INFORMATION SHEET 04/11/2017 TRUSTEES' MEETING

To: Jim Bridges

For: Board of Trustees

From: Sarah Steen

Re: 2015 – 2016 Physical Fitness Testing (PFT) Data

Please see the attached presentation that provides our District and School Site PFT Test Scores for 2015-2016.

.

Physical Fitness Test 2015-2016 Data

Board Presentation

April 11, 2017

Physical Fitness Testing (PFT)

Since 1996, California *Education Code* (*EC*) Section 60800 has required that each local educational agency (LEA) administer a state-designated physical fitness test (PFT) to all students in grades five, seven, and nine during the month of February, March, April, or May. The test designated for this purpose by the State Board of Education is the *Fitnessgram*®. The Fitnessgram®, developed by The Cooper Institute, provides criterion-referenced standards to evaluate fitness. These standards represent minimum levels of fitness known to be associated with those health and physical characteristics that offer protection against diseases resulting from physical inactivity. Achievement of the fitness standards is based upon a score falling in the Healthy Fitness Zone (HFZ) for each of six fitness areas. The HFZ represents minimal levels of satisfactory achievement on the tasks. The goal is for students to achieve the HFZ for all six fitness areas of the physical fitness test.

The *FITNESSGRAM*®is composed of the following six fitness areas, with a number of test options provided for most areas:

- **Aerobic Capacity:** PACER (Progressive Aerobic Cardiovascular Endurance Run), One-Mile Run, Walk Test (only for ages 13 or older)
- **Body Composition:** Skinfold Measurements, Body Mass Index, Bioelectric Impedance Analyzer
- **Abdominal Strength and Endurance:** Curl-Up
- **Trunk Extensor Strength and Flexibility:** Trunk Lift
- **Upper Body Strength and Endurance:** Push-Up, Modified Pull-Up, Flexed-Arm Hang
- **Flexibility:** Back-Saver Sit and Reach, Shoulder Stretch

5th Grade	Aerobic Capacity	Body Composition	Abdominal Strength	Trunk Extension Strength	Upper Body Strength	Flexibility
Jefferson	87%	76%	92%	94%	76%	94%
Traina	88%	67%	87%	99%	70%	94%
Hawkins	77%	70%	79%	71%	80%	99%
District Overall	84%	71%	86%	87%	75%	96%
California	63%	60%	73%	85%	65%	72%

7th Grade	Aerobic Capacity	Body Composition	Abdominal Strength	Trunk Extension Strength	Upper Body Strength	Flexibility
Jefferson	89%	66%	97%	98%	73%	96%
Traina	80%	59%	84%	100%	62%	91%
Hawkins	88%	74%	91%	84%	82%	89%
District Overall	85%	66%	91%	94%	73%	92%
California	65%	62%	80%	87%	67%	80%

JSD Data: This slide shows the % of students in the HFZ in each of the sixth domains.