

California Physical Fitness Test  
Source: California Department of Education

<b>Marina Village Middle</b>			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	222	86.9	13.1
Body Composition	222	88.7	11.3
Abdominal Strength	222	93.2	6.8
Trunk Extension Strength	222	98.2	1.8
Upper Body Strength	222	93.7	6.3
Flexibility	222	87.8	12.2
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	144	64.9	64.9
5 of 6 fitness standards	53	23.9	88.7
4 of 6 fitness standards	16	7.2	95.9
3 of 6 fitness standards	7	3.2	99.1
2 of 6 fitness standards	2	0.9	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	222	100	

<b>Rolling Hills Middle</b>			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	264	89.4	10.6
Body Composition	264	88.3	11.7
Abdominal Strength	264	93.6	6.4
Trunk Extension Strength	264	96.2	3.8
Upper Body Strength	264	91.7	8.3
Flexibility	264	82.6	17.4
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	154	58.3	58.3
5 of 6 fitness standards	76	28.8	87.1
4 of 6 fitness standards	28	10.6	97.7
3 of 6 fitness standards	3	1.1	98.9
2 of 6 fitness standards	2	0.8	99.6
1 of 6 fitness standards	1	0.4	100
0 of 6 fitness standards	0	0	100
Total tested	264	100	

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<b>Oak Ridge High</b>			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	530	85.8	14.2
Body Composition	530	91.1	8.9
Abdominal Strength	530	97.4	2.6
Trunk Extension Strength	530	91.5	8.5
Upper Body Strength	530	87	13
Flexibility	530	80	20
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	317	59.8	59.8
5 of 6 fitness standards	128	24.2	84
4 of 6 fitness standards	47	8.9	92.8
3 of 6 fitness standards	24	4.5	97.4
2 of 6 fitness standards	9	1.7	99.1
1 of 6 fitness standards	4	0.8	99.8
0 of 6 fitness standards	1	0.2	100
Total tested	530	100	

<b>Ponderosa High School</b>			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	498	75.7	24.3
Body Composition	498	80.1	19.9
Abdominal Strength	498	93.2	6.8
Trunk Extension Strength	498	98.8	1.2
Upper Body Strength	498	68.7	31.3
Flexibility	498	75.1	24.9
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	188	37.8	37.8
5 of 6 fitness standards	171	34.3	72.1
4 of 6 fitness standards	82	16.5	88.6
3 of 6 fitness standards	31	6.2	94.8
2 of 6 fitness standards	19	3.8	98.6
1 of 6 fitness standards	6	1.2	99.8
0 of 6 fitness standards	1	0.2	100
Total tested	498	100	

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<b>Union Mine High School</b>			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	241	73	27
Body Composition	241	80.5	19.5
Abdominal Strength	241	90.9	9.1
Trunk Extension Strength	241	88.4	11.6
Upper Body Strength	241	72.6	27.4
Flexibility	241	76.3	23.7
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	111	46.1	46.1
5 of 6 fitness standards	52	21.6	67.6
4 of 6 fitness standards	34	14.1	81.7
3 of 6 fitness standards	18	7.5	89.2
2 of 6 fitness standards	20	8.3	97.5
1 of 6 fitness standards	5	2.1	99.6
0 of 6 fitness standards	1	0.4	100
Total tested	241	100	

<b>Camerado Springs Middle School</b>			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	221	95	5
Body Composition	221	83.7	16.3
Abdominal Strength	221	98.6	1.4
Trunk Extension Strength	221	96.4	3.6
Upper Body Strength	221	86.9	13.1
Flexibility	221	87.3	12.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	143	64.7	64.7
5 of 6 fitness standards	51	23.1	87.8
4 of 6 fitness standards	19	8.6	96.4
3 of 6 fitness standards	7	3.2	99.5
2 of 6 fitness standards	0	0	99.5
1 of 6 fitness standards	1	0.5	100
0 of 6 fitness standards	0	0	100
Total tested	221	100	

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<b>Pleasant Grove Middle School</b>			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	217	62.7	37.3
Body Composition	217	71.9	28.1
Abdominal Strength	217	86.6	13.4
Trunk Extension Strength	217	90.3	9.7
Upper Body Strength	217	82.9	17.1
Flexibility	217	90.8	9.2
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	93	42.9	42.9
5 of 6 fitness standards	69	31.8	74.7
4 of 6 fitness standards	20	9.2	83.9
3 of 6 fitness standards	19	8.8	92.6
2 of 6 fitness standards	6	2.8	95.4
1 of 6 fitness standards	1	0.5	95.9
0 of 6 fitness standards	9	4.1	100
Total tested	217	100	

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<b>El Dorado County</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,051	69.5	30.5
Body Composition	2,051	80.3	19.7
Abdominal Strength	2,051	85.1	14.9
Trunk Extension Strength	2,051	91	9
Upper Body Strength	2,051	78.4	21.6
Flexibility	2,051	76.8	23.2
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	884	43.1	43.1
5 of 6 fitness standards	488	23.8	66.9
4 of 6 fitness standards	328	16	82.9
3 of 6 fitness standards	198	9.7	92.5
2 of 6 fitness standards	87	4.2	96.8
1 of 6 fitness standards	43	2.1	98.9
0 of 6 fitness standards	23	1.1	100
Total tested	2,051	100	

<b>El Dorado County</b>			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,144	75.7	24.3
Body Composition	2,144	77.8	22.2
Abdominal Strength	2,144	90.1	9.9
Trunk Extension Strength	2,144	94.1	5.9
Upper Body Strength	2,144	83.4	16.6
Flexibility	2,144	81.7	18.3
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	1,032	48.1	48.1
5 of 6 fitness standards	573	26.7	74.9
4 of 6 fitness standards	289	13.5	88.3
3 of 6 fitness standards	131	6.1	94.4
2 of 6 fitness standards	71	3.3	97.8
1 of 6 fitness standards	32	1.5	99.3
0 of 6 fitness standards	16	0.7	100
Total tested	2,144	100	

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<b>El Dorado County</b>			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,442	72.9	27.1
Body Composition	2,442	81.2	18.8
Abdominal Strength	2,442	93.7	6.3
Trunk Extension Strength	2,442	94.4	5.6
Upper Body Strength	2,442	79.5	20.5
Flexibility	2,442	76	24
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	1,108	45.4	45.4
5 of 6 fitness standards	689	28.2	73.6
4 of 6 fitness standards	320	13.1	86.7
3 of 6 fitness standards	185	7.6	94.3
2 of 6 fitness standards	96	3.9	98.2
1 of 6 fitness standards	34	1.4	99.6
0 of 6 fitness standards	10	0.4	100
Total tested	2,442	100	