



District, State and National Assessments

CALIFORNIA PHYSICAL FITNESS TEST (PFT) *FITNESSGRAM*

Spring 2023 Administration Instructions

LAUSD Testing Notebook

Los Angeles Unified School District
Office of Data and Accountability
Student Testing Branch

Updated on 011123

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2023 CALIFORNIA PHYSICAL FITNESS TEST (PFT) FACT SHEET

Background

The State Board of Education designated the *FITNESSGRAM*[®] as the Physical Fitness Test (PFT) for students in California public schools. The *FITNESSGRAM* is a comprehensive, health-related physical fitness battery developed by the Cooper Institute. The primary goal of the *FITNESSGRAM* is to assist students in establishing lifetime habits of regular physical activity. All students in grades 5, 7, and 9 regardless of their schedule and school (i.e., block schedule, alternate programs, including continuation, independent study, Community Day Schools (CDS), Virtual Academies, and non-public schools) are required to participate. There is no parent opt-out available for the PFT.

Program Requirements

The following five fitness areas of the *FITNESSGRAM* are to be administered, with a number of test options provided for most areas:

1. Aerobic Capacity (select one)
 - a. One-Mile Run
 - b. Walk Test (only for ages 13 or older)
 - c. PACER Test
2. Abdominal Strength and Endurance (required)
 - a. Curl-Up
3. Upper Body Strength and Endurance (select one)
 - a. Push-Up
 - b. Modified Pull-Up
 - c. Flexed-Arm Hang
4. Trunk Extensor Strength and Flexibility (required)
 - a. Trunk Lift
5. Flexibility (select one test; both left and right sides must meet the criteria)
 - a. Back-Saver Sit and Reach
 - b. Shoulder Stretch

ADMINISTRATION INSTRUCTIONS

Critical Dates

Grades	Testing Window	Scores Due in MiSiS
5, 7, and 9	February 1 – March 17, 2023	March 17, 2023

Major Changes

- PFT Coordinator and Test Examiners are required to complete the 2022-23 PFT Administration Instructions Training Requirements curriculum in MyPLN.

Important Reminders

- Schools will continue administering the available PFT components following the same state and district guidelines as in previous years.
- The PFT coordinator designated in the Principal's Portal is responsible for ensuring that all students in grades 5, 7, and 9 are tested and for ensuring that all test scores are entered in the PFT Mass Score Entry screen in MiSiS by the due date.

PFT REQUIREMENTS

Principal Requirements

The principal at each school is responsible for designating a PFT Coordinator who will manage the administration of the PFT at the school and will work with the Student Testing Branch to address and resolve any PFT-related issues.

Principals designate the PFT Coordinator in the Principal's Portal. Principals who serve as the PFT Coordinator at the school must still designate themselves in the Principal's Portal and complete all PFT Coordinator requirements described in this document.

Follow the steps below to designate or confirm the designation of a PFT Coordinator for the school in the Principal's Portal.

1. Go to the Principal's Portal Website <https://principalportal.lausd.net/Default.aspx>
2. Log in using your Los Angeles Unified Single-Sign On (SSO). In the *Actions* section, select [State Testing Requirements].
3. You will be routed to the *State Testing Programs Requirements* page. Scroll down to the *Principal Requirements* section.
 - A. If the name of the school's PFT Coordinator appears in the *FITNESSGRAM Coordinator* section, no further action is needed.
 - B. If the *FITNESSGRAM Coordinator* section is blank or if the principal will designate a new PFT coordinator, continue to step 4.

4. In the *Assign Coordinator* section click on [Click here to assign]. You will be routed to the *School Designee Form*.
5. In the *State Testing Program, on the FITNESSGRAM Coordinator/Designee* screen, click on the people finder icon and enter the Coordinator/Designee's name or email address. Select the staff member from the list and click on [Select]. The staff member's information populates in the *State Testing Program, FITNESSGRAM Coordinator/Designee* section.
6. Go to the bottom of the page and click on [Submit].
7. Go back to the *State Testing Program Requirement* landing page. The name of the new designee and the date when the designee was selected will appear in the *Assign Coordinator* section.

PFT Coordinator Requirements

The PFT Coordinator manages the administration of the PFT at the school. The PFT Coordinator is responsible for facilitating training for Test Examiners and for ensuring that all eligible students are tested during the established testing window.

Before administering PFT tests, the PFT Coordinator is required to complete the *2022-23 PFT Administration Instructions Training Requirements* curriculum in MyPLN. The curriculum includes the *2022-23 PFT Administration Instructions Training* and the *2022-23 Administration Instructions Assessment*. A certificate of completion will be generated once both items are completed.

In addition, the PFT Coordinator is required to review these PFT Administration Instructions posted on the Student Testing Branch PFT Webpage at <https://achieve.lausd.net/Page/7587> as they provide additional LAUSD protocols and information not reflected in these videos. View the following videos with staff members during PFT training.

1. [PACER Video](#) [6:00 minutes]
2. [One-Mile Run Video](#) [4:08 minutes]
3. [Walk Test Video](#) [3:47 minutes]
4. [Curl-Up Video](#) [4:54 minutes]
5. [Trunk Lift Video](#) [3:37 minutes]
6. [Push-Up Video](#) [3:29 minutes]
7. [Modified Pull-Up Video](#) [3:14 minutes]
8. [Flexed-Arm Hang Video](#) [3:20 minutes]
9. [Back-Saver Sit and Reach Video](#) [4:40 minutes]
10. [Shoulder Stretch Video](#) [3:27 minutes]

PFT Test Examiner Requirements

Test Examiners who will be administering the PFT are required to complete the 2022-23 PFT Administration Instructions Training Requirements curriculum in MyPLN. The curriculum includes the 2022-23 PFT Administration Instructions Training and the 2022-23 Administration Instructions Assessment.

Test Examiners are also required to participate in the PFT Test Examiner Training facilitated by the PFT Coordinator at the school. The following agenda topics must be addressed during the Test Examiner training:

1. Testing schedule
2. Testing procedures and logistics for the administration of the PFT at the school
3. View the videos for each component of the test (See page 5 of this document, items 1-10 for a video list in coordinator requirements section)
4. Review District and school health and safety protocols related to COVID-19
5. Testing students who are absent on the date of the test
6. Review students' IEP's and Section 504 Plans to ensure students are provided with needed variations and/or accommodations
7. Review the steps for accessing student rosters and entering scores in MiSiS

STUDENTS TO BE TESTED

All students enrolled (including the physically handicapped) in grades 5, 7, and 9 must be tested. This includes students in alternate programs including continuation, independent study, CDS and non-public schools. Data must be submitted for every student in grades 5, 7, and 9.

NOTE: Only the state-mandated grades 5, 7, and 9 are required to be tested during the PFT testing window.

Students not enrolled in a physical education class during the testing window due to a state-approved waiver for block scheduling, must still be tested. Schools on a block schedule where students do not receive physical education for extended periods of time (weeks or months), must ask the State Board of Education (SBE) for a waiver or will be in violation of Education Code (sections 51210 and 51222). More information about the Physical Education Block Schedule Waiver is found at <https://www.cde.ca.gov/pd/ca/pe/pewaiverguide.asp>.

For questions about the qualifications of the high school two-year exemption from Physical Education courses, contact Division of Instruction (DOI) at (213) 241-5333.

STUDENTS WHO MAY BE EXCLUDED

Parent opt-out is not permitted for the PFT. All students in grades 5, 7, and 9 are required to take the *FITNESSGRAM*. However, students physically unable to take the various test components should be administered as many parts of the test as the students' condition will

permit. Nonetheless, the individual student's welfare and safety are given first consideration. A conference with the school nurse may be necessary.

The Individual Education Program (IEP) or Section 504 Plan team is responsible for deciding how students with disabilities will participate in the PFT. Students with disabilities should be given as much of the PFT as conditions permit, which means they may be only partially tested.

Students who are ill, injured, or enrolled for one-half or less of the work normally required for full-time students are eligible for a temporary exemption.

TESTS TO ADMINISTER

Schools are to administer the *FITNESSGRAM* test battery to measure student performance in each of the following five components of physical fitness identified in the *FITNESSGRAM®/ACTIVITYGRAM® Test Administration Manual*: aerobic capacity, abdominal strength, trunk strength, endurance and flexibility. The 2nd, 3rd, or 4th edition of the manual may be used.

All test components must be administered and scored by a trained District employee. Students may not administer the tests to each other.

Aerobic Capacity (Select one of the following three tests for each student.)

One-Mile Run

The objective is to run a mile at the fastest pace possible. If a student cannot run the total distance, walking is permitted. The one-mile run is scored in minutes and seconds.

Test Administration Manual 2nd Edition, page 15.

Test Administration Manual 3rd and 4th Editions, pages 32-33.

Walk Test

The objective is to walk one mile as quickly as possible while maintaining a constant walking pace the entire distance. At the conclusion of the one-mile walk, each student is given a time in minutes and seconds and each student must take a 1-minute heart rate. The range of acceptable values for the heart rate is between 30 and 250. The student's body weight must also be recorded. This test is ONLY for use with students ages 13 or older.

Test Administration Manual 2nd Edition, page 16.

Test Administration Manual 3rd and 4th Editions, pages 33-34.

PACER (Progressive Aerobic Cardiovascular Endurance Run)

The objective is to run as long as possible back and forth across a 20-meter space at a specified pace using the CD that will give a 5-second countdown and tell the students when to start. In the PACER test, a lap is one 20-meter distance (from one end to the other.) The recorded score is the total number of laps completed by the student. A 15-meter test is described in some materials. If the 15-meter test is used, the results must be converted to 20-

meter scores. The 15-meter PACER conversion table document can be viewed at <https://www.topendsports.com/testing/pacer-test-conversion.htm>.

Test Administration Manual 2nd Edition, pages 11-12.

Test Administration Manual 3rd and 4th Editions, pages 28-32.

Upper Body Strength and Endurance (Select one of the following 3 tests)

Push-Up

The objective is to complete as many push-ups as possible at a rhythmic pace. This test item is used for males and females. The student being tested bends the elbow to a 90° angle. Students are stopped when the second form correction is made. The score is the number of push-ups performed to a maximum of 75.

Test Administration Manual 2nd Edition, page 25-26.

Test Administration Manual 3rd and 4th Editions, pages 47-49.

Modified Pull-Up

The objective is to complete as many modified pull-ups as possible. The student grasps the bar with an overhand grip (palms facing away from the body). Students begin the test in a “down” position with arms and legs straight. The student then pulls up until the chin is above the elastic band. Students are stopped when the second form correction is made. The score is the number of pull-ups performed to a maximum of 75.

Test Administration Manual 2nd Edition, page 26-27.

Test Administration Manual 3rd and 4th Editions, pages 49-50.

Flexed Arm Hang

The objective of this test is to hang with the chin above the bar as long as possible. The student raises the body off the floor to a position where the chin is above the bar, elbows are flexed and the chest is close to the bar. Students are stopped when the chin drops below the bar or when the second form correction is made. The score is the number of seconds the student is able to maintain the correct hanging position to a maximum of 90.

Test Administration Manual 2nd Edition, page 28

Test Administration Manual 3rd and 4th Editions, pages 52-53

Abdominal Strength (Required test)

Curl-Up

The objective is to complete as many curl-ups as possible at a specified pace. A measuring strip is placed on the mat under the legs so that fingertips are just resting on the nearest edge of the measuring strip. Students are stopped after completing a maximum of 75 curl-ups or when the second form correction is made. The score is the number of curl-ups performed.

Test Administration Manual 2nd Edition, page 21-23.

Test Administration Manual 3rd and 4th Editions, pages 42-44.

Flexibility (Select one test. Both left and right sides must be tested)**Back Saver Sit and Reach**

The objective of this test is to be able to reach the specified distance on the right and left sides of the body. The distance required to achieve Healthy Fitness Zone is adjusted for age and gender. The score is the number of inches on each side to the nearest half-inch reached to a maximum score of 12 inches. Both left and right sides must be completed. If your sit-and-reach box is calibrated in centimeters, use Attachment C for modification instructions.

Test Administration Manual 2nd Edition, page 29.

Test Administration Manual 3rd and 4th Editions, pages 53-55.

Shoulder Stretch

The objective is to be able to touch the fingertips together behind the back by reaching over the shoulder and under the elbow. If the student is able to touch the fingers of the left hand with the right hand over the shoulder, a “P” is recorded for the right side; if not, an “F” is recorded. If the student is able to touch the fingers of the right hand with the left hand over the shoulder, a “P” is recorded for the right side; if not, an “F” is recorded. Both sides must be scored.

Test Administration Manual 2nd Edition, page 30.

Test Administration Manual 3rd and 4th Editions, pages 55-56.

NOTE: In the proper administration of the PACER, Curl-Up, Push-Up, and Modified Pull-Up, a student is allowed two form breaks with the first form break counting as a repetition or lap. A student who commits two form breaks immediately upon the start of the test is scored a one (1). **A score of zero (0) is not allowed for any of these four tests.** If the student does not participate, it should be left blank.

Trunk Extensor Strength and Flexibility (Required test)**Trunk Lift**

The objective is to lift the upper body off the floor using the muscles of the back and hold the position to allow for the measurement. Do not encourage students to rise higher than 12 inches. The score is recorded to the nearest inch. Distances above 12 inches should be recorded as 12 inches. Do not place the ruler directly under the student’s chin.

Test Administration Manual 2nd Edition, page 23-24.

Test Administration Manual 3rd and 4th Editions, pages 45-47.

IMPORTANT**SCORE OF 1:**

A score of “1” indicates the student committed two form breaks on the following tests: PACER, Curl-up, Push-up, and Modified Pull-up -- A score of “1” is the minimum score for these tests. A score of “0” cannot be documented on the above tests.

SCORE OF ZERO

A score of “0” indicates the student attempted the test and scored a “0” on the following tests: Flexed Arm Hang, Trunk Lift, and Back Saver Sit and Reach

PROVIDE PFT RESULTS TO STUDENTS

The Test Examiner shall provide the raw scores to student at the time of testing. Note that scores are confidential and should only be provided by the Test Examiner to the student who completed the test. Test Examiners must follow District protocols associated with confidential student records.

MATERIALS NEEDED:

The following materials are needed to administer *FITNESSGRAM*:

PFT Materials Previously Sent to the School

The following *FITNESSGRAM* materials from the kits previously sent to schools are needed for the test administration:

- The Prudential *FITNESSGRAM Test Administration Manual* (the 2nd, 3rd, and 4th editions are appropriate to use)
- Curl-Up Measuring Strips

NOTE:

- The *FITNESSGRAM* Kit sent to schools previously included a Test Administration Manual, PACER CDs, and Curl-Up Strips. These materials were delivered with instructions to store these safely for future use.
- The PACER CD is no longer available. A copy is available from YouTube at https://www.youtube.com/results?search_query=pacer+test.
- The Curl-Up Strips have been discontinued and STB has a very limited supply. To order additional Curl-Up Strips online, go to the STB Website at <https://achieve.lausd.net/testing>, click on the *STB Portal* button. Sign in using your LAUSD single sign-on. Click on *Online Order*. Then click on *Create Order*. Complete and then click on *Submit Online Order*. See Attachment D on making Curl-Up Strips.
- A parent letter is not available nor required for the PFT administration.

Special Equipment Provided by the School

If the following *FITNESSGRAM* test options are selected, they will require special equipment:

- Sit-and-Reach Box (see Attachment C.) Note: The Sit-and-Reach Box used before 1997 was calibrated in centimeters. The *FITNESSGRAM* requires inches. To convert an old Sit-and-Reach Box, glue an 18-inch ruler on top of the box matching the 23rd centimeter with the 9th inch of the ruler.
- Measured area and Stopwatch for One-mile Run and Walk Test

- Yard stick or 15-inch ruler for Trunk Lift
- Horizontal bars for Flexed-Arm Hang
- Modified pull-up stand for Modified Pull-Ups

If a school does not have the facilities or equipment for these tests, other *FITNESSGRAM* test options should be selected.

STUDENT ROSTER

A Student Roster of all students in grades 5, 7, and 9 with test scores for students documented on the form is **required** to be uploaded into the STB Portal at the completion of testing. This roster is available in MiSiS and includes spaces to write test results. The column on the far right is to record the reason a student is missing data. This roster also acts as a backup in the event any data is irretrievable or to confirm data was entered correctly. A pre-populated Student Roster may be downloaded via the MiSiS Reports tab, under PFT in the Testing section of the available reports. A blank roster is also available as Attachment B of this document.

Indicate on the roster one of the following valid reasons for students unable to complete the *FITNESSGRAM*:

1. Absent on test day and all make up sessions
2. IEP/504 Plan
3. Medical Excuse

The data collected on these rosters must be entered into the PFT Mass Score Entry screen in MiSiS by the due date.

Note: Students are to be provided orally their performance on the *FITNESSGRAM*.

PFT MASS SCORE ENTRY SCREEN

PFT Mass Score Entry Screen Roles

In order to access the PFT Mass Score Entry screen in MiSiS, the user will need to have one of the following MiSiS school-based roles assigned: Principal, PE Teacher, Office Manager, Counselor, Categorical Program Coordinator, Secondary Athletic Director, or Scheduling Administrator.

To request the proper MiSiS role, go to <https://oneaccess.lausd.net/>:

1. Sign in with your LAUSD Single Sign-On (SSO)
2. Click on *Manage/Edit Roles* under MiSiS application
3. Click *New Request*
4. Click on drop down menu for *Location Type* and select *School*
5. Click on drop down menu for *Select Role* and click on role requested

6. Click on drop down menu for *Select Locations* and click on all the requested locations
7. Click *Done Editing*
8. Check *I have read and agree to the Terms and Conditions*
9. Click *Submit Request*

Your principal will receive an email to approve the request. The user will be able to access the PFT Mass Score Entry screen once the principal has approved the request.

PFT Mass Score Entry Screen Fields

MiSiS has an updated [Physical Fitness Test \(PFT\) Mass Score Entry Screen Job Aide](#).

If the student did not take the test, leave the entry fields blank and select a valid reason from the “Please select” drop-down list located under those fields.

1. Test Date: Schools must enter the Test Start Date for each student.
2. Component 1: Body Composition has been grayed out. *Leave Blank*.
3. Component 2: Aerobic Capacity (Select one test) – Enter the data for the test administered to the student (One-Mile Run, Walk Test, or PACER (min=1)). Enter a 1-minute heart rate for Walk Test.
4. Component 3: Strength & Endurance (Select one test) – Enter the data for the test administered to the student (push-ups (min=1, max=75), modified pull-ups (min=1, max=75) or flexed arm hang (max=90)).
5. Component 4: Flexibility (Select one test) – Enter the data for the test administered to the student (Sit & Reach – maximum distance 12 inches, or shoulder stretch). Both right and left sides must be tested.
6. Component 5: Abdominal Strength – Abdominal Curl-Ups – Enter the number of curl-ups performed. The minimum number of curl-ups is 1 and maximum is 75.
7. Component 6: Trunk Strength – Trunk Lift – Enter the number of inches student lifted trunk from the ground. The maximum distance from the ground is 12 inches.

Due to changes to PFT State regulations, data will only be **saved** in the PFT Mass Data Entry Screen. Since the data being entered is incomplete, the PFT Mass Data Entry Screen is unable to process the records. Student Testing Branch will extract the data entered in order to report participation rates for the School Accountability Report Card (SARC).

NOTE: PFT results will not be **submitted** since the PFT Mass Data Entry screen is unable to process the incomplete records. For this reason, the Submit button is deactivated.

MAKE-UP TESTING

Every effort must be made to provide make-up testing for students absent on the days the tests are administered within LAUSD’s PFT testing window.

Schools may monitor the completion of the PFT in MiSiS PFT Mass Score Entry Screen.

UPLOADING POST-TEST DOCUMENTATION

After entering the student data in MiSiS, schools will upload their required post-test documentation into the STB Portal. Schools will upload a single file into the STB Portal that contains the two documents indicated below. Note that the document must be in .pdf, .jpeg, or .png file format.

Upload the document containing the following materials to the STB Portal:

- Attachment A: Post Test Documentation and Certification of Proper *FITNESSGRAM* Administration
- Attachment B or MiSiS PFT Student Roster: Student Roster of all students in grades 5, 7, and 9 with test scores for students documented on the form

The following are the steps to submit your school's PFT Documentation:

- Go to achieve.lausd.net/testing
- Click on the *STB Portal* button
- Click on *Post-test Documentation* link
- Click on *FITNESSGRAM*
- Select *current school year* from the drop down
- Select *Yes* or *No* as to whether your school had any irregularities during testing
- Click on *Choose File* and select the file to upload from your computer
- Indicate the documents included in the file: Attachment A and a PFT Roster
- Using your mouse or touch pad, write your signature in the designated box
- When you have completed the above steps, click on *Submit*

RELATED RESOURCES

- Additional information regarding the PFT program is available at the following websites:
 - Student Testing Branch Website: <http://achieve.lausd.net/testing>
 - Division of Instruction Website: <https://achieve.lausd.net/Page/15326>
- Training on test protocols is available at <http://www.fitnessgram.net/training>. However, training is not designed to comply with California Education Code Physical Fitness Testing or LAUSD regulations.
- Videos and training materials from the CDE PFT training sessions for PFT coordinators are available on the CDE-sponsored PFT Training Web site at <http://www.pftdata.org/training.aspx>.

- MiSiS [Physical Fitness Test \(PFT\) Mass Score Entry Screen Job Aide](#)

ASSISTANCE

- For information regarding PFT administration in grades 5, 7 and 9, please call the Student Testing Branch at (213) 241-4104.
- For information on conditioning activities, test administration, and on tracking grades 10-12 student progress on earning the two-year Physical Education course exemption, please call the Division of Instruction at (213) 241-5333.
- For issues or questions regarding MiSiS, contact: misis-support@lausd.net or call (213) 241-5200, press Option 5.

Attachment A: 2023 PFT Post-Test Documentation and Certification of Proper Administration

School: _____
Region _____ Location Code _____ 19 - 64733 -
CDS Code _____

Post Test Documentation – Due on or before March 17, 2023

Upload a single file into the STB Portal that contains the following three documents indicated below. Note that the document must be in either .pdf, .jpeg, or .png file format.

1. Attachment A: 2023 PFT Post-Test Documentation And Certification Of Proper Administration
2. Attachment B or MiSiS PFT Student Roster: Student Roster of all enrolled students in grades 5, 7, and 9 with scores

Certification of Proper Administration

We certify that:

1. The *FITNESSGRAM* was administered only to all eligible students as defined in these Administration Instructions.
2. All persons involved in the testing program and transcribers received training, which involved reviewing, planning and implementing the administration instructions, school schedules and administration procedures.
3. All qualifying students were provided testing variations as needed.
4. All students with IEPs and Section 504 Plans were provided the variations, accommodations, or modifications listed in their IEPs and Section 504 Plans. The appropriate documentation was recorded at the time of the test.

To the best of our knowledge there were no irregularities in the administration of the tests and the above statements are accurate.

Principal: _____
Name (type or print) Signature Date
PFT
Coordinator: _____
Name (type or print) Signature Date

Contact Number Extension

Attachment B: 2023 PFT Student Roster

School: _____

Loc. Code _____

PFT Coordinator (type or print) _____

Coordinator's Signature _____

Contact Number _____

TEST DATE:			Aerobic Capacity				Abdominal/ Trunk Strength		Strength/ Endurance			Flexibility				Reason Student Not Tested 1. Absent 2. IEP/504 3. Medical
			<input type="checkbox"/> One mile run <input type="checkbox"/> One mile walk*	60 sec. heart rate*	PACER	Curl- ups	Trunk Lift	Push- ups	Mod. pull- ups	Flexed arm hang	Sit & reach (inch)		Shoulder Stretch (Y/N)			
STUDENT NAME	DOB	SSID	minutes	seconds		# Laps	#	inches				right	left	right	left	
1.																
2.																
3.																
4.																
5.																
6.																
7.																
8.																
9.																
10.																
11.																
12.																
13.																
14.																
15.																

* 60 seconds heart rate is required for one mile walk test

This form may be duplicated for use by teacher/test examiner.

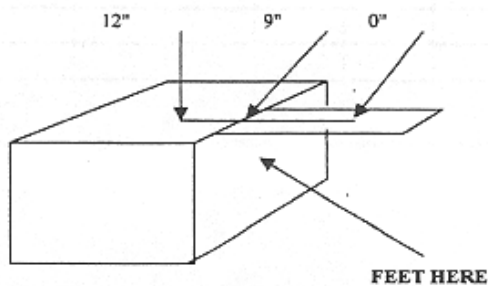
Attachment C: 2023 PFT Back Saver Sit-And-Reach Box

A. Construction of a Back Saver Sit-and-Reach Box

1. Using any study wood or comparable material ($\frac{3}{4}$ inch plywood seems to work well) cut the following pieces:
 - 2 pieces – 12" X 12"
 - 2 pieces – 12" X 10 $\frac{1}{2}$ "
 - 1 piece – 12" X 22"
2. Cut pieces 10" X 4" from each side of one end of the 12" X 22" piece to make the top of the box. (See diagram.) Beginning at the small end, make marks on the piece of every inch up to 12 inches.
3. Construct a box using nails or screws or wood glue from the remaining four pieces. Attach the top of the box. It is crucial that the 9 inch mark be exactly in line with the vertical plane against which the subject's feet will be placed. The 0 inch is at the end that will be nearest the subject.
4. Cover the apparatus with polyurethane sealer or shellac.

B. Alternated Flexibility Testing Apparatus

1. Find a sturdy cardboard box at least 12 inches tall. Turn the box so that the bottom is up. Tape a yardstick to the bottom. The yardstick must be placed so that the 9-inch mark is exactly in line with the vertical plane against which the subject's feet will be placed and the 0-inch end is nearer the subject.
2. Find a bench that is about 12 inches wide. Turn the bench on its side. Tape a yardstick to the bench so that the 9-inch mark is exactly in line with the vertical plane against which the subject's feet will be placed and the 0-inch end is nearer the subject.



C. Modification

To modify a sit and reach box that is calibrated in centimeters, glue an 18-inch ruler on top of the box matching the 23rd centimeter with the 9th inch of the ruler.

Attachment D: 2023 PFT How to Make Curl-Up Strips*



To make *FITNESSGRAM* Curl-up Strips using slide-resistant cupboard liners*:

- Using a yardstick, measure either a 3” strip for under age 10 or a 4.5” strip for over age 10
- Mark measurements with a marker
- Cut strips along length of cupboard liner
- Make each strip 30” in length

The texture of the cupboard liner material will make it easier for students to feel where their fingers should be at both the top and bottom.

* Courtesy of Chad Pink of ZillaFitness.com