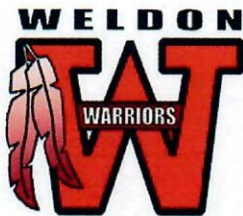


Home of the WARRIORS



Ray Lozano
Principal

Karl Peterson
Guidance Instructional
Specialist

Patti Mushegan
Resource Teacher

Sandy Alonzo
School Office
Supervisor



**CA Title I Academic
Achievement Award**
2006, 2009, 2014



150 DeWitt
Clovis, California
93612-1098

(559) 327-8300

weldon.cusd.com

February, 2018

Dear Parent/Guardian:

Each spring, CUSD students in grades 1 – 12 participate in the annual Physical Fitness test. The state requires that all public school districts in California administer the state-designated Physical Fitness Test (PFT) to all students in grades five, seven, and nine during the months of February, March, April, or May. California *Education Code* Section 60800 also requires the California Department of Education (CDE) to collect and report statewide results every year. This letter and accompanying attachment provide complete information about the spring 2018 PFT administration and data reporting. The Physical Fitness Testing schedule for the 2017-2018 school year is as follows:

Testing Window:

February 1st through March 23rd

The testing will include:


- Backsaver Sit and Reach
- Curl-ups
- Modified Pull-ups
- Trunk Lift
- 400 yd. Run/Walk – Grade 1
 - 800 yd. Run/Walk - Grades 2-3
- 1 mile Run/Walk - Grades 4 & up

Teachers have worked throughout the year with their students on each of the above events. Each year during testing, students are identified with certain limitations due to illness or physical condition.

Students with disabilities who are unable to take the entire PFT will be given as much of the test as conditions permit. The individualized education program (IEP) or Section 504 Plan team is responsible for deciding how children with disabilities will participate in the PFT.

You may get additional information at: CDE Web site: [Physical Fitness Testing \(PFT\) - Testing](#). For specific questions or concerns regarding the testing, please contact your child's teacher or the school nurse as soon as possible.

Sincerely,



Principal

If you have questions or need the help of an interpreter, please call your school office.
Si tiene alguna pregunta o si necesita la ayuda de un interprete, favor de llamar a la oficina de su escuela.
Yog koj muaj lus nug los yog xav tau neeg pab txhais lus, thov hu rau koj lub tsev kawm ntawv.

Description of physical fitness tests on the backside

Backsaver Sit-and-Reach:

This backsaver sit-and-reach is very similar to the traditional sit-and-reach that has been done in the past except that it is performed on one side at a time. The measurement is performed on one side at a time so that students are not encouraged to hyperextend. The sit-and-reach measures predominantly the flexibility of the hamstring muscles.

Curl-ups:

This test measures the dynamic strength of the abdominal muscles. Students will be placed in groups of four. One student will perform the curl-ups, another student will place his/her hands, palms down, under the head of the student doing the curl-ups and count, and the other two students will secure the measuring strip so that it does not move.

Modified Pull-ups*

This test measures the dynamic strength and endurance of the upper body. Students are asked to do a pull-up on a modified pull-up bar, on an incline with their heels, as they pull their chin up to the bar.

Trunk Lift

This test measures the strength of the back muscles. The student attempts to lift his/her upper body 12” off the floor and hold the position to allow for measurement.

Run/Walk:

This test measures the functional capacity of the cardio respiratory system by measuring a student's endurance performance. Grade levels determine the distance students must run/walk as listed below:

Grade 1 Run/Walk	400 yards
Grades 2-3 Run/Walk	800 yards
Grades 4-11 Run/Walk	1 mile

Your child’s teacher has been working with your child throughout the year to prepare for the upcoming assessment. For more information about the test or test results, please contact your son/daughter's teacher or site administrator.