.ca.gov/ta/tg/pf/healthfitzones.asp</a>.

To learn more about the PFT, go to the CDE Parent Guides to Understanding Web page at <a href="https://www.cde.ca.gov/ta/tg/pf/overview.asp">https://www.cde.ca.gov/ta/tg/pf/overview.asp</a>. Please speak with your child's teacher(s) if you have more questions.