

California Physical Fitness Test  
Source: California Department of Education

<b>Luther Burbank High</b>			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	512	39.8	60.2
Body Composition	512	68	32
Abdominal Strength	512	87.5	12.5
Trunk Extension Strength	512	83.8	16.2
Upper Body Strength	512	67.4	32.6
Flexibility	512	72.9	27.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	98	19.1	19.1
5 of 6 fitness standards	163	31.8	51
4 of 6 fitness standards	105	20.5	71.5
3 of 6 fitness standards	77	15	86.5
2 of 6 fitness standards	38	7.4	93.9
1 of 6 fitness standards	17	3.3	97.3
0 of 6 fitness standards	14	2.7	100
Total tested	512	100	

<b>Charles M. Goethe Middle</b>			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Abdominal Strength	60	46.7	53.3
Trunk Extension Strength	60	60	40
Upper Body Strength	60	70	30
Flexibility	60	26.7	73.3
Upper Body Strength	60	41.7	58.3
Flexibility	60	76.7	23.3
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	3	5	5
5 of 6 fitness standards	8	13.3	18.3
4 of 6 fitness standards	19	31.7	50
3 of 6 fitness standards	10	16.7	66.7
2 of 6 fitness standards	13	21.7	88.3
1 of 6 fitness standards	3	5	93.3
0 of 6 fitness standards	4	6.7	100
Total tested	60	100	

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<b>Freeport Elementary</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	81	44.4	55.6
Body Composition	81	69.1	30.9
Abdominal Strength	81	29.6	70.4
Trunk Extension Strength	81	74.1	25.9
Upper Body Strength	81	49.4	50.6
Flexibility	81	61.7	38.3
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	6	7.4	7.4
5 of 6 fitness standards	15	18.5	25.9
4 of 6 fitness standards	14	17.3	43.2
3 of 6 fitness standards	20	24.7	67.9
2 of 6 fitness standards	15	18.5	86.4
1 of 6 fitness standards	9	11.1	97.5
0 of 6 fitness standards	2	2.5	100
Total tested	81	100	

<b>Cesar Chavez Intermediate</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	53	60.4	39.6
Body Composition	53	56.6	43.4
Abdominal Strength	53	94.3	5.7
Trunk Extension Strength	53	96.2	3.8
Upper Body Strength	53	58.5	41.5
Flexibility	53	66	34
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	17	32.1	32.1
5 of 6 fitness standards	9	17	49.1
4 of 6 fitness standards	9	17	66
3 of 6 fitness standards	11	20.8	86.8
2 of 6 fitness standards	6	11.3	98.1
1 of 6 fitness standards	1	1.9	100
0 of 6 fitness standards	0	0	100
Total tested	53	100	

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<b>John D. Sloat</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	31	64.5	35.5
Body Composition	31	54.8	45.2
Abdominal Strength	31	96.8	3.2
Trunk Extension Strength	31	90.3	9.7
Upper Body Strength	31	74.2	25.8
Flexibility	31	71	29
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	8	25.8	25.8
5 of 6 fitness standards	11	35.5	61.3
4 of 6 fitness standards	5	16.1	77.4
3 of 6 fitness standards	5	16.1	93.5
2 of 6 fitness standards	1	3.2	96.8
1 of 6 fitness standards	0	0	96.8
0 of 6 fitness standards	1	3.2	100
Total tested	31	100	

<b>Sacramento City Unified</b>			
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	

California Physical Fitness Test  
Source: California Department of Education

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	

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	

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<b>John H. Still</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	65	73.8	26.2
Body Composition	65	73.8	26.2
Abdominal Strength	65	63.1	36.9
Trunk Extension Strength	65	93.8	6.2
Upper Body Strength	65	73.8	26.2
Flexibility	65	52.3	47.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	15	23.1	23.1
5 of 6 fitness standards	19	29.2	52.3
4 of 6 fitness standards	14	21.5	73.8
3 of 6 fitness standards	9	13.8	87.7
2 of 6 fitness standards	4	6.2	93.8
1 of 6 fitness standards	4	6.2	100
0 of 6 fitness standards	0	0	100
Total tested	65	100	

<b>John Bidwell Elementary</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	59	62.7	37.3
Body Composition	59	55.9	44.1
Abdominal Strength	59	66.1	33.9
Trunk Extension Strength	59	47.5	52.5
Upper Body Strength	59	74.6	25.4
Flexibility	59	59.3	40.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	10	16.9	16.9
5 of 6 fitness standards	13	22	39
4 of 6 fitness standards	10	16.9	55.9
3 of 6 fitness standards	10	16.9	72.9
2 of 6 fitness standards	5	8.5	81.4
1 of 6 fitness standards	11	18.6	100
0 of 6 fitness standards	0	0	100
Total tested	59	100	

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<b>Mark Hopkins Elementary</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	67	46.3	53.7
Body Composition	67	70.1	29.9
Abdominal Strength	67	20.9	79.1
Trunk Extension Strength	67	92.5	7.5
Upper Body Strength	67	55.2	44.8
Flexibility	67	53.7	46.3
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	4	6	6
5 of 6 fitness standards	15	22.4	28.4
4 of 6 fitness standards	14	20.9	49.3
3 of 6 fitness standards	13	19.4	68.7
2 of 6 fitness standards	12	17.9	86.6
1 of 6 fitness standards	9	13.4	100
0 of 6 fitness standards	0	0	100
Total tested	67	100	

<b>Susan B. Anthony Elementary</b>			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	56	91.1	8.9
Body Composition	56	73.2	26.8
Abdominal Strength	56	98.2	1.8
Trunk Extension Strength	56	92.9	7.1
Upper Body Strength	56	98.2	1.8
Flexibility	56	73.2	26.8
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	27	48.2	48.2
5 of 6 fitness standards	20	35.7	83.9
4 of 6 fitness standards	7	12.5	96.4
3 of 6 fitness standards	1	1.8	98.2
2 of 6 fitness standards	1	1.8	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	56	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	