

-REPORT RELEASED-

Each and every year, the California Department of Education requires that every CA 5th, 7th and 9th grader in the state be tested for physical fitness. The 2011 results are abysmal state- and county-wide, and here in our local Santa Clara County schools, with anywhere from 50-200% schools district children assessed *had an increase* in Body Composition from the prior year in every *school district*, and specifically “needs improvement”; what’s more is that many of these kids are in the “high-risk” category.

While the test, known as the Fitnessgram[®], assess capabilities tied to performing chin-ups, curl-ups, and other muscular strength and endurance factors, Body Composition is the most telling factor related to a child’s health today and his/her medical needs in the future, i.e.:, risk for diabetes, cardiovascular disease, such that the American Academy of Pediatrics recently produced guideline recommendations that all children 9-11 years of age have cholesterol levels tested!

HERE ARE YOUR LOCAL ELEMENTARY, MIDDLE & HIGH SCHOOLS RESULTS:



2010-11 California Physical Fitness Report Overall - Comparison of Results

Blossom Hill Elementary

Physical Fitness Area	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	108	90	83.3	16.7	0	0	0.0	100.0	0	0	0.0	100.0
Aerobic Capacity - 2010 ⁵	108	89	82.4	17.6	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2011 ⁴	108	85	78.7	21.3	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2010 ⁵	108	96	88.9	11.1	0	0	0.0	100.0	0	0	0.0	100.0

Daves Avenue Elementary

Physical Fitness Area	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic	107	83	77.6	22.4	0	0	0.0	100.0	0	0	0.0	100.0

Capacity - 2011 ⁴												
Aerobic Capacity - 2010 ⁵	107	84	78.5	21.5	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2011 ⁴	107	73	68.2	31.8	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2010 ⁵	107	90	84.1	15.9	0	0	0.0	100.0	0	0	0.0	100.0

Louise Van Meter Elementary

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	85	65	76.5	23.5	0	0	0.0	100.0	0	0	0.0	100.0
Aerobic Capacity - 2010 ⁵	85	67	78.8	21.2	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2011 ⁴	85	65	76.5	23.5	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2010 ⁵	85	75	88.2	11.8	0	0	0.0	100.0	0	0	0.0	100.0

Lexington Elementary

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	31	28	90.3	9.7	0	0	0.0	100.0	0	0	0.0	100.0
Aerobic Capacity - 2010 ⁵	31	28	90.3	9.7	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2011 ⁴	31	28	90.3	9.7	0	0	0.0	100.0	0	0	0.0	100.0
Body Composition - 2010 ⁵	31	29	93.5	6.5	0	0	0.0	100.0	0	0	0.0	100.0

Raymond J. Fisher Middle

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic	0	0	0.0	100.0	311	264	84.9	15.1	0	0	0.0	100.0

Capacity - 2011 ⁴												
Aerobic Capacity - 2010 ⁵	0	0	0.0	100.0	311	250	80.4	19.6	0	0	0.0	100.0
Body Composition - 2011 ⁴	0	0	0.0	100.0	311	243	78.1	21.9	0	0	0.0	100.0
Body Composition - 2010 ⁵	0	0	0.0	100.0	311	278	89.4	10.6	0	0	0.0	100.0

Los Gatos-Saratoga Joint Union High District

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	0	0	0.0	100.0	0	0	0.0	100.0	740	609	82.3	17.7
Aerobic Capacity - 2010 ⁵	0	0	0.0	100.0	0	0	0.0	100.0	740	598	80.8	19.2
Body Composition - 2011 ⁴	0	0	0.0	100.0	0	0	0.0	100.0	740	539	72.8	27.2
Body Composition - 2010 ⁵	0	0	0.0	100.0	0	0	0.0	100.0	740	629	85.0	15.0

Union Elementary District

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	504	401	79.6	20.4	504	337	66.9	33.1	0	0	0.0	100.0
Aerobic Capacity - 2010 ⁵	504	418	82.9	17.1	504	327	64.9	35.1	0	0	0.0	100.0
Body Composition - 2011 ⁴	504	334	66.3	33.7	504	336	66.7	33.3	0	0	0.0	100.0
Body Composition - 2010 ⁵	504	404	80.2	19.8	504	403	80.0	20.0	0	0	0.0	100.0

Cambrian School District

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic	364	226	62.1	37.9	331	224	67.7	32.3	0	0	0.0	100.0

Capacity - 2011 ⁴												
Aerobic Capacity - 2010 ⁵	364	207	56.9	43.1	331	266	80.4	19.6	0	0	0.0	100.0
Body Composition - 2011 ⁴	364	219	60.2	39.8	331	194	58.6	41.4	0	0	0.0	100.0
Body Composition - 2010 ⁵	364	287	78.8	21.2	331	252	76.1	23.9	0	0	0.0	100.0

Saratoga Union Elementary District

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	258	246	95.3	4.7	299	272	91.0	9.0	0	0	0.0	100.0
Aerobic Capacity - 2010 ⁵	258	237	91.9	8.1	299	281	94.0	6.0	0	0	0.0	100.0
Body Composition - 2011 ⁴	258	200	77.5	22.5	299	233	77.9	22.1	0	0	0.0	100.0
Body Composition - 2010 ⁵	258	234	90.7	9.3	299	269	90.0	10.0	0	0	0.0	100.0

Campbell Union District

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic Capacity - 2011 ⁴	775	534	68.9	31.1	692	480	69.4	30.6	0	0	0.0	100.0
Aerobic Capacity - 2010 ⁵	775	518	66.8	33.2	692	520	75.1	24.9	0	0	0.0	100.0
Body Composition - 2011 ⁴	775	441	56.9	43.1	692	385	55.6	44.4	0	0	0.0	100.0
Body Composition - 2010 ⁵	775	576	74.3	25.7	692	495	71.5	28.5	0	0	0.0	100.0

Moreland Elementary District

<u>Physical Fitness Area</u>	Total Tested ¹ in Grade 5	Number Grade 5 Students in HFZ ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement ³	Total Tested ¹ in Grade 7	Number Grade 7 Students in HFZ ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement ³	Total Tested ¹ in Grade 9	Number Grade 9 Students in HFZ ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement ³
Aerobic	447	362	81.0	19.0	412	272	66.0	34.0	0	0	0.0	100.0

Capacity - 2011 ⁴												
Aerobic Capacity - 2010 ⁵	447	366	81.9	18.1	412	256	62.1	37.9	0	0	0.0	100.0
Body Composition - 2011 ⁴	447	274	61.3	38.7	412	246	59.7	40.3	0	0	0.0	100.0
Body Composition - 2010 ⁵	447	337	75.4	24.6	412	314	76.2	23.8	0	0	0.0	100.0

San Jose Unified District

Physical Fitness Area	Total Tested¹ in Grade 5	Number Grade 5 Students in HFZ²	Percent Grade 5 Students in HFZ	Percent Grade 5 Students in Needs Improvement³	Total Tested¹ in Grade 7	Number Grade 7 Students in HFZ²	Percent Grade 7 Students in HFZ	Percent Grade 7 Students in Needs Improvement³	Total Tested¹ in Grade 9	Number Grade 9 Students in HFZ²	Percent Grade 9 Students in HFZ	Percent Grade 9 Students in Needs Improvement³
Aerobic Capacity - 2011 ⁴	2,391	1,964	82.1	17.9	2,208	1,443	65.4	34.6	1,983	1,346	67.9	32.1
Aerobic Capacity - 2010 ⁵	2,391	2,049	85.7	14.3	2,208	1,538	69.7	30.3	1,983	1,411	71.2	28.8
Body Composition - 2011 ⁴	2,391	1,111	46.5	53.5	2,208	1,209	54.8	45.2	1,983	1,207	60.9	39.1
Body Composition - 2010 ⁵	2,391	1,626	68.0	32.0	2,208	1,523	69.0	31.0	1,983	1,474	74.3	25.7

Source: CDE at <http://data1.cde.ca.gov/dataquest/PhysFitness/PFTDN/Comparison2011.aspx?r=0&t=2&y=2010-11&c=43695340000000&n=0000>