

Physical Fitness Assessment Initiative

Programmatic Leveling Analysis

Summary of Data Analysis:

Grade	2007-2008 Data FITNESSGRAM® Test (% Achieving Healthy Fitness Zone on all 6 Tests)			2008-2009 Data FITNESSGRAM® Test (% Achieving Healthy Fitness Zone on all 6 Tests)			2009-2010 Data FITNESSGRAM® Test (% Achieving Healthy Fitness Zone on all 6 Tests)		
	Total # Tested	Girls (%)	Boys (%)	Total # Tested	Girls (%)	Boys (%)	Total # Tested	Girls (%)	Boys (%)
3	102,342	33.25	28.60	116,096	36.42	30.89	119,401	37.27	30.98
4	80,539	28.50	21.14	95,842	33.53	24.55	102,709	34.22	25.26
5	66,798	23.82	17.89	79,281	28.02	20.85	87,389	30.12	21.81
6	60,663	23.08	17.60	75,610	28.20	20.55	83,982	30.23	27.70
7	55,441	21.32	17.26	66,950	26.01	19.58	76,555	28.14	21.42
8	48,971	18.99	17.88	60,004	22.28	19.80	67,218	24.18	21.62
9	39,456	13.90	15.04	46,206	16.25	16.14	48,278	17.04	15.71
10	28,650	12.42	13.70	32,865	13.33	13.88	32,069	13.16	12.98
11	21,152	10.68	12.24	24,416	11.10	12.16	23,431	10.6	11.14
12	13,040	8.18	8.96	15,468	8.78	9.25	15,214	8.07	8.54

Students Assessed: 2,658,665
Districts Submitting: 1,074 (84.77%)

Students Assessed: 2,801,486
Districts Submitting: 1,132 (89.42%)

Students Assessed: 2,903,200
Districts Submitting: 1,141 (92.24%)

Summary of Data Analysis:

State level data continued to increase slightly from year two to year three in grades 3-8. With continued focus at the local level in the implementation of evidence-based physical activity and nutrition program, we should continue to see improvement each year. School districts are encouraged to review their own data using the FITNESSGRAM® software reporting systems, as well as other evaluation methods. Students, school personnel, parents and community members are encouraged to utilize this locally-collected data to motivate the implementation of new programs and practices, as well as nurture existing best practices, that will continue to improve the health and well-being of their youth.

Goals for Districts for 2010-2011:

- Collect and submit fitness assessment data representing 100% of eligible students.
- Increase the percentage of student achieving the healthy fitness zone standard in all six required test items.
- Continue to development and implement and/or strengthen goals and objectives for physical activity programs.
- Incorporate Coordinated School Health as part of Campus Improvement Plans.
- Strengthen School Health Advisory Councils to support the implementation of all school health policies and practices.