

"In a Nutshell"

Physical Fitness Test (PFT)

- This is a state-mandated test to be administered only to 5th, 7th, & 9th grade students, annually, in California public schools, including charter schools
- 95% student participation is required for IEM Schools.
- Students who are physically unable to take all elements of the test are expected to take as many as their condition permits.
- At IEM Schools, this test is given in conjunction with STAR testing. Check your specific STAR test site schedule for dates and times.
- The following exercises will be assessed:
 - 1) one mile run/walk (if student cannot run total distance, walking is permitted).
 - 2) height and weight documented (data is put into a formula to determine body fat percentage).
 - 3) curl-up
 - 4) trunk lift
 - 5) push-up
 - 6) shoulder stretch
- The estimated time for finishing this test is an hour and a half.