





Physical Fitness Test

Why does California have a Physical Fitness Test? The California Physical Fitness Test (PFT) provides information that can be used by students to assess and plan personal fitness programs and by parents and guardians to understand their children’s fitness levels. This program also provides results that are used to monitor changes in the physical fitness of California students. By law (California *Education Code* Section 60800), all school districts in California are required to administer the PFT annually.

What is the PFT? The State Board of Education designated the *FITNESSGRAM*® as the 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.

The *FITNESSGRAM*® is composed of the following six fitness areas:

FITNESSGRAM Activity	
Aerobic Capacity	
<ul style="list-style-type: none"> One-mile run (Students may run or walk the mile, but should complete it to the best of his/her ability.) 	
Body Composition	
<ul style="list-style-type: none"> Body Mass Index (This test provides information on the appropriateness of a student’s weight relative to his or her height.) 	
Abdominal Strength and Endurance	
<ul style="list-style-type: none"> Curl-Up 	
Trunk Extensor Strength and Flexibility	
<ul style="list-style-type: none"> Trunk Lift 	
Upper Body Strength and Endurance	
<ul style="list-style-type: none"> Push-Up 	
Flexibility	
<ul style="list-style-type: none"> Shoulder Stretch 	

When will Da Vinci administer the Physical Fitness Test? Da Vinci will administer the Physical Fitness test on Friday, May 2nd from 10-12:55. The detailed schedule for when each student will go with his/her class is below. Please note the exception at the bottom of the schedule.

What happens if I am absent for the Physical Fitness Test? If you are absent for the Physical Fitness Test, you must make it up at a later date.

What happens if I have a doctor's note excusing me from participating in the Physical Fitness Test? Please bring the doctor's note into the front office if it isn't already on file and you will be excused from participating in the Physical Fitness Test. This must be completed no later than Wednesday, April 30th.

What should I wear for the Physical Fitness Test?

- Sneakers
- T-shirt
- Shorts, sweatpants, or exercise pants
- Bottle of water
- Small healthy snack

Important Note: You can remain in your workout clothes for the rest of the day on Friday, May 2nd. **Also, if you forget to bring the appropriate clothes from home, you will still be required to test. It is your responsibility to remember your clothes.**

If you have any questions, please call Da Vinci at 310 – 725 – 5800 or email Megan Anderson at manderson@davincischools.org.

Healthy Fitness Zones

How fast do I need to run a mile to be considered in the Healthy Fitness Zone?

Females	
Age	Mile Time
13	<i>Less than 11:30</i>
14	<i>Less than 11:00</i>
15	<i>Less than 10:30</i>
16	<i>Less than 10:00</i>

Males	
Age	Mile Time
13	<i>Less than 10:00</i>
14	<i>Less than 9:30</i>
15	<i>Less than 9:00</i>
16	<i>Less than 8:30</i>

How many pushups do I need to do to be considered in the Healthy Fitness Zone?

Males	
Age	Pushups Completed
13	<i>At least 12</i>
14	<i>At least 14</i>
15	<i>At least 16</i>
16	<i>At least 18</i>

Females	
Age	Pushups Completed
13	<i>At least 7</i>
14	<i>At least 7</i>
15	<i>At least 7</i>
16	<i>At least 7</i>

How many curl-ups do I need to do to be considered in the Healthy Fitness Zone?

Males	
Age	Curl-Ups Completed
13	<i>At least 21</i>
14	<i>At least 24</i>
15	<i>At least 24</i>
16	<i>At least 24</i>

Females	
Age	Curl-Ups Completed
13	<i>At least 18</i>
14	<i>At least 18</i>
15	<i>At least 18</i>
16	<i>At least 18</i>

How many inches do I need to get on the trunk lift to be considered in the Healthy Fitness Zone?

Males & Females	
Ages	Trunk Lift Inches
13 – 16	<i>At least 9</i>

Males and females of all ages must be able to touch your fingers together for both of the shoulder stretches to pass that section!