

California Physical Fitness Test
 Source: California Department of Education

Beamer			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	61	73.8	26.2
Body Composition	61	75.4	24.6
Abdominal Strength	61	86.9	13.1
Trunk Extension Strength	61	95.1	4.9
Upper Body Strength	61	95.1	4.9
Flexibility	61	47.5	52.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	16	26.2	26.2
5 of 6 fitness standards	25	41	67.2
4 of 6 fitness standards	11	18	85.2
3 of 6 fitness standards	6	9.8	95.1
2 of 6 fitness standards	3	4.9	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	61	100	

Dingle			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	62	67.7	32.3
Body Composition	62	61.3	38.7
Abdominal Strength	62	56.5	43.5
Trunk Extension Strength	62	91.9	8.1
Upper Body Strength	62	50	50
Flexibility	62	43.5	56.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	9	14.5	14.5
5 of 6 fitness standards	12	19.4	33.9
4 of 6 fitness standards	18	29	62.9
3 of 6 fitness standards	5	8.1	71
2 of 6 fitness standards	13	21	91.9
1 of 6 fitness standards	3	4.8	96.8
0 of 6 fitness standards	2	3.2	100
Total tested	62	100	

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Gibson			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	96	75	25
Body Composition	96	70.8	29.2
Abdominal Strength	96	75	25
Trunk Extension Strength	96	86.5	13.5
Upper Body Strength	96	62.5	37.5
Flexibility	96	64.6	35.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	25	26	26
5 of 6 fitness standards	22	22.9	49
4 of 6 fitness standards	29	30.2	79.2
3 of 6 fitness standards	7	7.3	86.5
2 of 6 fitness standards	9	9.4	95.8
1 of 6 fitness standards	2	2.1	97.9
0 of 6 fitness standards	2	2.1	100
Total tested	96	100	

Grafton			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	26	7.7	92.3
Body Composition	26	46.2	53.8
Abdominal Strength	26	61.5	38.5
Trunk Extension Strength	26	100	0
Upper Body Strength	26	15.4	84.6
Flexibility	26	69.2	30.8
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	0	0	0
5 of 6 fitness standards	2	7.7	7.7
4 of 6 fitness standards	9	34.6	42.3
3 of 6 fitness standards	5	19.2	61.5
2 of 6 fitness standards	7	26.9	88.5
1 of 6 fitness standards	3	11.5	100
0 of 6 fitness standards	0	0	100
Total tested	26	100	

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Freeman			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	59	72.9	27.1
Body Composition	59	66.1	33.9
Abdominal Strength	59	93.2	6.8
Trunk Extension Strength	59	93.2	6.8
Upper Body Strength	59	71.2	28.8
Flexibility	59	59.3	40.7
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	19	32.2	32.2
5 of 6 fitness standards	16	27.1	59.3
4 of 6 fitness standards	12	20.3	79.7
3 of 6 fitness standards	5	8.5	88.1
2 of 6 fitness standards	5	8.5	96.6
1 of 6 fitness standards	2	3.4	100
0 of 6 fitness standards	0	0	100
Total tested	59	100	

Rhoda Maxwell			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	80	51.3	48.8
Body Composition	80	72.5	27.5
Abdominal Strength	80	100	0
Trunk Extension Strength	80	98.8	1.3
Upper Body Strength	80	80	20
Flexibility	80	78.8	21.3
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	27	33.8	33.8
5 of 6 fitness standards	23	28.8	62.5
4 of 6 fitness standards	21	26.3	88.8
3 of 6 fitness standards	6	7.5	96.3
2 of 6 fitness standards	3	3.8	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	80	100	

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Plainfield			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	40	62.5	37.5
Body Composition	40	80	20
Abdominal Strength	40	95	5
Trunk Extension Strength	40	92.5	7.5
Upper Body Strength	40	95	5
Flexibility	40	85	15
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	20	50	50
5 of 6 fitness standards	13	32.5	82.5
4 of 6 fitness standards	2	5	87.5
3 of 6 fitness standards	3	7.5	95
2 of 6 fitness standards	0	0	95
1 of 6 fitness standards	2	5	100
0 of 6 fitness standards	0	0	100
Total tested	40	100	

Tafoya			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	129	28.7	71.3
Body Composition	129	48.1	51.9
Abdominal Strength	129	48.1	51.9
Trunk Extension Strength	129	78.3	21.7
Upper Body Strength	129	65.1	34.9
Flexibility	129	50.4	49.6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	4	3.1	3.1
5 of 6 fitness standards	22	17.1	20.2
4 of 6 fitness standards	36	27.9	48.1
3 of 6 fitness standards	26	20.2	68.2
2 of 6 fitness standards	20	15.5	83.7
1 of 6 fitness standards	15	11.6	95.3
0 of 6 fitness standards	6	4.7	100
Total tested	129	100	

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Whitehead			
	Grade 5		
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	52	50	50
Body Composition	52	78.8	21.2
Abdominal Strength	52	73.1	26.9
Trunk Extension Strength	52	96.2	3.8
Upper Body Strength	52	55.8	44.2
Flexibility	52	53.8	46.2
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	13	25	25
5 of 6 fitness standards	12	23.1	48.1
4 of 6 fitness standards	8	15.4	63.5
3 of 6 fitness standards	8	15.4	78.8
2 of 6 fitness standards	7	13.5	92.3
1 of 6 fitness standards	4	7.7	100
0 of 6 fitness standards	0	0	100
Total tested	52	100	

Willow Spring			
	Grade 5		
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	51	84.3	15.7
Body Composition	51	66.7	33.3
Abdominal Strength	51	100	0
Trunk Extension Strength	51	100	0
Upper Body Strength	51	90.2	9.8
Flexibility	51	72.5	27.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	23	45.1	45.1
5 of 6 fitness standards	18	35.3	80.4
4 of 6 fitness standards	5	9.8	90.2
3 of 6 fitness standards	4	7.8	98
2 of 6 fitness standards	1	2	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	51	100	

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Lee Middle			
	Grade 5		
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	364	54.7	45.3
Body Composition	364	60.7	39.3
Abdominal Strength	364	65.7	34.3
Trunk Extension Strength	364	86	14
Upper Body Strength	364	42.3	57.7
Flexibility	364	71.7	28.3
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	68	18.7	18.7
5 of 6 fitness standards	79	21.7	40.4
4 of 6 fitness standards	69	19	59.3
3 of 6 fitness standards	55	15.1	74.5
2 of 6 fitness standards	56	15.4	89.8
1 of 6 fitness standards	31	8.5	98.4
0 of 6 fitness standards	6	1.6	100
Total tested	364	100	

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Douglass			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	443	66.6	33.4
Body Composition	443	69.8	30.2
Abdominal Strength	443	84.2	15.8
Trunk Extension Strength	443	93	7
Upper Body Strength	443	69.3	30.7
Flexibility	443	73.8	26.2
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	158	35.7	35.7
5 of 6 fitness standards	121	27.3	63
4 of 6 fitness standards	48	10.8	73.8
3 of 6 fitness standards	67	15.1	88.9
2 of 6 fitness standards	33	7.4	96.4
1 of 6 fitness standards	11	2.5	98.9
0 of 6 fitness standards	5	1.1	100
Total tested	443	100	

Woodland High			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	409	38.9	61.1
Body Composition	409	67.5	32.5
Abdominal Strength	409	78	22
Trunk Extension Strength	409	94.4	5.6
Upper Body Strength	409	68.5	31.5
Flexibility	409	62.3	37
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	76	18.6	18.6
5 of 6 fitness standards	118	28.9	47.4
4 of 6 fitness standards	91	22.2	69.7
3 of 6 fitness standards	53	13	82.6
2 of 6 fitness standards	39	9.5	92.2
1 of 6 fitness standards	28	6.8	99
0 of 6 fitness standards	4	1	100
Total tested	409	100	

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Pioneer High			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	364	43.1	56.9
Body Composition	364	67.9	32.1
Abdominal Strength	364	81	19
Trunk Extension Strength	364	93.7	6.3
Upper Body Strength	364	77.5	22.5
Flexibility	364	62.6	37.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	77	21.2	21.2
5 of 6 fitness standards	106	29.1	50.3
4 of 6 fitness standards	92	25.3	75.5
3 of 6 fitness standards	39	10.7	86.3
2 of 6 fitness standards	30	8.2	94.5
1 of 6 fitness standards	13	3.6	98.1
0 of 6 fitness standards	7	1.9	100
Total tested	364	100	

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Woodland Joint Unified			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	835	49.1	50.9
Body Composition	835	64.8	35.2
Abdominal Strength	835	79	21
Trunk Extension Strength	835	92.6	7.4
Upper Body Strength	835	49.8	50.2
Flexibility	835	55.1	44.9
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	123	14.7	14.7
5 of 6 fitness standards	192	23	37.7
4 of 6 fitness standards	214	25.6	63.4
3 of 6 fitness standards	151	18.1	81.4
2 of 6 fitness standards	102	12.2	93.7
1 of 6 fitness standards	49	5.9	99.5
0 of 6 fitness standards	4	0.5	100
Total tested	835	100	

Woodland Joint Unified			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	762	64.3	35.7
Body Composition	762	64.3	35.7
Abdominal Strength	762	75.6	24.4
Trunk Extension Strength	762	93	7
Upper Body Strength	762	55.4	44.6
Flexibility	762	75.2	24.8
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	226	29.7	29.7
5 of 6 fitness standards	181	23.8	53.4
4 of 6 fitness standards	106	13.9	67.3
3 of 6 fitness standards	128	16.8	84.1
2 of 6 fitness standards	77	10.1	94.2
1 of 6 fitness standards	37	4.9	99.1
0 of 6 fitness standards	7	0.9	100
Total tested	762	100	

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Woodland Joint Unified			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	778	40.6	59.4
Body Composition	778	67.6	32.4
Abdominal Strength	778	78.9	21.1
Trunk Extension Strength	778	93.6	6.4
Upper Body Strength	778	72.4	27.6
Flexibility	778	62.3	37.7
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	153	19.7	19.7
5 of 6 fitness standards	224	28.8	48.5
4 of 6 fitness standards	184	23.7	72.1
3 of 6 fitness standards	92	11.8	83.9
2 of 6 fitness standards	70	9	92.9
1 of 6 fitness standards	42	5.4	98.3
0 of 6 fitness standards	13	1.7	100
Total tested	778	100	

Yolo County			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,324	57.5	42.5
Body Composition	2,324	68.2	31.8
Abdominal Strength	2,324	79.8	20.2
Trunk Extension Strength	2,324	86.7	13.3
Upper Body Strength	2,324	62.6	37.4
Flexibility	2,324	64.4	35.6
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	647	27.8	27.8
5 of 6 fitness standards	538	23.1	51
4 of 6 fitness standards	453	19.5	70.5
3 of 6 fitness standards	299	12.9	83.3
2 of 6 fitness standards	186	8	91.4
1 of 6 fitness standards	88	3.8	95.1
0 of 6 fitness standards	113	4.9	100
Total tested	2,324	100	

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 Source: California Department of Education

Yolo County			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,140	59.8	40.2
Body Composition	2,140	65.4	34.6
Abdominal Strength	2,140	76.9	23.1
Trunk Extension Strength	2,140	82.1	17.9
Upper Body Strength	2,140	59.1	40.9
Flexibility	2,140	73.1	26.9
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	675	31.5	31.5
5 of 6 fitness standards	452	21.1	52.7
4 of 6 fitness standards	306	14.3	67
3 of 6 fitness standards	296	13.8	80.8
2 of 6 fitness standards	198	9.3	90
1 of 6 fitness standards	92	4.3	94.3
0 of 6 fitness standards	121	5.7	100
Total tested	2,140	100	

Yolo County			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	2,122	47.9	52.1
Body Composition	2,122	66.4	33.6
Abdominal Strength	2,122	82	18
Trunk Extension Strength	2,122	86.7	13.3
Upper Body Strength	2,122	74.5	25.5
Flexibility	2,122	68.2	31.8
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	583	27.5	27.5
5 of 6 fitness standards	575	27.1	54.6
4 of 6 fitness standards	411	19.4	73.9
3 of 6 fitness standards	229	10.8	84.7
2 of 6 fitness standards	133	6.3	91
1 of 6 fitness standards	63	3	94
0 of 6 fitness standards	128	6	100
Total tested	2,122	100	