

## **INTEROFFICE CORRESPONDENCE**

Los Angeles Unified School District  
Student Testing Branch

**TO:** Principals  
Physical Fitness Test Coordinators

**DATE:** March 1, 2022

**FROM:** Saul Fernandez, Interim Executive Director *SF*  
Office of Data and Accountability

**SUBJECT: PHYSICAL FITNESS TEST (PFT) UPDATES FOR 2021-2022**

This correspondence provides an update regarding major changes to the 2021-2022 Physical Fitness Test (PFT). This interoffice correspondence is in alignment with the latest PFT guidelines and provides details for implementation.

### **Background**

Pursuant to Executive Order N-56-20, the PFT was suspended for the 2019-2020 school year due to the pandemic. By regulations, the PFT was also suspended for the 2020-2021 school year and additionally required the California Department of Education (CDE) to consult with experts regarding the equitability and accessibility of the PFT. This process is still underway, and for the 2021-2022 school year, schools will administer the PFT in modified form. Note that makeup testing for the 2019-20 and 2021-22 is not required.

### **New Requirements for the PFT**

In the 2021-22 school year, only five of the components will be included in the PFT:

1. Aerobic Capacity
2. Abdominal Strength and Endurance
3. Upper Body Strength and Endurance
4. Trunk Extensor Strength and Flexibility
5. Flexibility

The Body Composition and Body Composition Healthy Fitness Zone components are not part of the PFT for the 2021-2022 school year. Therefore, schools will not capture students' height and weight. This portion of the PFT Mass Entry Screen in MiSiS will be disabled. The Body Composition section will also be removed from the MiSiS student roster.

## **Masking**

For the aerobic capacity test portion of the PFT, schools must follow District health and safety protocols related to COVID-19. On February 18, 2022, the Los Angeles Unified Office of the Chief of Special Education, Equity and Access and Office of COVID Response released an updated IOC with the subject of - **FURTHER REVISED GUIDANCE REGARDING COVID-19 EXPOSURE MANAGEMENT FOR 2ND SEMESTER OF THE 2021-2022 ACADEMIC YEAR**. One of the major changes is stated as follows:

*Effective Tuesday, February 22, 2022, outdoor masking is optional for students and employees.*

Due to this change, teachers must ensure the following:

1. Conduct the aerobic capacity test (e.g., mile run/walk, PACER, or walk test) outdoors.
2. Participating students must physically distance 10 feet or more.
3. Teachers should limit the number of students testing in a session.
4. Teachers should ensure students have access to drinking water throughout the test.

Note that the guidance regarding masking continues to change. Please follow district guidance and recommendations that are in place at the time the test is administered at your school.

## **Limitation on Exemptions from Physical Education**

Districts will not report raw scores for each component of the PFT this school year. Instead, participation results, by component and grade, must be reported to CDE. However, teachers in the District will record raw data in MiSiS PFT Mass Entry Screen so that the District can determine participation in each component of the assessment.

Since individual scores will not be reported to the CDE, the two-year exemption from physical education authorized by Education Code section 51421 (b)(1) will not be available to high school students who participate in the PFT this school year.

## **Students to be Tested and Testing Window**

All students in grades 5, 7 and 9 are tested. Students with disabilities are to be given as much of the test as appropriate indicated by the student's Individualized Education Program (IEP).

The CDE testing window allows districts to administer the PFT from February 1, 2022, through May 31, 2022. However, because the changes to PFT were just recently announced by the CDE, the testing window for Los Angeles Unified will be from April 4, 2022, through May 31, 2022. This will allow Information Technology Division (ITD) developers time to update the PFT Mass

Entry Screen and the PFT Student Roster. The PFT Mass Entry Screen and the PFT Student Roster will be updated by April 4, 2022.

Although teachers are allowed to and encouraged to familiarize their students with the five components of the PFT throughout the school year, official administration of the PFT and access to input raw scores (excluding BMI) into the PFT Mass Entry Screen in MiSiS will only be available during the LAUSD testing window mentioned above.

### **Designation of a PFT Coordinator in the Principal's Portal**

The school PFT coordinator plays a vital role in the success of the PFT by managing all testing activities at the school and ensuring that every eligible student is tested. The Student Testing Branch will be sending guidance and communication to PFT coordinators in the next few weeks. To that end, it is critical that every principal designates a PFT coordinator in the Principal's Portal.

### **Assistance**

For questions about the PFT administration in grades 5, 7 and 9, contact the Student Testing Branch Help Desk at (213) 241-4104.

For questions about the PFT exemption and the use of Fitnessgram in grades other than grades 5, 7, and 9, contact James Coney, Physical Education Advisor, at (213) 241-2554 or [jtc8787@lausd.net](mailto:jtc8787@lausd.net).

c: Senior Leadership  
Local District Superintendents  
Administrators of Instruction  
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