

THE PHYSICAL FITNESS TEST IS BACK

The Physical Fitness Test (PFT) is part of the California state testing program. California has chosen the FITNESSGRAM as the annual PFT for students in public schools.

The FITNESSGRAM is a comprehensive health-related fitness test developed by The Cooper Institute.



WHO?

AGCS Students
5th, 7th & 9th
Grades

WHEN?

February 14 -
March 18

WHAT?

The FITNESSGRAM measures:

- Aerobic Capacity
- Abdominal Strength & Endurance
- Trunk Extender Strength & Flexibility
- Upper Body Strength & Endurance
- Flexibility

HOW?

The PFT can be administered over multiple days. Students will participate in each of the five fitness areas and will be provided with their individual results.

Students with disabilities have the chance to participate in the PFT and should be given as much of the test as possible.

WHY?

FITNESSGRAM results are one measure of information students and their families may use, along with other information, to monitor overall fitness.

Alder Grove may also use the results for the purpose of evaluating our physical education program.

PARENTS:

Support your child's fitness by encouraging them to exercise for 60 minutes a day!