

CALIFORNIA FITNESS TEST

NOTABLE FACTS:

The California Fitness Test (*Fitnessgram*[®]) is administered annually to all students throughout California enrolled in grades 5, 7, and 9. The test measures six elements of fitness:

- Flexibility
- Agility
- Aerobic Capacity
- Body Composition
- Abdominal Strength
- Trunk Extension

For more information on each school site's results regarding the California Fitness test or the (*Fitnessgram*[®]), visit: <http://www.cde.ca.gov/ta/tg/pf/>.

WHAT IS BEING MEASURED:

To be considered physically fit by California standards, students must achieve the Health Fitness Zone (HFZ) in each of the six elements of fitness. The table below shows the percentage of students that achieved the HFZ in six of six areas over the last three years.

**Percentage of Students Achieving State Fitness Standards
2004-2006**

Level	Poway Unified School District			San Diego County	California
	2004	2005	2006	2006	2006
Grade 5	48.0%	45.8%	48.8%	28.5%	25.6%
Grade 7	49.0%	54.8%	57.4%	33.9%	29.6%
Grade 9	49.1%	55.2%	56.0%	26.2%	27.4%

WHAT THE RESULTS SHOW:

Performance has improved slightly since 2004 at every level and mostly at grades 7 and 9. The percentage achieving the Health Fitness Zone improved significantly in 2005 led by gains in grades 7 and 9. Grade 5 recovered from a decline in 2005. Compared to students in San Diego County and California, almost twice as many Poway Unified students achieved the HFZ in six of six areas tested. Overall, there remains much room for improvement.

NEXT STEPS:

Focus physical education classes on elements of fitness defined by state standards. Encourage personal goal setting and regular monitoring of student progress throughout the year. Provide staff development opportunities for all teachers responsible for physical education.