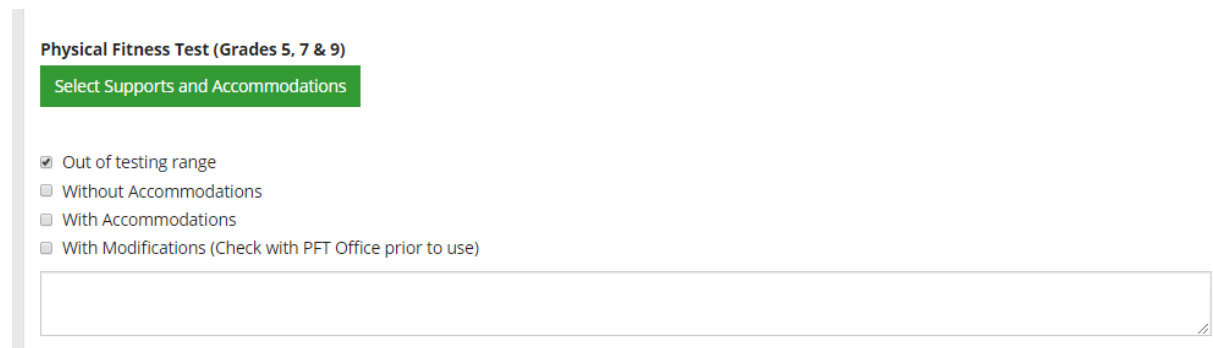


## Physical Fitness Testing and the IEP

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.

Public school students in grades five, seven, and nine are required to take the PFT, whether or not they are enrolled in a physical education class or participate in a block schedule. These students include those enrolled in local educational agencies (LEAs) such as elementary, high, and unified school districts, county offices of education, and charter schools. LEAs must also test all students in alternate programs, including, but not limited to, continuation schools, independent study, community day schools, county community schools, and nonpublic schools. Students who are physically unable to take the entire test battery are to be given as much of the test as his or her condition will permit. (*Education Code (EC) Section 60800* and the *California Code of Regulations*, Title 5, Section 1041).

A screenshot of a web-based selection interface for the Physical Fitness Test (Grades 5, 7 & 9). The interface has a light gray background. At the top left, the text "Physical Fitness Test (Grades 5, 7 & 9)" is displayed in a bold, dark font. Below this text is a green rectangular button with the white text "Select Supports and Accommodations". Underneath the button, there are four radio button options: "Out of testing range" (which is selected), "Without Accommodations", "With Accommodations", and "With Modifications (Check with PFT Office prior to use)". At the bottom of the form is a large, empty rectangular text input field with a thin gray border.

### Things to remember:

All testing is administered by GPE teacher, or APE teacher, who have limited time available, classroom teacher may have to complete assessment of student to meet accommodations.

Results of fitness testing get reported to the state and are able to be accessed through an online database, as well as placed in the students cum folder, but do not determine PE grade or placement.

Students must be provided with their individual results, either orally or in writing, upon completion of the Physical Fitness Test, however, it is not legally required, to send a PFT score report to parents and guardians. (*California Education Code Section 60800*).

The CA testing window is February 1- May 31<sup>st</sup>, if your student's IEP is in the spring, make sure testing accommodations/modifications are present in the grade prior (4<sup>th</sup>, 6<sup>th</sup>, 8<sup>th</sup>) (*California EC Section 60800*)

Students may still participate in testing with their class, the IEP only governs what is REPORTED to the state.

Option	Acceptable uses
<b>Out of testing range</b> ✓ Any grade other than 5,7,9	
<b>Without Accommodations</b> ✓ Grades 5, 7, 9 who will be completing the entirety of physical fitness testing.	
<b>With Accommodations</b> ✓ Eligible pupils are permitted to take the test with accommodations <b>if specified</b> in the eligible pupil's IEP or Section 504 plan for use on the examination, standardized testing, or for use during classroom instruction and assessment. <i>California Code of Regulations, Title 5, Education (Sections 1200-1225, 11510-11517.5, and 1040-1048)</i>	Administration of the test at the most beneficial time of day to the student  Extra time on a test within a testing day  Test administered at home or in hospital by a test examiner  Test individual student separately, provided that a test examiner directly supervises the student  Audio Amplification Equipment* Manually Coded English or American Sign Language to present directions for administration (does not apply to test questions)*  *Student may have access to these test variations only if they are using them regularly in the classroom setting
<b>With Modifications</b> ✓ Students are permitted to take the physical fitness test with modifications <b>if specified</b> in the student's IEP or Section 504 plan. The IEP team is responsible for deciding how the students with disabilities will participate in physical fitness testing. Students who are unable to take the entire test battery are to be given as much of the test as his or her condition will permit. <i>(Education Code (EC) Section 60800 and the California Code of Regulations, Title 5, Section 1041).</i>	To participate in height and weight only. To complete _____ sections only. Not to perform _____.  <b>Test Areas:</b> Aerobic Capacity: <b>Mile run or PACER</b> Abdominal Strength & Endurance: <b>Curl Ups</b> Upper body Strength & Endurance: <b>Push Ups</b> Body Composition: <b>Body Mass Index (BMI)</b> Trunk Extensor Strength & Flexibility: <b>Trunk Lift</b> Flexibility: <b>Sit &amp; Reach, Shoulder Stretch</b>