



Dear Springs Charter Schools Parent/Guardian,

All 5th, 7th, and 9th-grade students in the state of California are given the **Physical Fitness Test (PFT)**. This test does not count as part of your child's grade, but it is required by the state to ensure children are active and healthy according to national fitness standards. The enclosed information will provide you with background on the test as well as links to find more information.

We are excited to announce that this year we will be conducting the PFT for some students during their morning Learning Center classes on the date provided on the attached schedule. If your student is not on campus on the scheduled testing day/time, please see the schedule below for other times and options.

If your 5th, 7th, or 9th-grade child does not attend a Learning Center class, you are invited to attend any of the open sessions below. Please choose the location and date that is most convenient for your family.

If your child has PFT accommodations, health limitations, asthma, or other restrictions, please let the proctor know before your student's testing begins. Your child will be asked to participate in all activities within his/her capability. Any serious health concerns should also be addressed with your ES prior to testing. We will be testing even with inclement weather so please ensure your student is dressed accordingly.

If you would like more information on specific activities that will be administered during testing, or for details regarding California Physical Fitness testing, you may find that here: www.SpringsCS.org/PE-Test

Thank you,

Janan Willes

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Assistant Director

Assessment Department

PHYSICAL FITNESS TEST

Why is physical fitness important?

Physical fitness has been shown to help children handle stress and control weight; build and maintain healthy bones, muscles, and joints; increase self-esteem and the capacity for learning, and strengthen peer relationships.

New!

We will be PFT testing some students during their Learning Center classes. You can view the dates for your student's test below.

- Our team will pull 5th, 7th, and 9th-grade students from their morning classes on the date provided on the attached list to complete the PFT testing.
- If your student is not on campus on the scheduled testing day, please see the information below for other times and options.
- **Please ensure your child wears appropriate clothing and shoes on testing day.**

Get Prepared -

Talk with your child about the test • Get 60 minutes of activity every day • Get a good night's sleep and eat a nutritious breakfast before testing • Help your child plan fitness activities to meet their goals

Who participates?

Grade
5



Grade
7



Grade
9



For students that don't attend a learning center class or miss the day of testing, we have other options available for you.

- You can choose any of the testing locations listed on the following page.
- When you arrive on testing day, please sign in at the check-in area.
- We may have a line of students waiting to be tested.
- Testing will occur in the order of arrival.
- Testing takes approx 20 minutes, please wait for your student in the assigned parent waiting area.
- We will not be able to test late arrivals. (Sign in by the time listed below.)
- You may bring your own mat, towel, and water bottle.



Physical Fitness Testing Dates Spring 2023

LC = Learning Center (i.e. students who regularly attend Learning Center Class(es) at that location)

ILP = Independent Learning Program (i.e. students in Homeschool, Venture Online, Virtual Academy, Keys, and Montessori Voyage)

<p>Otay Ranch Academy for the Arts 1615 Mater Dei Dr., Chula Vista, CA 91913</p> <p>Monday, Feb 6 9:00 a.m.-10:00 a.m. LC students ONLY 10:00 a.m.-11:00 a.m. ILP students</p>	<p>Santa Ana Student Center 2121 North Grand Ave, Santa Ana, CA 92705</p> <p>Tuesday, Feb 14 9:00 a.m.-10:00 a.m. LC students ONLY 10:00 a.m.-12:00 p.m. ILP students</p>
<p>Hemet Resource Center 105 N. Girard St., Hemet, CA 92544</p> <p>Wednesday, Feb 15 9:00 a.m.-10:00 a.m. LC students ONLY 10:00 a.m.-12:00 p.m. ILP students</p>	<p>Corona Student Center 510 West Second St., Corona, CA 92882</p> <p>Thursday, Feb 16 1:00 a.m.-2:00 a.m. LC students ONLY 2:00 p.m.-4:00 p.m. ILP students</p>
<p>Enterprise Resource Center 27447 Enterprise Circle West, Temecula, CA 92590</p> <p>Tuesday, Feb 21 9:00 a.m.-10:00 a.m. LC students ONLY 10:00 a.m.-12:00 p.m. ILP students</p>	<p>Enterprise Resource Center 27447 Enterprise Circle West, Temecula, CA 92590</p> <p>Wednesday, Feb 22 9:45 a.m.-10:00 a.m. 9th grade LC students 10:00 a.m.-12:00 p.m. ILP students</p>
<p>Pathfinder Student Center 4260 Tequesquite Ave, Riverside, CA 92501</p> <p>Thursday, Feb 23 10:45 a.m.-11:45 a.m. LC students ONLY 12:00 p.m.-2:00 p.m. ILP students</p>	<p>Rancho Personalized Learning Center 8968 Archibald Ave, Rancho Cucamonga, CA 91730</p> <p>Friday, Feb 24 8:45 a.m.-9:45 a.m. LC students ONLY 9:45 a.m.-11:45a.m. ILP students</p>
<p>Vista Student Center 700 E Bobier Dr., Vista, CA 92084</p> <p>Friday, Feb 24 9:00 a.m.-10:00 a.m. LC students ONLY 11:00 a.m.-12:00 p.m. ILP students</p>	<p>Del Rio Student Center 745 N Perris Blvd, Perris, CA 92571</p> <p>Tuesday, Feb 28 8:00 a.m.-9:00 a.m. LC students ONLY 9:00 a.m.-11:00 a.m. ILP students</p>
<p>Cherry Valley Co-Op 10257 Beaumont Ave., Cherry Valley, CA 92223</p> <p>Friday, Mar 3 9:00 a.m.-10:00 a.m. LC students ONLY 10:00 a.m.-11:45 a.m. ILP students</p>	<p>Palm Academy 81840 Ave 46, Indio, CA 92201</p> <p>During CAASPP testing in April.</p>