INFORMATION SHEET 02/11/2020 TRUSTEES' MEETING

To: Jim Bridges

For: Board of Trustees

From: Sarah Steen

Re: 2018 – 2019 Physical Fitness Test (PFT) Results

Please see the attached presentation that provides our District and School Site PFT Test Scores for 2018-2019.

Important update from the State:

CDE notified LEAs a change in reporting requirements moving forward. Instead of submitting PFT results every year, LEAs will now be required to submit PFT results at least once every two years, in accordance with California Education Code Section 60800. CDE will not be collecting PFT results for 2019-2020 PFT administration.

LEAs are still responsible for reporting aggregate results of the PFT in annual school accountability report card (SARC).

JSD will continue to be diligent in preparing students for the PFT with the primary goal of helping students establish lifetime habits of regular physical activity.

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Physical Fitness Test (PFT) 2018-2019 Data

Board Presentation

February 11, 2020

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

18 - 19 5th Grade	Aerobic Capacity	Body Composition	Abdominal Strength	Trunk Extension Strength	Upper Body Strength	Flexibility
Jefferson	89%	72%	77%	100%	74%	98%
Traina	87%	58%	86%	68%	68%	87%
Hawkins	61%	49%	83%	99%	46%	81%
District Overall	80%	60%	82%	88%	63%	89%
California	60%	59%	69%	84%	61%	70%

17 - 18 5th Grade	Aerobic Capacity	Body Composition	Abdominal Strength	Trunk Extension Strength	Upper Body Strength	Flexibility
Jefferson	83%	70%	82%	97%	76%	96%
Traina	81%	66%	82%	84%	59%	60%
Hawkins	86%	75%	74%	89%	54%	91%
District Overall	83%	70%	80%	90%	63%	82%
California	62%	60%	70%	84%	62%	72%

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

18 - 19 7th Grade	Aerobic Capacity	Body Composition	Abdominal Strength	Trunk Extension Strength	Upper Body Strength	Flexibility
Jefferson	84%	67%	95%	98%	83%	95%
Traina	80%	54%	84%	58%	50%	92%
Hawkins	66%	62%	90%	93%	77%	78%
District Overall	77%	61%	90%	83%	70%	88%
California	61%	60%	77%	86%	63%	79%

17 - 18 7th Grade	Aerobic Capacity	Body Composition	Abdominal Strength	Trunk Extension Strength	Upper Body Strength	Flexibility
Jefferson	81%	62%	91%	98%	84%	95%
Traina	96%	57%	90%	96%	45%	92%
Hawkins	63%	54%	89%	94%	85%	84%
District Overall	80%	58%	90%	96%	72%	91%
California	64%	61%	78%	87%	65%	79%

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

Grade 5 Overall – Meeting Healthy Fitness Zone

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Jefferson Elementary District	Jefferson School	Anthony Traina School	Tom Hawkins School
6 of 6 fitness standards	37.1%	51.8%	34.5%	22.9%
5 of 6 fitness standards	25.7%	27.7%	21.4%	28.6%
4 of 6 fitness standards	14.3%	4.8%	23.8%	14.3%
3 of 6 fitness standards	12.2%	12.0%	8.3%	17.1%
2 of 6 fitness standards	6.8%	1.2%	7.1%	12.9%
1 of 6 fitness standards	3.8%	2.4%	4.8%	4.3%
0 of 6 fitness standards	0.0%	0.0%	0.0%	0.0%
Total Tested % (# STUDENTS)	100% (237)	100% (83)	100% (84)	100% (70)

Grade 7 Overall – Meeting Healthy Fitness Zone

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Jefferson Elementary District	Jefferson School	Anthony Traina School	Tom Hawkins School
6 of 6 fitness standards	39.3%	64.0%	15.8%	36.8%
5 of 6 fitness standards	22.8%	14.0%	33.7%	21.1%
4 of 6 fitness standards	17.9%	8.0%	23.2%	23.2%
3 of 6 fitness standards	10.0%	9.0%	12.6%	8.4%
2 of 6 fitness standards	7.6%	4.0%	8.4%	10.5%
1 of 6 fitness standards	2.4%	1.0%	6.3%	0.0%
0 of 6 fitness standards	0.0%	0.0%	0.0%	0.0%
Total Tested % (# STUDENTS)	100% (290)	100% (100)	100% (95)	100% (95)

Updates for 2019-2020

- CDE notified LEAs a change in reporting requirements moving forward. Instead of submitting PFT results every year, LEAs will now be required to submit PFT results at least once every two years, in accordance with California Education Code Section 60800. CDE will not be collecting PFT results for 2019-2020 PFT administration.
- LEAs are still responsible for reporting aggregate results of the PFT in annual School Accountability Report Card (SARC).
- JSD will continue to be diligent in preparing students for the PFT with the primary goal of helping students establish lifetime habits of regular physical activity.
- Research has established that regular activity, combined with good nutrition, contributes to healthy outcomes by preventing obesity and reducing chronic health conditions, such as diabetes, coronary heart disease, and hypertension.
- PFT results provide information that can be used by teachers to evaluate physical education programs and provide information to parents and guardians to understand their children's fitness levels.