

SAN DIEGO UNIFIED SCHOOL DISTRICT

Date: January 15, 2020

To: All School Principals and Area Superintendents

Subject: SPRING 2020 ADMINISTRATION OF THE FITNESSGRAM
PHYSICAL FITNESS ASSESSMENT FOR GRADES 5, 7, AND 9

**Department and/or
Persons Concerned:** Principals; Head Counselors; Physical Education Department Chairs; Site Test Coordinators; Teachers of Physical Education in Grades 5, 7, and 9; and JROTC/NROTC, Spring Sports, Cheerleading, Marching Band, and Flag/Drill Team Instructors

Due Date: March 23, 2020

Action Requested: Administer the FITNESSGRAM; enter student scores into the FITNESSGRAM Web System; complete and return signed *Principal's Certification* form.

Attachment: FITNESSGRAM Sample Class Roster/Score Sheet

Brief Explanation:

This circular provides background information and test administration details for the FITNESSGRAM, physical fitness test.

A. Background

The statewide physical fitness testing program was first authorized in 1976 and reestablished in 1995 as part of the California Assessment of Academic Achievement Act (Assembly Bill [AB] 265, which added EC Section 60800). In February 1996, the State Board of Education (SBE) designated FITNESSGRAM as the required physical fitness test that school districts must administer to students in Grades 5, 7, and 9 (Class of 2023). 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.

B. Testing Schedule and Testing Materials

Senate Bill (SB) 896 mandates districts with Grades 5, 7, and 9 to assess **all** students for physical fitness during the months of February, March, April, or May. **The testing window for SDUSD is February 10 – March 20, 2020, for schools on both traditional and year-round calendars.** This testing window was established to enable individual student score reports to be distributed to schools and students before the end of the school year.

Test materials for the FITNESSGRAM will be delivered to sites during the week of February 3, 2020. The following will be included with the test materials for each school: 2019-20 Physical Fitness Test Directions for Administration, Physical Fitness Walk Test Instructions, and the FITNESSGRAM Web System job aid. FITNESSGRAM materials, including the updated administration manuals and replacement kits, may be ordered by contacting Assessment Services at (619) 725-7065.

C. Who Must Be Tested?

Students are to be tested regardless of the type of physical education provided. All students in Grades 5, 7, and 9 (Class of 2023) must be administered the FITNESSGRAM. This testing requirement includes charter schools, alternative schools, atypical schools, and magnet schools. Students who are physically disabled or physically unable to take tests shall be given as much of the test as their conditions permit.

The general opt-out provision of *California Education Code* section 60615 **does not apply** to the physical fitness testing program. Exemptions from taking the physical performance test are limited to physically handicapped students only.

D. Administration Information

Only certificated teachers may administer the FITNESSGRAM. The test administration manual describes correct administration techniques for each assessment required for the FITNESSGRAM. Please follow these directions closely. You may also refer to the 2019-20 Physical Fitness Test Directions for Administration included in your test materials. For additional information related to test administration, contact Lynn Barnes-Wallace, Resource Teacher, at (619) 725-7124 or lw Wallace@sandi.net.

What Tests Are Required?

The complete FITNESSGRAM must be administered to students in Grades 5, 7, and 9 (Class of 2023). The full test battery includes the assessment of aerobic capacity, body composition, muscular strength, muscular endurance, and flexibility in the following areas:

Aerobic Capacity—select one:

- PACER* (Progressive Aerobic Cardiovascular Endurance Run)
- One-Mile Run*
- Walk Test* (only for students 13 years or older).

2. Abdominal Strength and Endurance: Abdominal Curl-Up

3. Trunk Extensor Strength and Flexibility: Trunk Lift

4. Upper Body Strength—select one:

- Push-Ups
- Modified Pull-Ups
- Flexed-Arm Hang

5. Flexibility—select one:

- Back-Saver Sit and Reach This test is preferred)
- Shoulder Stretch

6. Body Composition—select one:

- Body Mass Index (calculated from height and weight)
- Percent Fat (calculated from triceps and calf skinfold measurement)
- Bioelectric Impedance Analyzer

All three Aerobic Capacity test options will be reported in terms of VO_2 max. To calculate VO_2 max, the student's **height and weight must be entered in the FITNESSGRAM Web System for the one-mile run, the PACER, and the walk test.*

Scoring Information

For the spring 2020 physical fitness testing, student scores will be entered on the District's FITNESSGRAM Web System. The FITNESSGRAM Web System job aid will be included in the test materials delivered to sites during the week of February 3, 2020. The FITNESSGRAM Web System job aid is also posted at <https://www.sandi.net/staff/assessment-services/fitnessgram-physical-fitness-test-pft>. **Student scores should be compiled on a separate student roster and then entered into the Web System.** The FITNESSGRAM Sample Class Roster/Score Sheet (Attachment) may be copied for distribution to all teachers who will administer the test and/or complete the data entry online. Teachers must ensure that all data entries are correct and verified.

Performance on the FITNESSGRAM is evaluated based on preferred gender reported in PowerSchool when applicable. In these events, the physical education teacher shall make every effort to maintain confidentiality of student information.

E. Returning Materials

Site test coordinators will generate the Principal's Certification/Apportionment Form from the FITNESSGRAM Web System. After all student data is entered into the Web System, the site test coordinator will generate, print, and have his/her principal sign the form. The signed Principal's Certification/Apportionment Form must be returned to the Assessment Services Department, Annex 3, by 4:00 p.m., Monday, **March 23, 2020**. Forms may be faxed to 619-725-7070, or sent in school mail.

F. Score Reports

Before the end of the school year, schools will receive results by school, grade, classroom, and two copies of individual student score reports. Individual student reports should be distributed to students and a copy must be kept in the student's cumulative file.

G. Resources and Training Materials

Zoom meetings are available for one-on-one assistance. If you have any questions or concerns, click one of the Zoom links that fits into your schedule.

January 28th from 2:00-3:00 PM <https://SDSU.zoom.us/j/204246259>

January 29th from 2:00-3:00 PM <https://SDSU.zoom.us/j/705688479>

January 30th from 2:00-3:00 PM <https://SDSU.zoom.us/j/988401608>

Canvas modules may be accessed at <https://sandiegounified.instructure.com/enroll/DJL38F>

Please contact Lynn Barnes-Wallace, Physical Fitness Resource Teacher, at (619) 725-7124, with questions regarding Zoom meeting and Canvas modules or the correct administration of the physical fitness tests.

Contact the Assessment Services department at (619) 725-7065 with questions regarding administration kits and the completion of student data entry online.

Director
Assessment Services

APPROVED:



Wendy Ranck-Buhr
Instructional Support Officer
Office of Leadership and Learning

Attachment (1)

Distribution: Lists B, D, E and F