

California Physical Fitness Test
 Source: California Department of Education

Clayton B. Wire			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	84	20.2	79.8
Body Composition	84	69	31
Abdominal Strength	84	63.1	36.9
Trunk Extension Strength	84	94	6
Upper Body Strength	84	65.5	34.5
Flexibility	84	53.6	46.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	3	3.6	3.6
5 of 6 fitness standards	25	29.8	33.3
4 of 6 fitness standards	25	29.8	63.1
3 of 6 fitness standards	12	14.3	77.4
2 of 6 fitness standards	11	13.1	90.5
1 of 6 fitness standards	6	7.1	97.6
0 of 6 fitness standards	2	2.4	100
Total tested	84	100	

Earl Warren			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	65	80	20
Body Composition	65	72.3	27.7
Abdominal Strength	65	86.2	13.8
Trunk Extension Strength	65	86.2	13.8
Upper Body Strength	65	50.8	49.2
Flexibility	65	76.9	23.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	17	26.2	26.2
5 of 6 fitness standards	21	32.3	58.5
4 of 6 fitness standards	13	20	78.5
3 of 6 fitness standards	9	13.8	92.3
2 of 6 fitness standards	3	4.6	96.9
1 of 6 fitness standards	2	3.1	100
0 of 6 fitness standards	0	0	100
Total tested	65	100	

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Elder Creek Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	115	70.4	29.6
Body Composition	115	74.8	25.2
Abdominal Strength	115	82.6	17.4
Trunk Extension Strength	115	95.7	4.3
Upper Body Strength	115	70.4	29.6
Flexibility	115	62.6	37.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	39	33.9	33.9
5 of 6 fitness standards	32	27.8	61.7
4 of 6 fitness standards	17	14.8	76.5
3 of 6 fitness standards	14	12.2	88.7
2 of 6 fitness standards	9	7.8	96.5
1 of 6 fitness standards	3	2.6	99.1
0 of 6 fitness standards	1	0.9	100
Total tested	115	100	

Joseph Bonnheim Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	67	98.5	1.5
Body Composition	67	56.7	43.3
Abdominal Strength	67	92.5	7.5
Trunk Extension Strength	67	92.5	7.5
Upper Body Strength	67	77.6	22.4
Flexibility	67	70.1	29.9
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	24	35.8	35.8
5 of 6 fitness standards	25	37.3	73.1
4 of 6 fitness standards	8	11.9	85.1
3 of 6 fitness standards	6	9	94
2 of 6 fitness standards	4	6	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	67	100	

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Peter Burnett			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	103	86.4	13.6
Body Composition	103	65	35
Abdominal Strength	103	94.2	5.8
Trunk Extension Strength	103	87.4	12.6
Upper Body Strength	103	81.6	18.4
Flexibility	103	87.4	12.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	58	56.3	56.3
5 of 6 fitness standards	20	19.4	75.7
4 of 6 fitness standards	12	11.7	87.4
3 of 6 fitness standards	4	3.9	91.3
2 of 6 fitness standards	2	1.9	93.2
1 of 6 fitness standards	5	4.9	98.1
0 of 6 fitness standards	2	1.9	100
Total tested	103	100	

Tahoe Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	44	61.4	38.6
Body Composition	44	56.8	43.2
Abdominal Strength	44	79.5	20.5
Trunk Extension Strength	44	81.8	18.2
Upper Body Strength	44	50	50
Flexibility	44	79.5	20.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	11	25	25
5 of 6 fitness standards	13	29.5	54.5
4 of 6 fitness standards	9	20.5	75
3 of 6 fitness standards	2	4.5	79.5
2 of 6 fitness standards	1	2.3	81.8
1 of 6 fitness standards	5	11.4	93.2
0 of 6 fitness standards	3	6.8	100
Total tested	44	100	

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Will C. Wood Middle			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	381	60.9	39.1
Body Composition	381	60.9	39.1
Abdominal Strength	381	90	10
Trunk Extension Strength	381	85	15
Upper Body Strength	381	52.2	47.8
Flexibility	381	74.8	25.2
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	100	26.2	26.2
5 of 6 fitness standards	98	25.7	52
4 of 6 fitness standards	61	16	68
3 of 6 fitness standards	64	16.8	84.8
2 of 6 fitness standards	33	8.7	93.4
1 of 6 fitness standards	23	6	99.5
0 of 6 fitness standards	2	0.5	100
Total tested	381	100	

Hiram Johnson			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	269	26.4	73.6
Body Composition	269	59.9	40.1
Abdominal Strength	269	69.5	30.5
Trunk Extension Strength	269	78.1	21.9
Upper Body Strength	269	51.7	48.3
Flexibility	269	63.6	36.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	28	10.4	10.4
5 of 6 fitness standards	63	23.4	33.8
4 of 6 fitness standards	62	23	56.9
3 of 6 fitness standards	37	13.8	70.6
2 of 6 fitness standards	33	12.3	82.9
1 of 6 fitness standards	31	11.5	94.4
0 of 6 fitness standards	15	5.6	100
Total tested	269	100	

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West Campus			
	Grade 9		
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	221	71.5	28.5
Body Composition	221	72.4	27.6
Abdominal Strength	221	90	10
Trunk Extension Strength	221	83.7	16.3
Upper Body Strength	221	78.7	21.3
Flexibility	221	79.2	20.8
	Grade 9		
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	104	47.1	47.1
5 of 6 fitness standards	57	25.8	72.9
4 of 6 fitness standards	26	11.8	84.6
3 of 6 fitness standards	9	4.1	88.7
2 of 6 fitness standards	5	2.3	91
1 of 6 fitness standards	1	0.5	91.4
0 of 6 fitness standards	19	8.6	100
Total tested	221	100	

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Sacramento City Unified			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	3,742	62.7	37.3
Body Composition	3,742	67.9	32.1
Abdominal Strength	3,742	78.3	21.7
Trunk Extension Strength	3,742	77	23
Upper Body Strength	3,742	67.8	32.2
Flexibility	3,742	72.7	27.3
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	1,008	26.9	26.9
5 of 6 fitness standards	896	23.9	50.9
4 of 6 fitness standards	759	20.3	71.2
3 of 6 fitness standards	530	14.2	85.3
2 of 6 fitness standards	318	8.5	93.8
1 of 6 fitness standards	170	4.5	98.4
0 of 6 fitness standards	61	1.6	100
Total tested	3,742	100	

Sacramento City Unified			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	3,349	63.4	36.6
Body Composition	3,349	67.2	32.8
Abdominal Strength	3,349	79.6	20.4
Trunk Extension Strength	3,349	87	13
Upper Body Strength	3,349	69.8	30.2
Flexibility	3,349	82	18
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	1,069	31.9	31.9
5 of 6 fitness standards	859	25.6	57.6
4 of 6 fitness standards	609	18.2	75.8
3 of 6 fitness standards	429	12.8	88.6
2 of 6 fitness standards	247	7.4	95.9
1 of 6 fitness standards	107	3.2	99.1
0 of 6 fitness standards	29	0.9	100
Total tested	3,349	100	

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Sacramento City Unified			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,799	50	50
Body Composition	2,799	66.3	33.7
Abdominal Strength	2,799	79.1	20.9
Trunk Extension Strength	2,799	75.8	24.2
Upper Body Strength	2,799	65.7	34.3
Flexibility	2,799	72.5	27.5
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	666	23.8	23.8
5 of 6 fitness standards	721	25.8	49.6
4 of 6 fitness standards	573	20.5	70
3 of 6 fitness standards	338	12.1	82.1
2 of 6 fitness standards	211	7.5	89.6
1 of 6 fitness standards	131	4.7	94.3
0 of 6 fitness standards	159	5.7	100
Total tested	2,799	100	

Sacramento County			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	17,961	61.2	38.8
Body Composition	17,961	69.2	30.8
Abdominal Strength	17,961	80.3	19.7
Trunk Extension Strength	17,961	84.2	15.8
Upper Body Strength	17,961	66.8	33.2
Flexibility	17,961	73.2	26.8
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	4,957	27.6	27.6
5 of 6 fitness standards	4,694	26.1	53.7
4 of 6 fitness standards	3,543	19.7	73.5
3 of 6 fitness standards	2,446	13.6	87.1
2 of 6 fitness standards	1,357	7.6	94.6
1 of 6 fitness standards	677	3.8	98.4
0 of 6 fitness standards	287	1.6	100
Total tested	17,961	100	

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Sacramento County			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	17,439	59.9	40.1
Body Composition	17,439	69.3	30.7
Abdominal Strength	17,439	85.6	14.4
Trunk Extension Strength	17,439	85.1	14.9
Upper Body Strength	17,439	71.5	28.5
Flexibility	17,439	79.4	20.6
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	5,452	31.3	31.3
5 of 6 fitness standards	4,675	26.8	58.1
4 of 6 fitness standards	3,271	18.8	76.8
3 of 6 fitness standards	2,196	12.6	89.4
2 of 6 fitness standards	1,183	6.8	96.2
1 of 6 fitness standards	503	2.9	99.1
0 of 6 fitness standards	159	0.9	100
Total tested	17,439	100	

Sacramento County			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	16,413	57	43
Body Composition	16,413	70.3	29.7
Abdominal Strength	16,413	86.9	13.1
Trunk Extension Strength	16,413	84.3	15.7
Upper Body Strength	16,413	70.9	29.1
Flexibility	16,413	75.8	24.2
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	4,863	29.6	29.6
5 of 6 fitness standards	4,621	28.2	57.8
4 of 6 fitness standards	3,169	19.3	77.1
3 of 6 fitness standards	1,924	11.7	88.8
2 of 6 fitness standards	963	5.9	94.7
1 of 6 fitness standards	400	2.4	97.1
0 of 6 fitness standards	473	2.9	100
Total tested	16,413	100	