

California Physical Fitness Test
 Source: California Department of Education

Fairsite			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	90	38.9	61.1
Body Composition	90	47.8	52.2
Abdominal Strength	90	78.9	21.1
Trunk Extension Strength	90	96.7	3.3
Upper Body Strength	90	60	40
Flexibility	90	51.1	48.9
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	10	11.1	11.1
5 of 6 fitness standards	23	25.6	36.7
4 of 6 fitness standards	21	23.3	60
3 of 6 fitness standards	13	14.4	74.4
2 of 6 fitness standards	16	17.8	92.2
1 of 6 fitness standards	6	6.7	98.9
0 of 6 fitness standards	1	1.1	100
Total tested	90	100	

Greer (Vernon E.)			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	220	56.8	43.2
Body Composition	220	58.2	41.8
Abdominal Strength	220	86.4	13.6
Trunk Extension Strength	220	95.5	4.5
Upper Body Strength	220	64.1	35.9
Flexibility	220	60	40
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	55	25	25
5 of 6 fitness standards	47	21.4	46.4
4 of 6 fitness standards	58	26.4	72.7
3 of 6 fitness standards	29	13.2	85.9
2 of 6 fitness standards	15	6.8	92.7
1 of 6 fitness standards	12	5.5	98.2
0 of 6 fitness standards	4	1.8	100
Total tested	220	100	

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Marengo Ranch			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	135	70.4	29.6
Body Composition	135	69.6	30.4
Abdominal Strength	135	96.3	3.7
Trunk Extension Strength	135	98.5	1.5
Upper Body Strength	135	88.1	11.9
Flexibility	135	78.5	21.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	60	44.4	44.4
5 of 6 fitness standards	39	28.9	73.3
4 of 6 fitness standards	19	14.1	87.4
3 of 6 fitness standards	13	9.6	97
2 of 6 fitness standards	3	2.2	99.3
1 of 6 fitness standards	1	0.7	100
0 of 6 fitness standards	0	0	100
Total tested	135	100	

McCaffrey			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	285	71.9	28.1
Body Composition	285	69.8	30.2
Abdominal Strength	285	94.7	5.3
Trunk Extension Strength	285	94	6
Upper Body Strength	285	86	14
Flexibility	285	75.1	24.9
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	122	42.8	42.8
5 of 6 fitness standards	87	30.5	73.3
4 of 6 fitness standards	33	11.6	84.9
3 of 6 fitness standards	26	9.1	94
2 of 6 fitness standards	11	3.9	97.9
1 of 6 fitness standards	2	0.7	98.6
0 of 6 fitness standards	4	1.4	100
Total tested	285	100	

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River Oaks			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	94	61.7	38.3
Body Composition	94	80.9	19.1
Abdominal Strength	94	91.5	8.5
Trunk Extension Strength	94	94.7	5.3
Upper Body Strength	94	75.5	24.5
Flexibility	94	70.2	29.8
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	32	34	34
5 of 6 fitness standards	28	29.8	63.8
4 of 6 fitness standards	20	21.3	85.1
3 of 6 fitness standards	8	8.5	93.6
2 of 6 fitness standards	4	4.3	97.9
1 of 6 fitness standards	2	2.1	100
0 of 6 fitness standards	0	0	100
Total tested	94	100	

Valley Oaks			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	123	75.6	24.4
Body Composition	123	61	39
Abdominal Strength	123	85.4	14.6
Trunk Extension Strength	123	97.6	2.4
Upper Body Strength	123	72.4	27.6
Flexibility	123	60.2	39.8
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	45	36.6	36.6
5 of 6 fitness standards	27	22	58.5
4 of 6 fitness standards	22	17.9	76.4
3 of 6 fitness standards	14	11.4	87.8
2 of 6 fitness standards	6	4.9	92.7
1 of 6 fitness standards	9	7.3	100
0 of 6 fitness standards	0	0	100
Total tested	123	100	

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Galt High			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	559	41	59
Body Composition	559	70.5	29.5
Abdominal Strength	559	79.4	20.6
Trunk Extension Strength	559	89.1	10.9
Upper Body Strength	559	67.8	32.2
Flexibility	559	69.4	30.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	103	18.4	18.4
5 of 6 fitness standards	168	30.1	48.5
4 of 6 fitness standards	141	25.2	73.7
3 of 6 fitness standards	70	12.5	86.2
2 of 6 fitness standards	36	6.4	92.7
1 of 6 fitness standards	28	5	97.7
0 of 6 fitness standards	13	2.3	100
Total tested	559	100	

New Hope			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	24	37.5	62.5
Body Composition	24	66.7	33.3
Abdominal Strength	24	87.5	12.5
Trunk Extension Strength	24	62.5	37.5
Upper Body Strength	24	58.3	41.7
Flexibility	24	70.8	29.2
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	7	29.2	29.2
5 of 6 fitness standards	5	20.8	50
4 of 6 fitness standards	3	12.5	62.5
3 of 6 fitness standards	2	8.3	70.8
2 of 6 fitness standards	2	8.3	79.2
1 of 6 fitness standards	3	12.5	91.7
0 of 6 fitness standards	2	8.3	100
Total tested	24	100	

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New Hope			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	23	65.2	34.8
Body Composition	23	73.9	26.1
Abdominal Strength	23	82.6	17.4
Trunk Extension Strength	23	65.2	34.8
Upper Body Strength	23	52.2	47.8
Flexibility	23	78.3	21.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	5	21.7	21.7
5 of 6 fitness standards	6	26.1	47.8
4 of 6 fitness standards	4	17.4	65.2
3 of 6 fitness standards	5	21.7	87
2 of 6 fitness standards	2	8.7	95.7
1 of 6 fitness standards	1	4.3	100
0 of 6 fitness standards	0	0	100
Total tested	23	100	

Oak View			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	40	75	25
Body Composition	40	65	35
Abdominal Strength	40	85	15
Trunk Extension Strength	40	75	25
Upper Body Strength	40	67.5	32.5
Flexibility	40	57.5	42.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	13	32.5	32.5
5 of 6 fitness standards	8	20	52.5
4 of 6 fitness standards	8	20	72.5
3 of 6 fitness standards	4	10	82.5
2 of 6 fitness standards	3	7.5	90
1 of 6 fitness standards	2	5	95
0 of 6 fitness standards	2	5	100
Total tested	40	100	

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Oak View			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	34	82.4	17.6
Body Composition	34	55.9	44.1
Abdominal Strength	34	85.3	14.7
Trunk Extension Strength	34	82.4	17.6
Upper Body Strength	34	70.6	29.4
Flexibility	34	50	50
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	6	17.6	17.6
5 of 6 fitness standards	11	32.4	50
4 of 6 fitness standards	9	26.5	76.5
3 of 6 fitness standards	4	11.8	88.2
2 of 6 fitness standards	3	8.8	97.1
1 of 6 fitness standards	0	0	97.1
0 of 6 fitness standards	1	2.9	100
Total tested	34	100	

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Arcohe			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	59	64.4	35.6
Body Composition	59	76.3	23.7
Abdominal Strength	59	91.5	8.5
Trunk Extension Strength	59	93.2	6.8
Upper Body Strength	59	81.4	18.6
Flexibility	59	86.4	13.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	29	49.2	49.2
5 of 6 fitness standards	11	18.6	67.8
4 of 6 fitness standards	9	15.3	83.1
3 of 6 fitness standards	7	11.9	94.9
2 of 6 fitness standards	2	3.4	98.3
1 of 6 fitness standards	1	1.7	100
0 of 6 fitness standards	0	0	100
Total tested	59	100	

Arcohe			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	68	73.5	26.5
Body Composition	68	66.2	33.8
Abdominal Strength	68	97.1	2.9
Trunk Extension Strength	68	86.8	13.2
Upper Body Strength	68	79.4	20.6
Flexibility	68	79.4	20.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	25	36.8	36.8
5 of 6 fitness standards	21	30.9	67.6
4 of 6 fitness standards	11	16.2	83.8
3 of 6 fitness standards	8	11.8	95.6
2 of 6 fitness standards	2	2.9	98.5
1 of 6 fitness standards	1	1.5	100
0 of 6 fitness standards	0	0	100
Total tested	68	100	

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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	

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	

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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	

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Cum. Percent

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% Not in HFZ

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Cum. Percent

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% Not in HFZ

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Cum. Percent

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