

# 2014 California Physical Fitness Test Results

---

Lowell Joint School District  
January 5, 2015



# Background

---

- California *Education Code Section 60800* requires each school district to administer a physical fitness test annually to all students in grades five, seven, and nine
  - The State Board of Education designated the *FITNESSGRAM* as the required Physical Fitness Test (PFT) to be administered to students
-

# California Fitness Test Assesses:

---

- Aerobic capacity**
  - Body composition**
  - Abdominal strength and endurance**
  - Trunk extensor strength and flexibility**
  - Upper body strength and endurance**
  - Flexibility**
-

# Performance Standards

---

Each student's performance is classified into the HFZ or other zones, depending on the fitness area, as follows:

## **Aerobic Capacity**

Healthy Fitness Zone

Needs Improvement

Needs Improvement – High Risk

## **Body Composition**

Very Lean

Healthy Fitness Zone

Needs Improvement

Needs Improvement – High Risk

## **Muscle Strength, Endurance, and Flexibility**

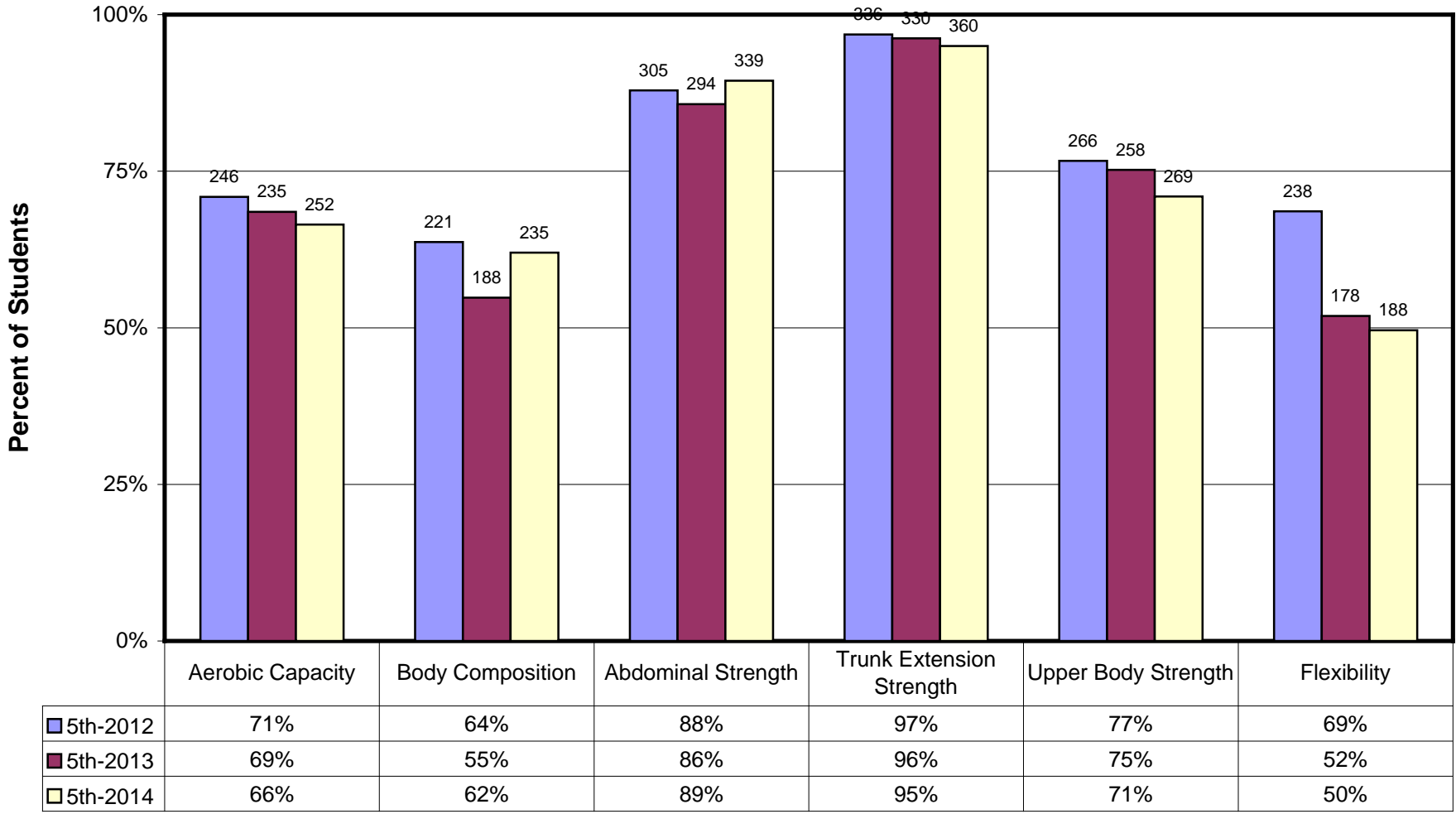
Healthy Fitness Zone

Needs Improvement



## Lowell Joint Percent of Students Passing Fitness Tasks-5th Grade 2012-2014

Bar Number = Number of students



**Fitness Task**

# Conclusions

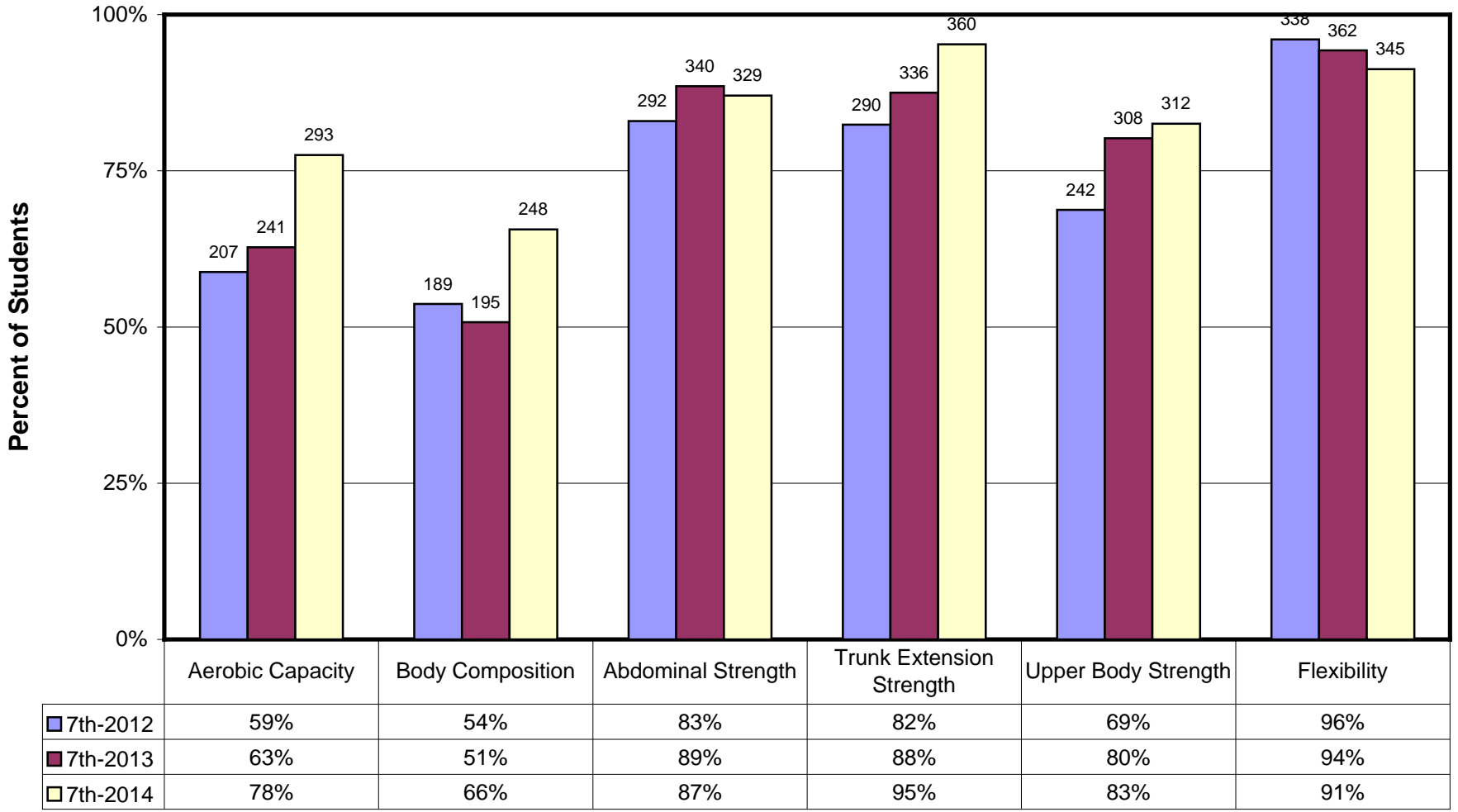
---

## 5<sup>th</sup> Grade Results

- Increase in students meeting the “passing criteria for body composition and abdominal strength.
  - Slight decreases in aerobic capacity, trunk extension strength, and flexibility.
  - Flexibility is the lowest area overall with only 50% of students currently meeting the criteria for passing.
-

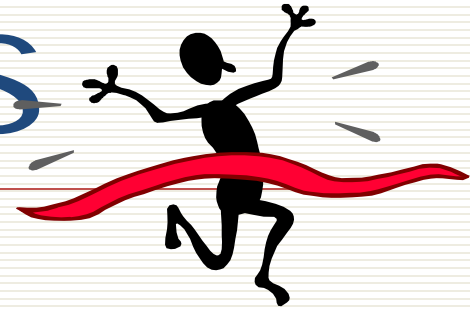
## Lowell Joint Percent of Students Passing Fitness Tasks-7th Grade 2012-2014

Bar Number = Number of students



**Fitness Task**

# Conclusions



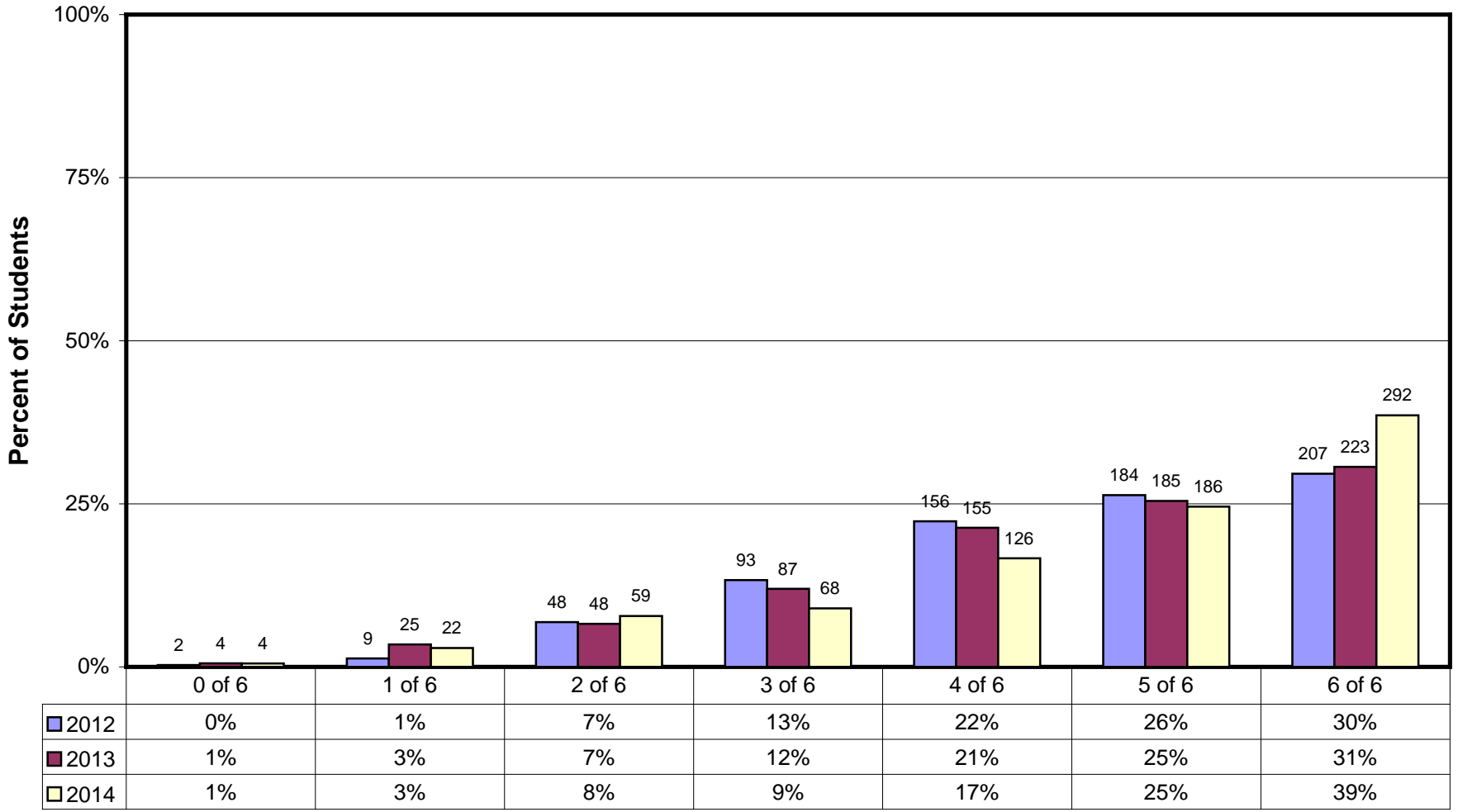
## 7<sup>th</sup> Grade Results

- Significant increases in aerobic capacity, body composition, and trunk extension strength.
- A slight increase in upper body strength.
- Slight decreases in abdominal strength and flexibility; however flexibility is significantly increased from 5<sup>th</sup> grade.



## Lowell Joint Percent of Students Meeting Fitness Standards-Overall 2012-2014

Bar Number = Number of students



**Number of Fitness Standards Achieved**

# Students Meeting Fitness Standards Overall

---

- ❑ Must meet 5 out of 6 standards by the 10<sup>th</sup> grade.
  - ❑ Currently, 64% of 7<sup>th</sup> graders have already met this requirement.
  - ❑ An additional 17% are only one standard away.
-

# Next Steps

---

- Data will be shared at the January principal's meeting.
  - Principals will then share the information with teachers at regularly scheduled staff meetings in January.
  - District will work with Principal's to analyze the data and develop plans for improvement.
-