# INFORMATION SHEET 02/12/2019 TRUSTEES' MEETING

To: Jim Bridges

For: Board of Trustees

From: Sarah Steen

Re: 2017 – 2018 Physical Fitness Testing (PFT) Data

Please see the attached presentation that provides our District and School Site PFT Test Scores for 2017-2018.

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# Physical Fitness Test (PFT) 2017-2018 Data

Board Presentation

February 12, 2019

# 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

| 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% |

| 16 - 17 5th Grade | Aerobic Capacity | Body Composition | Abdominal Strength | Trunk Extension Strength | Upper Body Strength | Flexibility |
|---|---|---|---|---|---|---|
| Jefferson | 87% | 72% | 91% | 98% | 80% | 98% |
| Traina | 69% | 52% | 69% | 93% | 61% | 82% |
| Hawkins | 93% | 81% | 84% | 92% | 88% | 94% |
| District Overall | 83% | 69% | 81% | 94% | 77% | 91% |
| California | 62% | 59% | 71% | 85% | 64% | 72% |

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

| 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% |

| 16 - 17 7th Grade | Aerobic Capacity | Body Composition | Abdominal Strength | Trunk Extension Strength | Upper Body Strength | Flexibility |
|---|---|---|---|---|---|---|
| Jefferson | 87% | 65% | 98% | 97% | 79% | 98% |
| Traina | 72% | 56% | 84% | 95% | 67% | 96% |
| Hawkins | 81% | 75% | 96% | 99% | 100% | 89% |
| District Overall | 80% | 65% | 93% | 97% | 80% | 95% |
| California | 65% | 61% | 80% | 87% | 67% | 80% |

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