

March 2022

Dear Parent or Guardian:

Our students in grade seven will be administered the required California Physical Fitness Test, also called the PFT, this school year. For more information about the PFT, and why students take the PFT, we ask that you please read the [letter](#) that was sent earlier this month.

Attire for Preparation and Test Administration

As you may be aware, El Rancho Unified School District has been working on upgrading the locker room facilities for our students at all three middle schools. At the moment, our locker rooms continue to be unavailable for students to dress in their physical education uniforms and we want them to be dressed appropriately when they take the PFT. While there is no mandated attire for students taking the PFT, it is important that students dress comfortably to do their best during the PFT administration. Comfortable clothing may include:

- t-shirt
- sweat pants or sweat shorts
- socks with comfortable running/walking shoes

With that in mind, we would like to ask students to dress to their comfort level for physical activity on the following dates: **Now until Mar 18, 2022**

Students may complete the PFT in their daily attire, but they must keep in mind that they will be performing physical activity on the dates listed above. If you would like to learn more about the PFT, click the link above and visit the [CDE Parent Guides to Understanding](#) web page. If you have any questions about attire, your child's participation in the PFT, the FITNESSGRAM®, or the test results, please contact Mr. Wynn at twynn@erusd.org

Sincerely,

Dr. Ventura- Rincon