

California Physical Fitness Test
 Source: California Department of Education

Norman Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	60	43.3	56.7
Body Composition	60	58.3	41.7
Abdominal Strength	60	100	0
Trunk Extension Strength	60	100	0
Upper Body Strength	60	60	40
Flexibility	60	95	5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	15	25	25
5 of 6 fitness standards	17	28.3	53.3
4 of 6 fitness standards	15	25	78.3
3 of 6 fitness standards	13	21.7	100
2 of 6 fitness standards	0	0	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	60	100	

Bridgeway Island Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	77	66.2	33.8
Body Composition	77	80.5	19.5
Abdominal Strength	77	89.6	10.4
Trunk Extension Strength	77	93.5	6.5
Upper Body Strength	77	80.5	19.5
Flexibility	77	83.1	16.9
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	38	49.4	49.4
5 of 6 fitness standards	16	20.8	70.1
4 of 6 fitness standards	13	16.9	87
3 of 6 fitness standards	4	5.2	92.2
2 of 6 fitness standards	4	5.2	97.4
1 of 6 fitness standards	0	0	97.4
0 of 6 fitness standards	2	2.6	100
Total tested	77	100	

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Bryte Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	58	39.7	60.3
Body Composition	58	53.4	46.6
Abdominal Strength	58	81	19
Trunk Extension Strength	58	93.1	6.9
Upper Body Strength	58	67.2	32.8
Flexibility	58	77.6	22.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	8	13.8	13.8
5 of 6 fitness standards	22	37.9	51.7
4 of 6 fitness standards	13	22.4	74.1
3 of 6 fitness standards	6	10.3	84.5
2 of 6 fitness standards	3	5.2	89.7
1 of 6 fitness standards	5	8.6	98.3
0 of 6 fitness standards	1	1.7	100
Total tested	58	100	

Elkhorn Village Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	67	83.6	16.4
Body Composition	67	70.1	29.9
Abdominal Strength	67	100	0
Trunk Extension Strength	67	100	0
Upper Body Strength	67	80.6	19.4
Flexibility	67	94	6
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	39	58.2	58.2
5 of 6 fitness standards	14	20.9	79.1
4 of 6 fitness standards	8	11.9	91
3 of 6 fitness standards	6	9	100
2 of 6 fitness standards	0	0	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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Evergreen Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	52	51.9	48.1
Body Composition	52	59.6	40.4
Abdominal Strength	52	75	25
Trunk Extension Strength	52	44.2	55.8
Upper Body Strength	52	71.2	28.8
Flexibility	52	61.5	38.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	8	15.4	15.4
5 of 6 fitness standards	8	15.4	30.8
4 of 6 fitness standards	12	23.1	53.8
3 of 6 fitness standards	10	19.2	73.1
2 of 6 fitness standards	10	19.2	92.3
1 of 6 fitness standards	3	5.8	98.1
0 of 6 fitness standards	1	1.9	100
Total tested	52	100	

Southport Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	91	69.2	30.8
Body Composition	91	74.7	25.3
Abdominal Strength	91	83.5	16.5
Trunk Extension Strength	91	93.4	6.6
Upper Body Strength	91	69.2	30.8
Flexibility	91	83.5	16.5
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	35	38.5	38.5
5 of 6 fitness standards	27	29.7	68.1
4 of 6 fitness standards	10	11	79.1
3 of 6 fitness standards	10	11	90.1
2 of 6 fitness standards	7	7.7	97.8
1 of 6 fitness standards	2	2.2	100
0 of 6 fitness standards	0	0	100
Total tested	91	100	

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Westfield Village			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	71	52.1	47.9
Body Composition	71	57.7	42.3
Abdominal Strength	71	81.7	18.3
Trunk Extension Strength	71	77.5	22.5
Upper Body Strength	71	63.4	36.6
Flexibility	71	67.6	32.4
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	10	14.1	14.1
5 of 6 fitness standards	20	28.2	42.3
4 of 6 fitness standards	18	25.4	67.6
3 of 6 fitness standards	11	15.5	83.1
2 of 6 fitness standards	8	11.3	94.4
1 of 6 fitness standards	3	4.2	98.6
0 of 6 fitness standards	1	1.4	100
Total tested	71	100	

Westmore Oaks Elementary			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	100	85	15
Body Composition	100	75	25
Abdominal Strength	100	99	1
Trunk Extension Strength	100	99	1
Upper Body Strength	100	78	22
Flexibility	100	89	11
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	58	58	58
5 of 6 fitness standards	26	26	84
4 of 6 fitness standards	5	5	89
3 of 6 fitness standards	7	7	96
2 of 6 fitness standards	3	3	99
1 of 6 fitness standards	0	0	99
0 of 6 fitness standards	1	1	100
Total tested	100	100	

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Golden State Middle			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	546	33.5	66.5
Body Composition	546	62.5	37.5
Abdominal Strength	546	73.6	26.4
Trunk Extension Strength	546	66.8	33.2
Upper Body Strength	546	38.5	61.5
Flexibility	546	67.9	32.1
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	46	8.4	8.4
5 of 6 fitness standards	101	18.5	26.9
4 of 6 fitness standards	127	23.3	50.2
3 of 6 fitness standards	117	21.4	71.6
2 of 6 fitness standards	93	17	88.6
1 of 6 fitness standards	46	8.4	97.1
0 of 6 fitness standards	16	2.9	100
Total tested	546	100	

River City High			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	423	31.2	68.8
Body Composition	423	68.8	31.2
Abdominal Strength	423	80.6	19.4
Trunk Extension Strength	423	62.6	37.4
Upper Body Strength	423	59.3	40.7
Flexibility	423	65	35
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	60	14.2	14.2
5 of 6 fitness standards	97	22.9	37.1
4 of 6 fitness standards	88	20.8	57.9
3 of 6 fitness standards	71	16.8	74.7
2 of 6 fitness standards	56	13.2	87.9
1 of 6 fitness standards	33	7.8	95.7
0 of 6 fitness standards	18	4.3	100
Total tested	423	100	

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Yolo High			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	42	47.6	52.4
Body Composition	42	100	0
Abdominal Strength	42	100	0
Trunk Extension Strength	42	100	0
Upper Body Strength	42	42.9	57.1
Flexibility	42	100	0
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	12	28.6	28.6
5 of 6 fitness standards	14	33.3	61.9
4 of 6 fitness standards	16	38.1	100
3 of 6 fitness standards	0	0	100
2 of 6 fitness standards	0	0	100
1 of 6 fitness standards	0	0	100
0 of 6 fitness standards	0	0	100
Total tested	42	100	

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Washington Unified			
Grade 5			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	586	52.7	47.3
Body Composition	586	67.1	32.9
Abdominal Strength	586	85.2	14.8
Trunk Extension Strength	586	87	13
Upper Body Strength	586	74.1	25.9
Flexibility	586	71.5	28.5
Grade 5			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	161	27.5	27.5
5 of 6 fitness standards	147	25.1	52.6
4 of 6 fitness standards	127	21.7	74.2
3 of 6 fitness standards	84	14.3	88.6
2 of 6 fitness standards	41	7	95.6
1 of 6 fitness standards	21	3.6	99.1
0 of 6 fitness standards	5	0.9	100
Total tested	586	100	

Washington Unified			
Grade 7			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	510	40.2	59.8
Body Composition	510	62.7	37.3
Abdominal Strength	510	69.6	30.4
Trunk Extension Strength	510	60.8	39.2
Upper Body Strength	510	41.6	58.4
Flexibility	510	69.4	30.6
Grade 7			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	54	10.6	10.6
5 of 6 fitness standards	89	17.5	28
4 of 6 fitness standards	106	20.8	48.8
3 of 6 fitness standards	110	21.6	70.4
2 of 6 fitness standards	96	18.8	89.2
1 of 6 fitness standards	41	8	97.3
0 of 6 fitness standards	14	2.7	100
Total tested	510	100	

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Washington Unified			
Grade 9			
Physical Fitness Tasks	Total Tested	% In HFZ	% Not in HFZ
Aerobic Capacity	437	42.8	57.2
Body Composition	437	65.4	34.6
Abdominal Strength	437	88.6	11.4
Trunk Extension Strength	437	95.2	4.8
Upper Body Strength	437	76	24
Flexibility	437	72.1	27.9
Grade 9			
Number of fitness standards achieved	Number	Percent	Cum. Percent
6 of 6 fitness standards	109	24.9	24.9
5 of 6 fitness standards	120	27.5	52.4
4 of 6 fitness standards	97	22.2	74.6
3 of 6 fitness standards	73	16.7	91.3
2 of 6 fitness standards	25	5.7	97
1 of 6 fitness standards	12	2.7	99.8
0 of 6 fitness standards	1	0.2	100
Total tested	437	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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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	