

# 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 Crossroad Academies.
- Students who are physically unable to take all elements of the test are expected to take as many as their condition permits.
- At Crossroad Academies, this test is given after school time or on Saturday.
- 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.