

All 9th grade students are required to take the California Physical Fitness test during the spring semester. Students who do not pass 5 out of the 6 fitness areas are required to enroll in a PE course each of the following years and retake the fitness test until the student meets the passing criteria. All six tests must be taken and results recorded. The test will be given on the following dates:

9th graders enrolled in COED-PE or Adaptive PE: You will take the test during your PE class period during the spring semester.

9th graders NOT ENROLLED in a COED-PE class (i.e. Athletes, Marching Band, Pageantry/Color Guard, Dance Class members) you must take the test next Tuesday morning, during the late start period. See information below. *Make-Up date is March 17 at 7:30 AM.*

9th Grade students in Athletics, Marching Band, Pageantry/Color Guard, Dance)
(All others will take the test during their COED or Adaptive PE class)

Date: Tuesday, March 16, 2010

Time: 7:30 AM, DO NOT BE LATE

Where: Report to the Gym

**Dress: Appropriate athletic clothes for fitness test activities.
Proper RUNNING SHOES.**

6 Fitness areas of the test: You must pass 5 out of the 6 areas

Aerobic Capacity (mile run)
Abdominal Strength and Endurance (sit ups)
Upper Body Strength and Endurance (push ups)
Body Composition (height and weight)
Trunk Extensor Strength and Flexibility
Flexibility (sit and reach)

For more information, please contact your coach, teacher or Mr. Scoggin (PE Department Chairperson) sscoggin@iusd.org