

California Physical Fitness Test
 Source: California Department of Education

CORDOVA GARDENS			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	68	42.6	57.4
Body Composition	68	63.2	36.8
Abdominal Strength	68	92.6	7.4
Trunk Extension Strength	68	100	0
Upper Body Strength	68	88.2	11.8
Flexibility	68	52.9	47.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	17	25	25
5 of 6 fitness standards	17	25	50
4 of 6 fitness standards	19	27.9	77.9
3 of 6 fitness standards	7	10.3	88.2
2 of 6 fitness standards	7	10.3	98.5
1 of 6 fitness standards	1	1.5	100
0 of 6 fitness standards	0	0	100
Total tested	68	100	

Cordoova High			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Tested			
Aerobic Capacity	611	45.2	54.8
Body Composition	611	66.3	33.7
Abdominal Strength	611	90	10
Trunk Extension Strength	611	67.9	32.1
Upper Body Strength	611	70.7	29.3
Flexibility	611	66.3	33.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	99	16.2	16.2
5 of 6 fitness standards	170	27.8	44
4 of 6 fitness standards	136	22.3	66.3
3 of 6 fitness standards	112	18.3	84.6
2 of 6 fitness standards	71	11.6	96.2
1 of 6 fitness standards	17	2.8	99
0 of 6 fitness standards	6	1	100
Total tested	611	100	

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CORDOVA LANE			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	90	23.3	76.7
Body Composition	90	65.6	34.4
Abdominal Strength	90	65.6	34.4
Trunk Extension Strength	90	98.9	1.1
Upper Body Strength	90	76.7	23.3
Flexibility	90	52.2	47.8
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	13	14.4	14.4
5 of 6 fitness standards	21	23.3	37.8
4 of 6 fitness standards	17	18.9	56.7
3 of 6 fitness standards	20	22.2	78.9
2 of 6 fitness standards	14	15.6	94.4
1 of 6 fitness standards	5	5.6	100
0 of 6 fitness standards	0	0	100
Total tested	90	100	

Cordova Villa			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	57	29.8	70.2
Body Composition	57	71.9	28.1
Abdominal Strength	57	78.9	21.1
Trunk Extension Strength	57	87.7	12.3
Upper Body Strength	57	49.1	50.9
Flexibility	57	73.7	26.3
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	9	15.8	15.8
5 of 6 fitness standards	12	21.1	36.8
4 of 6 fitness standards	18	31.6	68.4
3 of 6 fitness standards	7	12.3	80.7
2 of 6 fitness standards	7	12.3	93
1 of 6 fitness standards	2	3.5	96.5
0 of 6 fitness standards	2	3.5	100
Total tested	57	100	

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Cordova Meadows			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	65	41.5	58.5
Body Composition	65	75.4	24.6
Abdominal Strength	65	87.7	12.3
Trunk Extension Strength	65	95.4	4.6
Upper Body Strength	65	40	60
Flexibility	65	56.9	43.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	10	15.4	15.4
5 of 6 fitness standards	19	29.2	44.6
4 of 6 fitness standards	14	21.5	66.2
3 of 6 fitness standards	11	16.9	83.1
2 of 6 fitness standards	6	9.2	92.3
1 of 6 fitness standards	2	3.1	95.4
0 of 6 fitness standards	3	4.6	100
Total tested	65	100	

Mather Heights Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	70	41.4	58.6
Body Composition	70	77.1	22.9
Abdominal Strength	70	97.1	2.9
Trunk Extension Strength	70	82.9	17.1
Upper Body Strength	70	70	30
Flexibility	70	81.4	18.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	14	20	20
5 of 6 fitness standards	27	38.6	58.6
4 of 6 fitness standards	15	21.4	80
3 of 6 fitness standards	9	12.9	92.9
2 of 6 fitness standards	4	5.7	98.6
1 of 6 fitness standards	1	1.4	100
0 of 6 fitness standards	0	0	100
Total tested	70	100	

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Peter J. Shields Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	65	44.6	55.4
Body Composition	65	83.1	16.9
Abdominal Strength	65	92.3	7.7
Trunk Extension Strength	65	100	0
Upper Body Strength	65	81.5	18.5
Flexibility	65	75.4	24.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	24	36.9	36.9
5 of 6 fitness standards	17	26.2	63.1
4 of 6 fitness standards	12	18.5	81.5
3 of 6 fitness standards	10	15.4	96.9
2 of 6 fitness standards	1	1.5	98.5
1 of 6 fitness standards	1	1.5	100
0 of 6 fitness standards	0	0	100
Total tested	65	100	

Rancho Cordova Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	77	61	39
Body Composition	77	64.9	35.1
Abdominal Strength	77	81.8	18.2
Trunk Extension Strength	77	97.4	2.6
Upper Body Strength	77	42.9	57.1
Flexibility	77	66.2	33.8
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	17	22.1	22.1
5 of 6 fitness standards	22	28.6	50.6
4 of 6 fitness standards	11	14.3	64.9
3 of 6 fitness standards	14	18.2	83.1
2 of 6 fitness standards	8	10.4	93.5
1 of 6 fitness standards	5	6.5	100
0 of 6 fitness standards	0	0	100
Total tested	77	100	

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Riverview Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	38	2.6	97.4
Body Composition	38	78.9	21.1
Abdominal Strength	38	92.1	7.9
Trunk Extension Strength	38	78.9	21.1
Upper Body Strength	38	73.7	26.3
Flexibility	38	57.9	42.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	1	2.6	2.6
5 of 6 fitness standards	12	31.6	34.2
4 of 6 fitness standards	13	34.2	68.4
3 of 6 fitness standards	8	21.1	89.5
2 of 6 fitness standards	2	5.3	94.7
1 of 6 fitness standards	0	0	94.7
0 of 6 fitness standards	2	5.3	100
Total tested	38	100	

White Rock Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	102	61.8	38.2
Body Composition	102	57.8	42.2
Abdominal Strength	102	96.1	3.9
Trunk Extension Strength	102	94.1	5.9
Upper Body Strength	102	76.5	23.5
Flexibility	102	52.9	47.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	18	17.6	17.6
5 of 6 fitness standards	30	29.4	47.1
4 of 6 fitness standards	34	33.3	80.4
3 of 6 fitness standards	15	14.7	95.1
2 of 6 fitness standards	4	3.9	99
1 of 6 fitness standards	1	1	100
0 of 6 fitness standards	0	0	100
Total tested	102	100	

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Williamson Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	65	66.2	33.8
Body Composition	65	69.2	30.8
Abdominal Strength	65	95.4	4.6
Trunk Extension Strength	65	90.8	9.2
Upper Body Strength	65	60	40
Flexibility	65	63.1	36.9
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	17	26.2	26.2
5 of 6 fitness standards	19	29.2	55.4
4 of 6 fitness standards	13	20	75.4
3 of 6 fitness standards	11	16.9	92.3
2 of 6 fitness standards	3	4.6	96.9
1 of 6 fitness standards	1	1.5	98.5
0 of 6 fitness standards	1	1.5	100
Total tested	65	100	

Mills Middle			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	405	40.2	59.8
Body Composition	405	66.7	33.3
Abdominal Strength	405	95.8	4.2
Trunk Extension Strength	405	21.7	78.3
Upper Body Strength	405	60.5	39.5
Flexibility	405	94.8	5.2
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	22	5.4	5.4
5 of 6 fitness standards	109	26.9	32.3
4 of 6 fitness standards	121	29.9	62.2
3 of 6 fitness standards	84	20.7	83
2 of 6 fitness standards	58	14.3	97.3
1 of 6 fitness standards	9	2.2	99.5
0 of 6 fitness standards	2	0.5	100
Total tested	405	100	

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W. E. Mitchell Middle			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	244	73	27
Body Composition	244	71.7	28.3
Abdominal Strength	244	91.4	8.6
Trunk Extension Strength	244	96.7	3.3
Upper Body Strength	244	87.3	12.7
Flexibility	244	87.3	12.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	115	47.1	47.1
5 of 6 fitness standards	71	29.1	76.2
4 of 6 fitness standards	36	14.8	91
3 of 6 fitness standards	10	4.1	95.1
2 of 6 fitness standards	7	2.9	98
1 of 6 fitness standards	5	2	100
0 of 6 fitness standards	0	0	100
Total tested	244	100	

Kinney High (Continuation)			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	26	34.6	65.4
Body Composition	26	0	100
Abdominal Strength	26	65.4	34.6
Trunk Extension Strength	26	96.2	3.8
Upper Body Strength	26	69.2	30.8
Flexibility	26	53.8	46.2
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	0	0	0
5 of 6 fitness standards	6	23.1	23.1
4 of 6 fitness standards	9	34.6	57.7
3 of 6 fitness standards	3	11.5	69.2
2 of 6 fitness standards	1	3.8	73.1
1 of 6 fitness standards	6	23.1	96.2
0 of 6 fitness standards	1	3.8	100
Total tested	26	100	

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Folsom-Cordova Unified			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	1,441	62.3	37.7
Body Composition	1,441	75.5	24.5
Abdominal Strength	1,441	84.4	15.6
Trunk Extension Strength	1,441	96.4	3.6
Upper Body Strength	1,441	66.6	33.4
Flexibility	1,441	77.4	22.6
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	484	33.6	33.6
5 of 6 fitness standards	382	26.5	60.1
4 of 6 fitness standards	295	20.5	80.6
3 of 6 fitness standards	154	10.7	91.3
2 of 6 fitness standards	88	6.1	97.4
1 of 6 fitness standards	34	2.4	99.7
0 of 6 fitness standards	4	0.3	100
Total tested	1,441	100	

Folsom-Cordova Unified			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	1,365	68.3	31.7
Body Composition	1,365	77.7	22.3
Abdominal Strength	1,365	93.7	6.3
Trunk Extension Strength	1,365	83.2	16.8
Upper Body Strength	1,365	75.1	24.9
Flexibility	1,365	87.5	12.5
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	596	43.7	43.7
5 of 6 fitness standards	341	25	68.6
4 of 6 fitness standards	188	13.8	82.4
3 of 6 fitness standards	141	10.3	92.7
2 of 6 fitness standards	77	5.6	98.4
1 of 6 fitness standards	17	1.2	99.6
0 of 6 fitness standards	5	0.4	100
Total tested	1,365	100	

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Folsom-Cordova Unified			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	1,291	55.2	44.8
Body Composition	1,291	75.9	24.1
Abdominal Strength	1,291	93.3	6.7
Trunk Extension Strength	1,291	88.1	11.9
Upper Body Strength	1,291	78.3	21.7
Flexibility	1,291	77.8	22.2
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	414	32.1	32.1
5 of 6 fitness standards	399	30.9	63
4 of 6 fitness standards	248	19.2	82.2
3 of 6 fitness standards	146	11.3	93.5
2 of 6 fitness standards	62	4.8	98.3
1 of 6 fitness standards	17	1.3	99.6
0 of 6 fitness standards	5	0.4	100
Total tested	1,291	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	