



CALIFORNIA
DEPARTMENT OF
EDUCATION

2013 California Physical Fitness Report
Overall - Summary of Results
Millbrae Elementary District

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	250	167	66.8	29.2	4.0	299	262	87.6	6.0	6.4	0	0	0.0	0.0	0.0
Body Composition	250	149	59.6	11.2	29.2	299	204	68.2	13.0	18.8	0	0	0.0	0.0	0.0
Abdominal Strength	250	182	72.8	27.2	n/a	299	286	95.7	4.3	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	250	206	82.4	17.6	n/a	299	294	98.3	1.7	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	250	192	76.8	23.2	n/a	299	249	83.3	16.7	n/a	0	0	0.0	0.0	n/a
Flexibility	250	177	70.8	29.2	n/a	299	293	98.0	2.0	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
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2013 California Physical Fitness Report
Overall - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	57	22.8	22.8	175	58.5	58.5	0	0.0	0.0
5 of 6 fitness standards	69	27.6	50.4	78	26.1	84.6	0	0.0	0.0
4 of 6 fitness standards	58	23.2	73.6	19	6.4	91.0	0	0.0	0.0
3 of 6 fitness standards	33	13.2	86.8	20	6.7	97.7	0	0.0	0.0
2 of 6 fitness standards	23	9.2	96.0	6	2.0	99.7	0	0.0	0.0
1 of 6 fitness standards	9	3.6	99.6	0	0.0	99.7	0	0.0	0.0
0 of 6 fitness standards	1	0.4	100.0	1	0.3	100.0	0	0.0	0.0
Total tested ²	250	100.0	n/a	299	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
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2013 California Physical Fitness Report
Subgroup Results - Gender Summary Report
Millbrae Elementary District

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	114	45.6	149	49.8	0	0.0
Males	136	54.4	150	50.2	0	0.0
Total tested	250	100.0	299	100.0	0	0.0

¹Includes partially tested students



CALIFORNIA
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2013 California Physical Fitness Report
Female - Summary of Results
Millbrae Elementary District

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	114	65	57.0	37.7	5.3	149	127	85.2	8.1	6.7	0	0	0.0	0.0	0.0
Body Composition	114	74	64.9	11.4	23.7	149	108	72.5	10.7	16.8	0	0	0.0	0.0	0.0
Abdominal Strength	114	87	76.3	23.7	n/a	149	140	94.0	6.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	114	93	81.6	18.4	n/a	149	148	99.3	0.7	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	114	81	71.1	28.9	n/a	149	121	81.2	18.8	n/a	0	0	0.0	0.0	n/a
Flexibility	114	96	84.2	15.8	n/a	149	147	98.7	1.3	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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2013 California Physical Fitness Report
Female - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	31	27.2	27.2	92	61.7	61.7	0	0.0	0.0
5 of 6 fitness standards	27	23.7	50.9	31	20.8	82.5	0	0.0	0.0
4 of 6 fitness standards	27	23.7	74.6	12	8.1	90.6	0	0.0	0.0
3 of 6 fitness standards	14	12.3	86.9	10	6.7	97.3	0	0.0	0.0
2 of 6 fitness standards	10	8.8	95.7	3	2.0	99.3	0	0.0	0.0
1 of 6 fitness standards	5	4.4	100.0	0	0.0	99.3	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	1	0.7	100.0	0	0.0	0.0
Total tested ²	114	100.0	n/a	149	100.0	n/a	0	0.0	0.0

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n/a Not applicable

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CALIFORNIA
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2013 California Physical Fitness Report
Male - Summary of Results
Millbrae Elementary District

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	136	102	75.0	22.1	2.9	150	135	90.0	4.0	6.0	0	0	0.0	0.0	0.0
Body Composition	136	75	55.1	11.0	33.9	150	96	64.0	15.3	20.7	0	0	0.0	0.0	0.0
Abdominal Strength	136	95	69.9	30.1	n/a	150	146	97.3	2.7	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	136	113	83.1	16.9	n/a	150	146	97.3	2.7	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	136	111	81.6	18.4	n/a	150	128	85.3	14.7	n/a	0	0	0.0	0.0	n/a
Flexibility	136	81	59.6	40.4	n/a	150	146	97.3	2.7	n/a	0	0	0.0	0.0	n/a

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CALIFORNIA
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2013 California Physical Fitness Report
Male - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	26	19.1	19.1	83	55.3	55.3	0	0.0	0.0
5 of 6 fitness standards	42	30.9	50.0	47	31.3	86.6	0	0.0	0.0
4 of 6 fitness standards	31	22.8	72.8	7	4.7	91.3	0	0.0	0.0
3 of 6 fitness standards	19	14.0	86.8	10	6.7	98.0	0	0.0	0.0
2 of 6 fitness standards	13	9.6	96.4	3	2.0	100.0	0	0.0	0.0
1 of 6 fitness standards	4	2.9	99.3	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	1	0.7	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	136	100.0	n/a	150	100.0	n/a	0	0.0	0.0

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CALIFORNIA
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2013 California Physical Fitness Report
Subgroup Results - Race/Ethnicity Summary Report
Millbrae Elementary District

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	2	0.8	4	1.3	0	0.0
American Indian or Alaska Native	0	0.0	0	0.0	0	0.0
Asian	91	36.4	128	42.8	0	0.0
Filipino	21	8.4	27	9.0	0	0.0
Hispanic or Latino	50	20.0	58	19.4	0	0.0
Native Hawaiian or Pacific Islander	16	6.4	8	2.7	0	0.0
White	60	24.0	61	20.4	0	0.0
Two or more races	10	4.0	13	4.3	0	0.0
Total tested	250	100.0	299	100.0	0	0.0

¹Includes partially tested students



CALIFORNIA
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2013 California Physical Fitness Report
Black or African American - Summary of Results
Millbrae Elementary District

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	4	3	75.0	25.0	0.0	0	0	0.0	0.0	0.0
Body Composition	2	1	50.0	0.0	50.0	4	3	75.0	0.0	25.0	0	0	0.0	0.0	0.0
Abdominal Strength	2	1	50.0	50.0	n/a	4	4	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	4	4	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	4	3	75.0	25.0	n/a	0	0	0.0	0.0	n/a
Flexibility	2	2	100.0	0.0	n/a	4	2	50.0	50.0	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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2013 California Physical Fitness Report
Black or African American - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	2	50.0	50.0	0	0.0	0.0
5 of 6 fitness standards	0	0.0	100.0	1	25.0	100.0	0	0.0	0.0
4 of 6 fitness standards	1	50.0	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	1	25.0	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	4	100.0	n/a	0	0.0	0.0

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CALIFORNIA
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2013 California Physical Fitness Report
American Indian or Alaska Native - Summary of Results
Millbrae Elementary District

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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2013 California Physical Fitness Report
Asian - Summary of Results
Millbrae Elementary District

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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	91	72	79.1	19.8	1.1	128	123	96.1	0.8	3.1	0	0	0.0	0.0	0.0
Body Composition	91	66	72.5	6.6	20.9	128	101	78.9	8.6	12.5	0	0	0.0	0.0	0.0
Abdominal Strength	91	73	80.2	19.8	n/a	128	127	99.2	0.8	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	91	73	80.2	19.8	n/a	128	127	99.2	0.8	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	91	71	78.0	22.0	n/a	128	115	89.8	10.2	n/a	0	0	0.0	0.0	n/a
Flexibility	91	68	74.7	25.3	n/a	128	128	100.0	0.0	n/a	0	0	0.0	0.0	n/a

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2013 California Physical Fitness Report
Asian - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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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	29	31.9	31.9	93	72.7	72.7	0	0.0	0.0
5 of 6 fitness standards	25	27.5	59.4	29	22.7	95.4	0	0.0	0.0
4 of 6 fitness standards	21	23.1	82.5	1	0.8	96.2	0	0.0	0.0
3 of 6 fitness standards	9	9.9	92.4	4	3.1	99.3	0	0.0	0.0
2 of 6 fitness standards	6	6.6	99.0	1	0.8	100.0	0	0.0	0.0
1 of 6 fitness standards	1	1.1	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	91	100.0	n/a	128	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
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2013 California Physical Fitness Report
Filipino - Summary of Results
Millbrae Elementary District

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	21	13	61.9	28.6	9.5	27	26	96.3	0.0	3.7	0	0	0.0	0.0	0.0
Body Composition	21	14	66.7	9.5	23.8	27	19	70.4	11.1	18.5	0	0	0.0	0.0	0.0
Abdominal Strength	21	12	57.1	42.9	n/a	27	26	96.3	3.7	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	21	16	76.2	23.8	n/a	27	26	96.3	3.7	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	21	15	71.4	28.6	n/a	27	24	88.9	11.1	n/a	0	0	0.0	0.0	n/a
Flexibility	21	15	71.4	28.6	n/a	27	26	96.3	3.7	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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2013 California Physical Fitness Report
Filipino - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	23.8	23.8	14	51.9	51.9	0	0.0	0.0
5 of 6 fitness standards	7	33.3	57.1	12	44.4	96.3	0	0.0	0.0
4 of 6 fitness standards	0	0.0	57.1	0	0.0	96.3	0	0.0	0.0
3 of 6 fitness standards	3	14.3	71.4	1	3.7	100.0	0	0.0	0.0
2 of 6 fitness standards	5	23.8	95.2	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	1	4.8	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	21	100.0	n/a	27	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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2013 California Physical Fitness Report
Hispanic or Latino - Summary of Results
Millbrae Elementary District

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	50	21	42.0	52.0	6.0	58	44	75.9	13.8	10.3	0	0	0.0	0.0	0.0
Body Composition	50	20	40.0	12.0	48.0	58	35	60.3	12.1	27.6	0	0	0.0	0.0	0.0
Abdominal Strength	50	35	70.0	30.0	n/a	58	55	94.8	5.2	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	50	46	92.0	8.0	n/a	58	58	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	50	33	66.0	34.0	n/a	58	45	77.6	22.4	n/a	0	0	0.0	0.0	n/a
Flexibility	50	33	66.0	34.0	n/a	58	58	100.0	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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2013 California Physical Fitness Report
Hispanic or Latino - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	10.0	10.0	30	51.7	51.7	0	0.0	0.0
5 of 6 fitness standards	12	24.0	34.0	11	19.0	70.7	0	0.0	0.0
4 of 6 fitness standards	13	26.0	60.0	9	15.5	86.2	0	0.0	0.0
3 of 6 fitness standards	10	20.0	80.0	8	13.8	100.0	0	0.0	0.0
2 of 6 fitness standards	6	12.0	92.0	0	0.0	100.0	0	0.0	0.0
1 of 6 fitness standards	4	8.0	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	50	100.0	n/a	58	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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2013 California Physical Fitness Report
Native Hawaiian or Pacific Islander - Summary of Results
Millbrae Elementary District

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	16	6	37.5	43.8	18.7	8	4	50.0	12.5	37.5	0	0	0.0	0.0	0.0
Body Composition	16	5	31.2	12.5	56.3	8	1	12.5	25.0	62.5	0	0	0.0	0.0	0.0
Abdominal Strength	16	13	81.2	18.8	n/a	8	8	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	16	16	100.0	0.0	n/a	8	8	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	16	14	87.5	12.5	n/a	8	6	75.0	25.0	n/a	0	0	0.0	0.0	n/a
Flexibility	16	10	62.5	37.5	n/a	8	8	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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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	12.5	12.5	1	12.5	12.5	0	0.0	0.0
5 of 6 fitness standards	4	25.0	37.5	3	37.5	100.0	0	0.0	0.0
4 of 6 fitness standards	5	31.2	68.7	2	25.0	100.0	0	0.0	0.0
3 of 6 fitness standards	2	12.5	81.2	2	25.0	100.0	0	0.0	0.0
2 of 6 fitness standards	3	18.8	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	16	100.0	n/a	8	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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2013 California Physical Fitness Report
White - Summary of Results
Millbrae Elementary District

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	60	46	76.7	21.7	1.6	61	50	82.0	11.5	6.5	0	0	0.0	0.0	0.0
Body Composition	60	36	60.0	20.0	20.0	61	37	60.7	19.7	19.6	0	0	0.0	0.0	0.0
Abdominal Strength	60	43	71.7	28.3	n/a	61	55	90.2	9.8	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	60	47	78.3	21.7	n/a	61	61	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	60	48	80.0	20.0	n/a	61	45	73.8	26.2	n/a	0	0	0.0	0.0	n/a
Flexibility	60	41	68.3	31.7	n/a	61	59	96.7	3.3	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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2013 California Physical Fitness Report
White - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	12	20.0	20.0	28	45.9	45.9	0	0.0	0.0
5 of 6 fitness standards	20	33.3	53.3	19	31.1	77.0	0	0.0	0.0
4 of 6 fitness standards	15	25.0	78.3	6	9.8	86.8	0	0.0	0.0
3 of 6 fitness standards	7	11.7	90.0	4	6.6	93.4	0	0.0	0.0
2 of 6 fitness standards	3	5.0	95.0	4	6.6	100.0	0	0.0	0.0
1 of 6 fitness standards	2	3.3	98.3	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	1	1.7	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	60	100.0	n/a	61	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
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2013 California Physical Fitness Report
Two or more races - Summary of Results
Millbrae Elementary District

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	7	70.0	30.0	0.0	13	12	92.3	0.0	7.7	0	0	0.0	0.0	0.0
Body Composition	10	7	70.0	0.0	30.0	13	8	61.5	30.8	7.7	0	0	0.0	0.0	0.0
Abdominal Strength	10	5	50.0	50.0	n/a	13	11	84.6	15.4	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	10	6	60.0	40.0	n/a	13	10	76.9	23.1	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	10	9	90.0	10.0	n/a	13	11	84.6	15.4	n/a	0	0	0.0	0.0	n/a
Flexibility	10	8	80.0	20.0	n/a	13	12	92.3	7.7	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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2013 California Physical Fitness Report
Two or more races - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	3	30.0	30.0	7	53.8	53.8	0	0.0	0.0
5 of 6 fitness standards	1	10.0	100.0	3	23.1	76.9	0	0.0	0.0
4 of 6 fitness standards	3	30.0	100.0	1	7.7	84.6	0	0.0	0.0
3 of 6 fitness standards	2	20.0	100.0	1	7.7	92.3	0	0.0	0.0
2 of 6 fitness standards	0	0.0	100.0	0	0.0	92.3	0	0.0	0.0
1 of 6 fitness standards	1	10.0	100.0	0	0.0	92.3	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	1	7.7	100.0	0	0.0	0.0
Total tested ²	10	100.0	n/a	13	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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2013 California Physical Fitness Report
Subgroup Results - Economic Summary Report
Millbrae Elementary District

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	70	28.0	70	23.4	0	0.0
Not Economically Disadvantaged	163	65.2	210	70.2	0	0.0
No Economic Information	17	6.8	19	6.4	0	0.0
Total tested	250	100.0	299	100.0	0	0.0

¹Includes partially tested students



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2013 California Physical Fitness Report
Economically Disadvantaged - Summary of Results
Millbrae Elementary District

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	70	36	51.4	40.0	8.6	70	53	75.7	12.9	11.4	0	0	0.0	0.0	0.0
Body Composition	70	32	45.7	11.4	42.9	70	37	52.9	20.0	27.1	0	0	0.0	0.0	0.0
Abdominal Strength	70	47	67.1	32.9	n/a	70	67	95.7	4.3	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	70	61	87.1	12.9	n/a	70	69	98.6	1.4	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	70	50	71.4	28.6	n/a	70	54	77.1	22.9	n/a	0	0	0.0	0.0	n/a
Flexibility	70	46	65.7	34.3	n/a	70	68	97.1	2.9	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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2013 California Physical Fitness Report
Economically Disadvantaged - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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	9	12.9	12.9	34	48.6	48.6	0	0.0	0.0
5 of 6 fitness standards	13	18.6	31.5	16	22.9	71.5	0	0.0	0.0
4 of 6 fitness standards	24	34.3	65.8	9	12.9	84.4	0	0.0	0.0
3 of 6 fitness standards	12	17.1	82.9	8	11.4	95.8	0	0.0	0.0
2 of 6 fitness standards	9	12.9	95.8	2	2.9	98.7	0	0.0	0.0
1 of 6 fitness standards	3	4.3	100.0	0	0.0	98.7	0	0.0	0.0
0 of 6 fitness standards	0	0.0	100.0	1	1.4	100.0	0	0.0	0.0
Total tested ²	70	100.0	n/a	70	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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2013 California Physical Fitness Report
Not Economically Disadvantaged - Summary of Results
Millbrae Elementary District

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	163	116	71.2	26.4	2.4	210	193	91.9	3.3	4.8	0	0	0.0	0.0	0.0
Body Composition	163	105	64.4	11.0	24.6	210	155	73.8	10.0	16.2	0	0	0.0	0.0	0.0
Abdominal Strength	163	120	73.6	26.4	n/a	210	203	96.7	3.3	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	163	130	79.8	20.2	n/a	210	206	98.1	1.9	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	163	131	80.4	19.6	n/a	210	180	85.7	14.3	n/a	0	0	0.0	0.0	n/a
Flexibility	163	118	72.4	27.6	n/a	210	207	98.6	1.4	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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2013 California Physical Fitness Report
Not Economically Disadvantaged - Meeting Healthy Fitness Zone¹ Summary of Results
Millbrae Elementary District

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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	40	24.5	24.5	132	62.9	62.9	0	0.0	0.0
5 of 6 fitness standards	52	31.9	56.4	56	26.7	89.6	0	0.0	0.0
4 of 6 fitness standards	31	19.0	75.4	9	4.3	93.9	0	0.0	0.0
3 of 6 fitness standards	21	12.9	88.3	10	4.8	98.7	0	0.0	0.0
2 of 6 fitness standards	14	8.6	96.9	3	1.4	100.0	0	0.0	0.0
1 of 6 fitness standards	5	3.1	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	163	100.0	n/a	210	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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No Economic Information - Summary of Results
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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	17	15	88.2	11.8	0.0	19	16	84.2	10.5	5.3	0	0	0.0	0.0	0.0
Body Composition	17	12	70.6	11.8	17.6	19	12	63.2	21.1	15.7	0	0	0.0	0.0	0.0
Abdominal Strength	17	15	88.2	11.8	n/a	19	16	84.2	15.8	n/a	0	0	0.0	0.0	n/a
Trunk Extension Strength	17	15	88.2	11.8	n/a	19	19	100.0	0.0	n/a	0	0	0.0	0.0	n/a
Upper Body Strength	17	11	64.7	35.3	n/a	19	15	78.9	21.1	n/a	0	0	0.0	0.0	n/a
Flexibility	17	13	76.5	23.5	n/a	19	18	94.7	5.3	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	8	47.1	47.1	9	47.4	47.4	0	0.0	0.0
5 of 6 fitness standards	4	23.5	70.6	6	31.6	79.0	0	0.0	0.0
4 of 6 fitness standards	3	17.6	88.2	1	5.3	84.3	0	0.0	0.0
3 of 6 fitness standards	0	0.0	88.2	2	10.5	94.8	0	0.0	0.0
2 of 6 fitness standards	0	0.0	88.2	1	5.3	100.0	0	0.0	0.0
1 of 6 fitness standards	1	5.9	94.1	0	0.0	100.0	0	0.0	0.0
0 of 6 fitness standards	1	5.9	100.0	0	0.0	100.0	0	0.0	0.0
Total tested ²	17	100.0	n/a	19	100.0	n/a	0	0.0	0.0

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