

Table 1  
2009-2010 Physical Fitness Test Results  
Percent of Students in the Healthy Fitness Zone by School

Schools	% in Healthy Fitness Zone					
	Aerobic Capacity	Body Composition	Abdominal Strength/Endurance	Trunk Extensor Strength/Flexibility	Upper Body Strength/Endurance	Overall Flexibility
<b>Elementary</b>						
Anna Kirchgater Elementary	59.6%	64.4%	76.0%	85.6%	65.1%	77.4%
Arlene Hein Elementary	73.2%	83.0%	46.4%	30.1%	41.2%	81.0%
Arnold Adreani Elementary	87.1%	80.6%	89.2%	98.9%	83.9%	94.6%
Arthur C. Butler Elementary	87.2%	73.0%	80.9%	99.3%	87.9%	89.4%
Barbara Comstock Morse Elementary	61.3%	54.2%	81.7%	92.3%	68.3%	89.4%
C.W. Dillard Elementary	88.7%	78.9%	91.5%	94.4%	90.1%	77.5%
Carroll Elementary	68.0%	75.3%	79.3%	64.0%	78.0%	76.7%
Charles Mack Elementary	48.3%	60.2%	72.0%	79.7%	70.3%	71.2%
Cosumnes River Elementary	85.1%	79.1%	92.5%	95.5%	89.6%	91.0%
David Reese Elementary	56.1%	59.8%	62.9%	77.3%	57.6%	75.0%
Edna Batey Elementary	82.1%	75.6%	64.1%	84.6%	79.5%	92.3%
Eliitha Donner Elementary	56.5%	71.4%	50.6%	69.5%	44.8%	83.1%
Elk Grove Elementary	77.9%	77.1%	80.2%	85.5%	80.2%	91.6%
Ellen Feickert Elementary	83.8%	63.2%	79.4%	97.1%	61.8%	80.9%
Elliott Ranch Elementary	87.3%	84.3%	90.3%	88.1%	79.9%	89.6%
Florence Markofer Elementary	68.1%	73.1%	76.5%	31.9%	59.7%	70.6%
Florin Elementary	68.8%	59.7%	77.9%	90.9%	42.9%	85.7%
Foulks Ranch Elementary	68.6%	62.7%	83.0%	92.2%	81.0%	73.2%
Franklin Elementary	86.0%	74.4%	94.2%	93.0%	87.2%	89.5%
Helen Carr Castello Elementary	66.7%	69.2%	69.2%	85.0%	64.2%	84.2%
Herman Leimbach Elementary	62.7%	63.6%	78.0%	90.7%	75.4%	75.4%
Irene B. West Elementary	81.0%	76.2%	78.2%	84.4%	86.4%	83.7%
Isabelle Jackson Elementary	72.5%	65.8%	70.8%	94.2%	50.8%	87.5%
James McKee Elementary	49.4%	75.9%	91.1%	64.6%	35.4%	83.5%
John Ehrhardt Elementary	58.6%	72.1%	77.9%	96.4%	55.0%	77.1%
John Reith Elementary	52.2%	67.0%	64.3%	86.1%	71.3%	76.5%
Joseph Sims Elementary	52.7%	70.9%	81.3%	85.7%	70.9%	91.8%
Maeola Beitzel Elementary	43.1%	63.8%	50.8%	88.5%	43.1%	78.5%
Mary Tsukamoto Elementary	56.2%	65.4%	53.6%	97.4%	67.3%	75.8%
Pleasant Grove Elementary	73.5%	72.1%	76.5%	86.8%	85.3%	88.2%
Prairie Elementary	72.2%	63.9%	81.3%	71.5%	75.7%	81.3%
Raymond Case Elementary	88.5%	74.8%	71.8%	99.2%	58.0%	90.8%
Robert J. Fite Elementary	82.1%	70.5%	84.6%	94.9%	67.9%	97.4%
Roy Herburger Elementary	79.0%	76.2%	51.4%	38.1%	36.2%	87.6%
Samuel Kennedy Elementary	82.9%	55.6%	74.4%	92.3%	67.5%	78.6%
Sierra Enterprise Elementary	58.0%	65.2%	55.1%	65.2%	72.5%	85.5%
Stone Lake Elementary	80.9%	80.9%	81.6%	97.2%	80.1%	94.3%
Sunrise Elementary	87.5%	65.6%	87.5%	96.9%	93.8%	92.2%
Union House Elementary	71.1%	69.7%	73.9%	76.1%	53.5%	79.6%
<b>Elementary School Average</b>	<b>69.9%</b>	<b>70.1%</b>	<b>73.8%</b>	<b>82.5%</b>	<b>67.6%</b>	<b>83.4%</b>
<b>Middle</b>						
Edward Harris, Jr. Middle School	58.7%	69.2%	94.4%	94.6%	52.9%	83.0%
Elizabeth Pinkerton Middle School	80.8%	76.2%	95.6%	73.8%	78.5%	97.4%
Harriet Eddy Middle School	56.0%	67.7%	84.3%	78.8%	74.7%	89.9%
James Rutter Middle School	66.8%	67.5%	88.6%	91.8%	58.6%	77.5%
Joseph Kerr Middle School	80.1%	75.8%	92.6%	97.4%	69.7%	92.6%
Katherine L. Albiani Middle	77.9%	70.7%	95.8%	82.0%	77.3%	87.1%
Samuel Jackman Middle School	82.1%	64.2%	87.0%	64.6%	82.7%	78.3%
T.R. Smedberg Middle School	88.5%	75.6%	92.4%	95.9%	82.8%	91.9%
Toby Johnson Middle School	86.1%	81.2%	90.8%	70.1%	74.2%	96.3%
<b>Middle School Average</b>	<b>75.8%</b>	<b>72.4%</b>	<b>91.5%</b>	<b>82.9%</b>	<b>72.3%</b>	<b>88.4%</b>
<b>High</b>						
Cosumnes Oaks High School	84.7%	75.9%	95.6%	96.4%	86.8%	92.9%
Elk Grove High School	79.5%	76.4%	93.2%	96.9%	88.1%	98.7%
Florin High School	76.2%	71.3%	87.0%	89.7%	74.2%	97.7%
Franklin High School	84.5%	85.2%	94.3%	83.5%	88.1%	93.7%
Laguna Creek High School	80.2%	79.6%	93.8%	89.5%	85.0%	89.3%
Monterey Trail High School	79.8%	74.4%	80.7%	87.8%	83.3%	98.0%
Pleasant Grove High School	87.2%	75.4%	86.3%	82.5%	74.8%	98.2%
Sheldon High School	88.7%	81.7%	97.4%	98.1%	89.4%	99.0%
Valley High School	44.7%	67.1%	86.8%	71.2%	72.6%	77.9%
<b>High School Average</b>	<b>80.1%</b>	<b>77.0%</b>	<b>90.5%</b>	<b>88.4%</b>	<b>82.7%</b>	<b>94.9%</b>
<b>Alternative/Continuation</b>						
Elk Grove Charter School	33.3%	50.0%	100.0%	83.3%	50.0%	100.0%
Las Flores High School	100.0%	72.7%	100.0%	100.0%	90.9%	100.0%
<b>Alternative/Continuation Average</b>	<b>76.5%</b>	<b>70.6%</b>	<b>100.0%</b>	<b>94.1%</b>	<b>76.5%</b>	<b>100.0%</b>
<b>Small Schools</b>						
Jessie Baker School	4.3%	69.6%	4.3%	13.0%	0.0%	47.8%
Non-Public Schools	25.0%	50.0%	25.0%	50.0%	0.0%	0.0%
<b>Small Schools Average</b>	<b>7.4%</b>	<b>66.7%</b>	<b>7.4%</b>	<b>18.5%</b>	<b>0.0%</b>	<b>40.7%</b>
<b>District Average</b>	<b>61.9%</b>	<b>71.4%</b>	<b>72.6%</b>	<b>73.3%</b>	<b>59.8%</b>	<b>81.5%</b>

Note: Includes partially tested students, as of 07-07-10, in grade levels 5, 7, and 9.