



CALIFORNIA
DEPARTMENT OF
EDUCATION

2017 California Physical Fitness Report
Overall - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	24	14	58.3	33.3	8.4	21	13	61.9	23.8	14.3	0	0	0.0	0.0	0.0
Body Composition	24	13	54.2	12.5	33.3	21	15	71.4	19.0	9.6	0	0	0.0	0.0	0.0
Abdominal Strength	24	20	83.3	16.7	n/a	21	21	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	24	23	95.8	4.2	n/a	21	21	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	24	15	62.5	37.5	n/a	21	13	61.9	38.1	n/a	0	0	0.0	0.0	n/a
Flexibility	24	16	66.7	33.3	n/a	21	17	81.0	19.0	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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CALIFORNIA
DEPARTMENT OF
EDUCATION

2017 California Physical Fitness Report
Overall - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	6	25.0	25.0	7	33.3	33.3	0	0.0	0.0
5 of 6 fitness standards	7	29.2	54.2	7	33.3	66.6	0	0.0	0.0
4 of 6 fitness standards	3	12.5	66.7	3	14.3	80.9	0	0.0	0.0
3 of 6 fitness standards	3	12.5	79.2	3	14.3	95.2	0	0.0	0.0
2 of 6 fitness standards	4	16.7	95.9	1	4.8	100.0	0	0.0	0.0
1 of 6 fitness standards	1	4.2	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	24	100.0	n/a	21	100.0	n/a	0	0.0	0.0

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² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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CALIFORNIA
DEPARTMENT OF
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2017 California Physical Fitness Report
Subgroup Results - Gender Summary Report
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Students Tested ¹	Number in Grade 5	Percent in Grade 5	Number in Grade 7	Percent in Grade 7	Number in Grade 9	Percent in Grade 9
Females	10	41.7	10	47.6	0	0.0
Males	14	58.3	11	52.4	0	0.0
Total tested	24	100.0	21	100.0	0	0.0

¹Includes partially tested students



CALIFORNIA
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2017 California Physical Fitness Report
Female - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	10	5	50.0	40.0	10.0	10	6	60.0	20.0	20.0	0	0	0.0	0.0	0.0
Body Composition	10	7	70.0	0.0	30.0	10	8	80.0	20.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	10	8	80.0	20.0	n/a	10	10	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	10	10	100.0	0.0	n/a	10	10	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	10	5	50.0	50.0	n/a	10	9	90.0	10.0	n/a	0	0	0.0	0.0	n/a
Flexibility	10	6	60.0	40.0	n/a	10	8	80.0	20.0	n/a	0	0	0.0	0.0	n/a

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n/a Not applicable

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CALIFORNIA
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2017 California Physical Fitness Report
Female - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	2	20.0	20.0	5	50.0	50.0	0	0.0	0.0
5 of 6 fitness standards	2	20.0	100.0	3	30.0	100.0	0	0.0	0.0
4 of 6 fitness standards	3	30.0	100.0	0	0.0	100.0	0	0.0	0.0
3 of 6 fitness standards	2	20.0	100.0	2	20.0	100.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	1	10.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	10	100.0	n/a	10	100.0	n/a	0	0.0	0.0

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CALIFORNIA
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2017 California Physical Fitness Report
Male - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	14	9	64.3	28.6	7.1	11	7	63.6	27.3	9.1	0	0	0.0	0.0	0.0
Body Composition	14	6	42.9	21.4	35.7	11	7	63.6	18.2	18.2	0	0	0.0	0.0	0.0
Abdominal Strength	14	12	85.7	14.3	n/a	11	11	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	14	13	92.9	7.1	n/a	11	11	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	14	10	71.4	28.6	n/a	11	4	36.4	63.6	n/a	0	0	0.0	0.0	n/a
Flexibility	14	10	71.4	28.6	n/a	11	9	81.8	18.2	n/a	0	0	0.0	0.0	n/a

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CALIFORNIA
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2017 California Physical Fitness Report
Male - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	4	28.6	28.6	2	18.2	18.2	0	0.0	0.0
5 of 6 fitness standards	5	35.7	64.3	4	36.4	54.6	0	0.0	0.0
4 of 6 fitness standards	0	0.0	64.3	3	27.3	81.9	0	0.0	0.0
3 of 6 fitness standards	1	7.1	71.4	1	9.1	91.0	0	0.0	0.0
2 of 6 fitness standards	4	28.6	100.0	1	9.1	100.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	14	100.0	n/a	11	100.0	n/a	0	0.0	0.0

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CALIFORNIA
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2017 California Physical Fitness Report
Subgroup Results - Race/Ethnicity Summary Report
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Students Tested ¹	Number in Grade 5	Percent in Grade 5	Number in Grade 7	Percent in Grade 7	Number in Grade 9	Percent in Grade 9
Black or African American	0	0.0	0	0.0	0	0.0
American Indian or Alaska Native	0	0.0	0	0.0	0	0.0
Asian	1	4.2	1	4.8	0	0.0
Filipino	0	0.0	0	0.0	0	0.0
Hispanic or Latino	7	29.2	5	23.8	0	0.0
Native Hawaiian or Pacific Islander	0	0.0	0	0.0	0	0.0
White	14	58.3	14	66.7	0	0.0
Two or more races	2	8.3	1	4.8	0	0.0
Total tested	24	100.0	21	100.0	0	0.0

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CALIFORNIA
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2017 California Physical Fitness Report
Black or African American - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Body Composition	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Flexibility	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a

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Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
5 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
3 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
Total tested ²	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0

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CALIFORNIA
DEPARTMENT OF
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2017 California Physical Fitness Report
American Indian or Alaska Native - Summary of Results
Plaza Elementary

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Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Body Composition	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Flexibility	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a

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Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
5 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
3 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
Total tested ²	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0

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CALIFORNIA
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2017 California Physical Fitness Report
Asian - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	1	0	0.0	100.0	0.0	1	1	100.0	0.0	0.0	0	0	0.0	0.0	0.0
Body Composition	1	1	100.0	0.0	0.0	1	1	100.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	1	1	100.0	0.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	1	1	100.0	0.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	1	1	100.0	0.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Flexibility	1	0	0.0	100.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a

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2017 California Physical Fitness Report
Asian - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

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Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	1	100.0	100.0	0	0.0	0.0
5 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
4 of 6 fitness standards	1	100.0	100.0	0	0.0	100.0	0	0.0	0.0
3 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	1	100.0	n/a	1	100.0	n/a	0	0.0	0.0

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2017 California Physical Fitness Report
Filipino - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Body Composition	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Flexibility	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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2017 California Physical Fitness Report
Filipino - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
5 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
3 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
Total tested ²	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0

¹ Healthy Fitness Zone is a registered trademark of The Cooper Institute

² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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CALIFORNIA
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2017 California Physical Fitness Report
Hispanic or Latino - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	7	2	28.6	57.1	14.3	5	3	60.0	20.0	20.0	0	0	0.0	0.0	0.0
Body Composition	7	0	0.0	28.6	71.4	5	3	60.0	0.0	40.0	0	0	0.0	0.0	0.0
Abdominal Strength	7	5	71.4	28.6	n/a	5	5	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	7	7	100.0	0.0	n/a	5	5	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	7	4	57.1	42.9	n/a	5	3	60.0	40.0	n/a	0	0	0.0	0.0	n/a
Flexibility	7	3	42.9	57.1	n/a	5	3	60.0	40.0	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	2	40.0	40.0	0	0.0	0.0
5 of 6 fitness standards	2	28.6	100.0	0	0.0	100.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	100.0	2	40.0	100.0	0	0.0	0.0
3 of 6 fitness standards	2	28.6	100.0	0	0.0	100.0	0	0.0	0.0
2 of 6 fitness standards	2	28.6	100.0	1	20.0	100.0	0	0.0	0.0
1 of 6 fitness standards	1	14.3	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	7	100.0	n/a	5	100.0	n/a	0	0.0	0.0

¹ Healthy Fitness Zone is a registered trademark of The Cooper Institute

² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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CALIFORNIA
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2017 California Physical Fitness Report
Native Hawaiian or Pacific Islander - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Body Composition	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a
Flexibility	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
5 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
3 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0
Total tested ²	0	0.0	0.0	0	0.0	0.0	0	0.0	0.0

¹ Healthy Fitness Zone is a registered trademark of The Cooper Institute

² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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2017 California Physical Fitness Report
White - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	14	10	71.4	21.4	7.2	14	8	57.1	28.6	14.3	0	0	0.0	0.0	0.0
Body Composition	14	10	71.4	7.1	21.5	14	10	71.4	28.6	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	14	12	85.7	14.3	n/a	14	14	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	14	13	92.9	7.1	n/a	14	14	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	14	8	57.1	42.9	n/a	14	9	64.3	35.7	n/a	0	0	0.0	0.0	n/a
Flexibility	14	12	85.7	14.3	n/a	14	12	85.7	14.3	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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2017 California Physical Fitness Report
White - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	5	35.7	35.7	4	28.6	28.6	0	0.0	0.0
5 of 6 fitness standards	4	28.6	64.3	6	42.9	71.5	0	0.0	0.0
4 of 6 fitness standards	2	14.3	78.6	1	7.1	78.6	0	0.0	0.0
3 of 6 fitness standards	1	7.1	85.7	3	21.4	100.0	0	0.0	0.0
2 of 6 fitness standards	2	14.3	100.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	14	100.0	n/a	14	100.0	n/a	0	0.0	0.0

¹ Healthy Fitness Zone is a registered trademark of The Cooper Institute

² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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CALIFORNIA
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2017 California Physical Fitness Report
Two or more races - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	2	2	100.0	0.0	0.0	1	1	100.0	0.0	0.0	0	0	0.0	0.0	0.0
Body Composition	2	2	100.0	0.0	0.0	1	1	100.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	2	2	100.0	0.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	2	2	100.0	0.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	2	2	100.0	0.0	n/a	1	0	0.0	100.0	n/a	0	0	0.0	0.0	n/a
Flexibility	2	1	50.0	50.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a

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² Includes partially tested students

n/a Not applicable

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CALIFORNIA
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2017 California Physical Fitness Report
Two or more races - Meeting Healthy Fitness Zone¹ Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	1	50.0	50.0	0	0.0	0.0	0	0.0	0.0
5 of 6 fitness standards	1	50.0	100.0	1	100.0	100.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
3 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	2	100.0	n/a	1	100.0	n/a	0	0.0	0.0

¹ Healthy Fitness Zone is a registered trademark of The Cooper Institute

² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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2017 California Physical Fitness Report
Subgroup Results - Economic Summary Report
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Students Tested ¹	Number in Grade 5	Percent in Grade 5	Number in Grade 7	Percent in Grade 7	Number in Grade 9	Percent in Grade 9
Economically Disadvantaged	10	41.7	8	38.1	0	0.0
Not Economically Disadvantaged	0	0.0	12	57.1	0	0.0
No Economic Information	14	58.3	1	4.8	0	0.0
Total tested	24	100.0	21	100.0	0	0.0

¹Includes partially tested students



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2017 California Physical Fitness Report
Economically Disadvantaged - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	10	5	50.0	40.0	10.0	8	5	62.5	12.5	25.0	0	0	0.0	0.0	0.0
Body Composition	10	3	30.0	20.0	50.0	8	6	75.0	12.5	12.5	0	0	0.0	0.0	0.0
Abdominal Strength	10	7	70.0	30.0	n/a	8	8	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	10	9	90.0	10.0	n/a	8	8	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	10	6	60.0	40.0	n/a	8	4	50.0	50.0	n/a	0	0	0.0	0.0	n/a
Flexibility	10	6	60.0	40.0	n/a	8	5	62.5	37.5	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	1	10.0	10.0	3	37.5	37.5	0	0.0	0.0
5 of 6 fitness standards	3	30.0	100.0	1	12.5	100.0	0	0.0	0.0
4 of 6 fitness standards	1	10.0	100.0	2	25.0	100.0	0	0.0	0.0
3 of 6 fitness standards	2	20.0	100.0	1	12.5	100.0	0	0.0	0.0
2 of 6 fitness standards	2	20.0	100.0	1	12.5	100.0	0	0.0	0.0
1 of 6 fitness standards	1	10.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	10	100.0	n/a	8	100.0	n/a	0	0.0	0.0

¹ Healthy Fitness Zone is a registered trademark of The Cooper Institute

² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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2017 California Physical Fitness Report
Not Economically Disadvantaged - Summary of Results
Plaza Elementary

Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	0	0	0.0	0.0	0.0	12	8	66.7	25.0	8.3	0	0	0.0	0.0	0.0
Body Composition	0	0	0.0	0.0	0.0	12	8	66.7	25.0	8.3	0	0	0.0	0.0	0.0
Abdominal Strength	0	0	0.0	0.0	n/a	12	12	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	0	0	0.0	0.0	n/a	12	12	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	0	0	0.0	0.0	n/a	12	8	66.7	33.3	n/a	0	0	0.0	0.0	n/a
Flexibility	0	0	0.0	0.0	n/a	12	11	91.7	8.3	n/a	0	0	0.0	0.0	n/a

¹ HFZ is an acronym for Healthy Fitness Zone, a registered trademark of The Cooper Institute.

² Includes partially tested students

n/a Not applicable

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The PFT performance standards are available on the [CDE FITNESSGRAM: Healthy Fitness Zone Charts Web page](#). Information about the FITNESSGRAM is available on the [Human Kinetics Web site](#).



Additional information can be found at the California Department of Education [Physical Fitness Test Web page](#).

Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	0	0.0	0.0	4	33.3	33.3	0	0.0	0.0
5 of 6 fitness standards	0	0.0	0.0	5	41.7	75.0	0	0.0	0.0
4 of 6 fitness standards	0	0.0	0.0	1	8.3	83.3	0	0.0	0.0
3 of 6 fitness standards	0	0.0	0.0	2	16.7	100.0	0	0.0	0.0
2 of 6 fitness standards	0	0.0	0.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	0.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	0.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	0	0.0	0.0	12	100.0	n/a	0	0.0	0.0

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² Includes partially tested students

³ Column percents may not add up to 100 percent due to rounding

n/a Not applicable

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Physical Fitness Area	Total Tested ² in Grade 5	Number Grade 5 Students in HFZ ¹	% Grade 5 Students in HFZ	% Grade 5 Students in Needs Improvement	% Grade 5 Students in Needs Improvement - High Risk	Total Tested ² in Grade 7	Number Grade 7 Students in HFZ ¹	% Grade 7 Students in HFZ	% Grade 7 Students in Needs Improvement	% Grade 7 Students in Needs Improvement - High Risk	Total Tested ² in Grade 9	Number Grade 9 Students in HFZ ¹	% Grade 9 Students in HFZ	% Grade 9 Students in Needs Improvement	% Grade 9 Students in Needs Improvement - High Risk
Aerobic Capacity	14	9	64.3	28.6	7.1	1	0	0.0	100.0	0.0	0	0	0.0	0.0	0.0
Body Composition	14	10	71.4	7.1	21.5	1	1	100.0	0.0	0.0	0	0	0.0	0.0	0.0
Abdominal Strength	14	13	92.9	7.1	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	14	14	100.0	0.0	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	14	9	64.3	35.7	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Flexibility	14	10	71.4	28.6	n/a	1	1	100.0	0.0	n/a	0	0	0.0	0.0	n/a

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Number of Physical Fitness Areas Meeting the Healthy Fitness Zone	Number in Grade 5	Percent in Grade 5	Cumulative Percent in Grade 5 ³	Number in Grade 7	Percent in Grade 7	Cumulative Percent in Grade 7 ³	Number in Grade 9	Percent in Grade 9	Cumulative Percent in Grade 9 ³
6 of 6 fitness standards	5	35.7	35.7	0	0.0	0.0	0	0.0	0.0
5 of 6 fitness standards	4	28.6	64.3	1	100.0	100.0	0	0.0	0.0
4 of 6 fitness standards	2	14.3	78.6	0	0.0	100.0	0	0.0	0.0
3 of 6 fitness standards	1	7.1	85.7	0	0.0	100.0	0	0.0	0.0
2 of 6 fitness standards	2	14.3	100.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	14	100.0	n/a	1	100.0	n/a	0	0.0	0.0

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