

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
ALC at Cameron**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	3
05	Boys	1	1	100.0	2	2	100.0	1	0	0.0	1	1	100.0	2	2	100.0	4
Totals		1	1	100.0	2	2	100.0	1	0	0.0	1	1	100.0	2	2	100.0	7

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
ALC at Dunn Loring**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	4	4	100.0	4	1	25.0	3	3	100.0	3	2	66.7	2	1	50.0	19
09	Girls	2	2	100.0	1	1	100.0	2	2	100.0	2	1	50.0	3	1	33.3	3
10	Boys	1	1	100.0	2	1	50.0	4	4	100.0	4	3	75.0	3	3	100.0	7
10	Girls	1	1	100.0	0	0	0.0	1	1	100.0	1	1	100.0	0	0	0.0	4
Totals		8	8	100.0	7	3	42.9	10	10	100.0	10	7	70.0	8	5	62.5	33

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
ALC at Montrose**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	2	2	100.0	2	2	100.0	1	1	100.0	2	2	100.0	2	2	100.0	3
08	Boys	3	3	100.0	3	2	66.7	3	2	67.0	1	1	100.0	3	3	100.0	6
08	Girls	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	1	0	0.0	3
Totals		6	6	100.0	6	5	83.3	5	4	80.0	4	4	100.0	6	5	83.3	12

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
ALC at Mountain View**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
10	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
Totals		0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
ALC at Terra Centre**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
05	Boys	2	1	50.0	2	1	50.0	4	4	100.0	3	2	66.7	2	1	50.0	5
06	Boys	3	3	100.0	2	1	50.0	3	2	67.0	1	1	100.0	2	1	50.0	6
06	Girls	0	0	0.0	0	0	0.0	1	1	100.0	1	1	100.0	0	0	0.0	1
Totals		5	4	80.0	4	2	50.0	8	7	87.5	5	4	80.0	4	2	50.0	14

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Aldrin Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	31	27	87.1	31	26	83.9	31	31	100.0	28	25	89.3	31	29	93.5	32
04	Girls	33	27	81.8	33	33	100.0	33	33	100.0	32	31	96.9	33	28	84.8	33
05	Boys	30	25	83.3	30	23	76.7	29	29	100.0	29	28	96.6	30	25	83.3	30
05	Girls	30	28	93.3	30	28	93.3	30	30	100.0	30	29	96.7	30	29	96.7	30
06	Boys	32	31	96.9	32	29	90.6	32	32	100.0	32	32	100.0	32	29	90.6	32
06	Girls	28	28	100.0	28	28	100.0	28	28	100.0	28	28	100.0	28	28	100.0	28
Totals		184	166	90.2	184	167	90.8	183	183	100.0	179	173	96.6	184	168	91.3	185

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Annandale HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	381	380	99.7	382	276	72.3	387	341	88.0	376	211	56.1	377	304	80.6	395
09	Girls	346	343	99.1	343	255	74.3	352	331	94.0	347	200	57.6	350	256	73.1	359
10	Boys	290	287	99.0	291	197	67.7	296	267	90.0	293	208	71.0	294	245	83.3	305
10	Girls	270	266	98.5	270	177	65.6	279	272	98.0	274	207	75.5	276	212	76.8	286
11	Boys	24	23	95.8	23	13	56.5	25	24	96.0	24	15	62.5	25	22	88.0	29
11	Girls	18	17	94.4	18	4	22.2	18	17	94.0	18	11	61.1	18	12	66.7	23
12	Girls	2	2	100.0	5	1	20.0	5	5	100.0	4	3	75.0	5	1	20.0	5
Totals		1,331	1,318	99.0	1,332	923	69.3	1,362	1,257	92.3	1,336	855	64.0	1,345	1,052	78.2	1,402

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Annandale Terrace Elementary**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
04	Boys	57	51	89.5	56	25	44.6	58	53	91.0	57	55	96.5	58	43	74.1	59
04	Girls	52	45	86.5	52	43	82.7	52	51	98.0	52	51	98.1	52	36	69.2	52
05	Boys	65	65	100.0	65	33	50.8	65	60	92.0	65	63	96.9	65	48	73.8	67
05	Girls	66	62	93.9	66	51	77.3	67	65	97.0	65	61	93.8	66	49	74.2	67
Totals		240	223	92.9	239	152	63.6	242	229	94.6	239	230	96.2	241	176	73.0	245

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Archer Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	66	65	98.5	66	44	66.7	66	52	79.0	65	38	58.5	66	47	71.2	66
04	Girls	74	74	100.0	74	74	100.0	74	68	92.0	75	69	92.0	75	56	74.7	75
05	Boys	85	68	80.0	86	68	79.1	85	79	93.0	86	39	45.3	86	65	75.6	86
05	Girls	72	61	84.7	73	70	95.9	73	68	93.0	73	51	69.9	72	60	83.3	73
06	Boys	58	57	98.3	57	44	77.2	58	57	98.0	58	39	67.2	58	32	55.2	58
06	Girls	61	56	91.8	60	58	96.7	61	58	95.0	61	50	82.0	59	39	66.1	61
Totals		416	381	91.6	416	358	86.1	417	382	91.6	418	286	68.4	416	299	71.9	419

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Armstrong Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	27	26	96.3	29	24	82.8	29	29	100.0	29	29	100.0	29	27	93.1	29
04	Girls	26	22	84.6	26	25	96.2	26	26	100.0	26	26	100.0	26	25	96.2	26
05	Boys	39	36	92.3	37	31	83.8	38	37	97.0	37	36	97.3	39	37	94.9	42
05	Girls	31	29	93.5	32	31	96.9	32	32	100.0	29	29	100.0	32	28	87.5	32
06	Boys	30	28	93.3	19	10	52.6	34	34	100.0	33	33	100.0	34	30	88.2	36
06	Girls	28	25	89.3	19	18	94.7	31	31	100.0	25	25	100.0	31	28	90.3	32
Totals		181	166	91.7	162	139	85.8	190	189	99.5	179	178	99.4	191	175	91.6	197

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Baileys Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	62	53	85.5	55	37	67.3	63	57	91.0	60	57	95.0	65	49	75.4	65
04	Girls	61	55	90.2	60	34	56.7	60	56	93.0	59	57	96.6	61	37	60.7	61
05	Boys	56	53	94.6	52	39	75.0	56	52	93.0	56	54	96.4	56	47	83.9	56
05	Girls	62	57	91.9	53	36	67.9	63	59	94.0	61	61	100.0	63	44	69.8	63
Totals		241	218	90.5	220	146	66.4	242	224	92.6	236	229	97.0	245	177	72.2	245

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Beech Tree Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	28	23	82.1	28	17	60.7	28	23	82.0	28	28	100.0	28	22	78.6	28
04	Girls	34	27	79.4	34	26	76.5	34	30	88.0	35	35	100.0	35	22	62.9	35
05	Boys	36	30	83.3	36	15	41.7	36	28	78.0	36	36	100.0	36	26	72.2	38
05	Girls	38	29	76.3	38	32	84.2	38	37	97.0	38	38	100.0	38	28	73.7	38
Totals		136	109	80.1	136	90	66.2	136	118	86.8	137	137	100.0	137	98	71.5	139

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Belle View Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	26	25	96.2	29	21	72.4	31	29	94.0	29	26	89.7	29	20	69.0	33
04	Girls	26	26	100.0	27	25	92.6	27	27	100.0	26	25	96.2	26	16	61.5	27
05	Boys	16	13	81.3	26	24	92.3	31	29	94.0	30	26	86.7	29	19	65.5	32
05	Girls	13	13	100.0	24	20	83.3	26	26	100.0	26	25	96.2	25	13	52.0	26
06	Boys	24	24	100.0	25	23	92.0	27	26	96.0	25	24	96.0	24	13	54.2	27
06	Girls	15	14	93.3	14	12	85.7	14	14	100.0	14	14	100.0	14	5	35.7	15
Totals		120	115	95.8	145	125	86.2	156	151	96.8	150	140	93.3	147	86	58.5	160

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Belvedere Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	50	47	94.0	49	37	75.5	50	45	90.0	50	47	94.0	36	28	77.8	50
04	Girls	41	37	90.2	42	33	78.6	42	40	95.0	41	39	95.1	33	24	72.7	43
05	Boys	34	34	100.0	35	28	80.0	36	35	97.0	33	32	97.0	36	25	69.4	37
05	Girls	46	46	100.0	48	37	77.1	48	46	96.0	47	46	97.9	47	38	80.9	48
Totals		171	164	95.9	174	135	77.6	176	166	94.3	171	164	95.9	152	115	75.7	178

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Bonnie Brae Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	45	32	71.1	48	18	37.5	48	47	98.0	48	34	70.8	48	45	93.8	49
04	Girls	49	43	87.8	53	51	96.2	53	52	98.0	53	44	83.0	53	49	92.5	53
05	Boys	57	46	80.7	57	31	54.4	57	56	98.0	57	51	89.5	57	54	94.7	57
05	Girls	44	37	84.1	44	39	88.6	45	44	98.0	44	38	86.4	44	41	93.2	45
06	Boys	46	41	89.1	46	29	63.0	46	45	98.0	46	40	87.0	46	43	93.5	47
06	Girls	48	41	85.4	47	36	76.6	48	46	96.0	48	46	95.8	47	43	91.5	48
Totals		289	240	83.0	295	204	69.2	297	290	97.6	296	253	85.5	295	275	93.2	299

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Braddock Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	56	55	98.2	56	33	58.9	56	53	95.0	55	50	90.9	56	53	94.6	56
04	Girls	47	43	91.5	47	46	97.9	47	47	100.0	46	44	95.7	47	38	80.9	47
05	Boys	49	46	93.9	49	39	79.6	49	47	96.0	49	42	85.7	49	41	83.7	49
05	Girls	51	50	98.0	51	46	90.2	51	51	100.0	51	48	94.1	51	37	72.5	51
Totals		203	194	95.6	203	164	80.8	203	198	97.5	201	184	91.5	203	169	83.3	203

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Bren Mar Park Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	28	25	89.3	28	26	92.9	28	28	100.0	28	22	78.6	28	21	75.0	31
04	Girls	32	31	96.9	32	32	100.0	32	32	100.0	32	31	96.9	32	27	84.4	32
05	Boys	29	27	93.1	29	29	100.0	29	29	100.0	29	26	89.7	29	16	55.2	29
05	Girls	28	27	96.4	28	28	100.0	28	28	100.0	28	23	82.1	27	12	44.4	28
Totals		117	110	94.0	117	115	98.3	117	117	100.0	117	102	87.2	116	76	65.5	120

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Brookfield Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	68	67	98.5	69	49	71.0	70	68	97.0	70	68	97.1	70	65	92.9	70
04	Girls	52	50	96.2	52	51	98.1	51	50	98.0	52	51	98.1	52	48	92.3	52
05	Boys	57	57	100.0	57	45	78.9	57	56	98.0	57	57	100.0	58	54	93.1	58
05	Girls	52	49	94.2	53	51	96.2	52	49	94.0	53	53	100.0	53	51	96.2	53
06	Boys	66	60	90.9	69	43	62.3	67	64	96.0	65	63	96.9	69	58	84.1	69
06	Girls	48	47	97.9	48	44	91.7	48	47	98.0	47	47	100.0	48	43	89.6	49
Totals		343	330	96.2	348	283	81.3	345	334	96.8	344	339	98.5	350	319	91.1	351

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Bryant Alternative HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	0	0	0.0	1	0	0.0	1	1	100.0	1	1	100.0	1	0	0.0	5
09	Girls	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	1	0	0.0	7
10	Boys	1	1	100.0	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	7
10	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	7
11	Boys	1	0	0.0	1	0	0.0	1	0	0.0	1	1	100.0	1	0	0.0	5
11	Girls	2	2	100.0	1	0	0.0	2	2	100.0	1	0	0.0	2	1	50.0	7
12	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
12	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
Totals		5	4	80.0	5	1	20.0	6	4	66.7	5	4	80.0	6	2	33.3	45

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Bucknell Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	14	11	78.6	14	11	78.6	14	10	71.0	14	13	92.9	14	14	100.0	14
04	Girls	20	15	75.0	20	20	100.0	20	16	80.0	20	19	95.0	20	20	100.0	20
05	Boys	15	15	100.0	15	12	80.0	15	11	73.0	9	4	44.4	15	13	86.7	16
05	Girls	14	14	100.0	14	14	100.0	14	12	86.0	6	6	100.0	14	13	92.9	14
06	Boys	19	17	89.5	19	19	100.0	19	16	84.0	16	16	100.0	19	15	78.9	19
06	Girls	18	16	88.9	18	18	100.0	18	15	83.0	18	17	94.4	18	14	77.8	18
Totals		100	88	88.0	100	94	94.0	100	80	80.0	83	75	90.4	100	89	89.0	101

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Bull Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	78	75	96.2	77	66	85.7	78	73	94.0	78	74	94.9	77	76	98.7	85
04	Girls	66	64	97.0	66	64	97.0	66	61	92.0	66	65	98.5	66	66	100.0	69
05	Boys	80	77	96.3	80	64	80.0	80	69	86.0	80	80	100.0	80	79	98.8	80
05	Girls	49	48	98.0	49	48	98.0	49	45	92.0	49	48	98.0	49	49	100.0	49
06	Boys	85	83	97.6	85	80	94.1	85	83	98.0	85	80	94.1	85	82	96.5	85
06	Girls	90	85	94.4	90	89	98.9	90	90	100.0	90	87	96.7	90	88	97.8	91
Totals		448	432	96.4	447	411	91.9	448	421	94.0	448	434	96.9	447	440	98.4	459

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Burke School**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	27	22	81.5	27	12	44.4	27	20	74.0	26	19	73.1	27	18	66.7	27
07	Girls	3	2	66.7	3	2	66.7	3	3	100.0	3	3	100.0	3	3	100.0	3
08	Boys	36	20	55.6	36	16	44.4	36	34	94.0	36	30	83.3	36	22	61.1	36
08	Girls	11	7	63.6	11	1	9.1	11	10	91.0	11	8	72.7	11	5	45.5	11
Totals		77	51	66.2	77	31	40.3	77	67	87.0	76	60	78.9	77	48	62.3	77

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Bush Hill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	13	11	84.6	27	17	63.0	29	29	100.0	27	25	92.6	28	18	64.3	30
04	Girls	11	9	81.8	22	22	100.0	23	23	100.0	23	23	100.0	23	20	87.0	23
05	Boys	31	25	80.6	31	19	61.3	31	30	97.0	30	30	100.0	31	16	51.6	31
05	Girls	26	22	84.6	26	24	92.3	26	25	96.0	26	26	100.0	26	16	61.5	27
06	Boys	38	33	86.8	37	27	73.0	38	35	92.0	37	37	100.0	38	27	71.1	38
06	Girls	29	26	89.7	29	27	93.1	30	29	97.0	29	28	96.6	30	19	63.3	30
Totals		148	126	85.1	172	136	79.1	177	171	96.6	172	169	98.3	176	116	65.9	179

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Camelot Ctr**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	3
05	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
05	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	4
06	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
06	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
Totals		0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	12

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Camelot Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	33	25	75.8	33	27	81.8	33	33	100.0	0	0	0.0	32	28	87.5	33
04	Girls	35	22	62.9	37	36	97.3	37	36	97.0	0	0	0.0	35	25	71.4	37
05	Boys	32	20	62.5	35	23	65.7	33	31	94.0	16	13	81.3	35	31	88.6	35
05	Girls	26	16	61.5	28	23	82.1	27	25	93.0	8	5	62.5	28	21	75.0	28
06	Boys	33	32	97.0	33	23	69.7	30	28	93.0	0	0	0.0	30	21	70.0	33
06	Girls	30	22	73.3	30	20	66.7	29	27	93.0	0	0	0.0	27	12	44.4	30
Totals		189	137	72.5	196	152	77.6	189	180	95.2	24	18	75.0	187	138	73.8	196

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cameron Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	0	0	0.0	28	26	92.9	28	28	100.0	0	0	0.0	28	24	85.7	28
04	Girls	0	0	0.0	33	33	100.0	33	33	100.0	0	0	0.0	33	27	81.8	33
05	Boys	0	0	0.0	37	34	91.9	35	35	100.0	0	0	0.0	35	29	82.9	37
05	Girls	0	0	0.0	50	49	98.0	51	51	100.0	0	0	0.0	51	40	78.4	51
06	Boys	0	0	0.0	31	26	83.9	30	30	100.0	0	0	0.0	31	24	77.4	31
06	Girls	0	0	0.0	29	29	100.0	29	29	100.0	0	0	0.0	29	24	82.8	29
Totals		0	0	0.0	208	197	94.7	206	206	100.0	0	0	0.0	207	168	81.2	209

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Canterbury Woods Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	68	53	77.9	68	48	70.6	68	61	90.0	67	56	83.6	68	47	69.1	69
04	Girls	62	50	80.6	61	58	95.1	62	59	95.0	59	48	81.4	62	39	62.9	62
05	Boys	68	49	72.1	68	50	73.5	68	61	90.0	68	50	73.5	68	56	82.4	70
05	Girls	48	31	64.6	48	41	85.4	48	45	94.0	48	39	81.3	48	31	64.6	48
06	Boys	71	59	83.1	72	55	76.4	72	72	100.0	72	63	87.5	71	62	87.3	73
06	Girls	55	46	83.6	55	48	87.3	55	55	100.0	55	39	70.9	55	41	74.5	56
Totals		372	288	77.4	372	300	80.6	373	353	94.6	369	295	79.9	372	276	74.2	378

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cardinal Forest Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	32	31	96.9	42	24	57.1	29	27	93.0	22	21	95.5	38	32	84.2	43
04	Girls	20	20	100.0	32	32	100.0	21	17	81.0	16	16	100.0	29	28	96.6	32
05	Boys	37	36	97.3	41	32	78.0	29	28	97.0	25	25	100.0	39	38	97.4	43
05	Girls	40	39	97.5	42	37	88.1	28	26	93.0	18	17	94.4	42	35	83.3	44
06	Boys	17	16	94.1	28	20	71.4	12	10	83.0	9	9	100.0	20	19	95.0	34
06	Girls	23	21	91.3	45	39	86.7	20	19	95.0	11	11	100.0	26	24	92.3	50
Totals		169	163	96.4	230	184	80.0	139	127	91.4	101	99	98.0	194	176	90.7	246

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Carson MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	326	287	88.0	328	290	88.4	334	331	99.0	309	243	78.6	327	183	56.0	334
07	Girls	268	256	95.5	274	257	93.8	278	277	100.0	262	245	93.5	270	162	60.0	280
08	Boys	341	332	97.4	340	292	85.9	342	338	99.0	332	194	58.4	339	172	50.7	342
08	Girls	284	279	98.2	285	276	96.8	286	285	100.0	282	219	77.7	283	145	51.2	286
Totals		1,219	1,154	94.7	1,227	1,115	90.9	1,240	1,231	99.3	1,185	901	76.0	1,219	662	54.3	1,242

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cedar Lane School**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	0	0	0.0	0	0	0.0	1	1	100.0	0	0	0.0	0	0	0.0	15
09	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
10	Boys	1	1	100.0	1	0	0.0	1	0	0.0	0	0	0.0	0	0	0.0	5
10	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
11	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	4
11	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	3
Totals		1	1	100.0	1	0	0.0	2	1	50.0	0	0	0.0	0	0	0.0	37

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Centre Ridge Elementary**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
04	Boys	58	58	100.0	63	63	100.0	61	45	74.0	60	53	88.3	60	55	91.7	64
04	Girls	51	51	100.0	52	52	100.0	52	40	77.0	50	45	90.0	52	47	90.4	52
05	Boys	65	63	96.9	69	68	98.6	69	61	88.0	44	38	86.4	53	48	90.6	69
05	Girls	55	54	98.2	55	54	98.2	55	53	96.0	38	33	86.8	47	31	66.0	57
06	Boys	53	52	98.1	53	53	100.0	52	41	79.0	51	45	88.2	53	44	83.0	53
06	Girls	53	53	100.0	53	52	98.1	53	46	87.0	53	53	100.0	53	34	64.2	53
Totals		335	331	98.8	345	342	99.1	342	286	83.6	296	267	90.2	318	259	81.4	348

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Centreville Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	55	53	96.4	56	40	71.4	56	47	84.0	55	23	41.8	56	54	96.4	57
04	Girls	69	67	97.1	71	71	100.0	71	64	90.0	69	34	49.3	70	64	91.4	71
05	Boys	70	67	95.7	70	56	80.0	70	66	94.0	70	30	42.9	62	55	88.7	70
05	Girls	68	66	97.1	69	68	98.6	69	65	94.0	66	36	54.5	59	47	79.7	69
06	Boys	70	59	84.3	75	53	70.7	75	67	89.0	69	28	40.6	75	63	84.0	75
06	Girls	56	52	92.9	62	60	96.8	62	60	97.0	60	38	63.3	62	58	93.5	62
Totals		388	364	93.8	403	348	86.4	403	369	91.6	389	189	48.6	384	341	88.8	404

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Centreville HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	288	286	99.3	284	208	73.2	288	277	96.0	288	270	93.8	288	255	88.5	291
09	Girls	272	270	99.3	268	201	75.0	273	272	100.0	273	261	95.6	272	230	84.6	277
10	Boys	283	281	99.3	285	227	79.6	293	278	95.0	284	234	82.4	277	245	88.4	300
10	Girls	244	242	99.2	238	173	72.7	248	241	97.0	244	223	91.4	241	201	83.4	250
11	Boys	8	8	100.0	8	6	75.0	8	8	100.0	8	8	100.0	8	7	87.5	9
11	Girls	3	3	100.0	4	3	75.0	6	6	100.0	4	3	75.0	4	4	100.0	7
12	Boys	2	1	50.0	2	0	0.0	2	2	100.0	2	2	100.0	2	1	50.0	6
12	Girls	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	1	1	100.0	4
Totals		1,101	1,092	99.2	1,090	818	75.0	1,119	1,085	97.0	1,104	1,002	90.8	1,093	944	86.4	1,144

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Chantilly HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	251	232	92.4	309	242	78.3	311	303	97.0	276	217	78.6	303	251	82.8	319
09	Girls	232	222	95.7	271	218	80.4	283	274	97.0	257	223	86.8	277	223	80.5	288
10	Boys	196	179	91.3	285	195	68.4	293	283	97.0	196	154	78.6	236	188	79.7	323
10	Girls	209	188	90.0	291	207	71.1	300	294	98.0	189	165	87.3	239	195	81.6	319
11	Boys	6	6	100.0	7	4	57.1	7	6	86.0	6	6	100.0	7	7	100.0	12
11	Girls	1	1	100.0	3	2	66.7	3	3	100.0	3	2	66.7	3	1	33.3	5
12	Boys	1	0	0.0	1	0	0.0	2	2	100.0	1	1	100.0	1	0	0.0	4
12	Girls	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	1	1	100.0	3
Totals		897	829	92.4	1,168	868	74.3	1,200	1,166	97.2	929	769	82.8	1,067	866	81.2	1,273

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cherry Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	34	34	100.0	34	21	61.8	34	34	100.0	34	32	94.1	34	33	97.1	34
04	Girls	29	28	96.6	29	27	93.1	30	30	100.0	29	28	96.6	29	29	100.0	30
05	Boys	26	26	100.0	26	25	96.2	26	26	100.0	26	25	96.2	26	25	96.2	27
05	Girls	38	38	100.0	38	34	89.5	38	38	100.0	38	38	100.0	38	38	100.0	39
06	Boys	28	28	100.0	29	25	86.2	29	29	100.0	29	29	100.0	28	28	100.0	30
06	Girls	30	30	100.0	30	29	96.7	30	30	100.0	30	30	100.0	30	28	93.3	30
Totals		185	184	99.5	186	161	86.6	187	187	100.0	186	182	97.8	185	181	97.8	190

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Chesterbrook Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	34	33	97.1	35	31	88.6	35	35	100.0	34	34	100.0	35	34	97.1	35
04	Girls	62	61	98.4	62	62	100.0	62	62	100.0	62	62	100.0	62	61	98.4	62
05	Boys	45	44	97.8	46	41	89.1	46	46	100.0	46	46	100.0	46	42	91.3	46
05	Girls	32	32	100.0	32	32	100.0	32	32	100.0	32	32	100.0	32	31	96.9	32
06	Boys	39	36	92.3	39	34	87.2	39	39	100.0	39	39	100.0	38	34	89.5	39
06	Girls	31	28	90.3	31	30	96.8	32	32	100.0	32	32	100.0	31	28	90.3	32
Totals		243	234	96.3	245	230	93.9	246	246	100.0	245	245	100.0	244	230	94.3	246

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Churchill Road Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	74	74	100.0	73	64	87.7	73	56	77.0	71	60	84.5	73	69	94.5	75
04	Girls	59	59	100.0	58	58	100.0	60	58	97.0	58	55	94.8	59	59	100.0	60
05	Boys	78	78	100.0	77	67	87.0	77	55	71.0	79	69	87.3	79	73	92.4	80
05	Girls	64	62	96.9	63	61	96.8	64	57	89.0	64	63	98.4	63	60	95.2	64
06	Boys	67	66	98.5	67	52	77.6	67	55	82.0	65	62	95.4	67	60	89.6	68
06	Girls	58	58	100.0	56	55	98.2	58	52	90.0	58	57	98.3	57	56	98.2	58
Totals		400	397	99.3	394	357	90.6	399	333	83.5	395	366	92.7	398	377	94.7	405

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Clearview Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	42	37	88.1	42	18	42.9	42	37	88.0	42	39	92.9	42	31	73.8	42
04	Girls	37	29	78.4	37	37	100.0	37	36	97.0	37	37	100.0	37	31	83.8	37
05	Boys	42	36	85.7	42	34	81.0	42	41	98.0	42	37	88.1	42	33	78.6	42
05	Girls	31	24	77.4	31	31	100.0	31	30	97.0	31	30	96.8	31	26	83.9	31
06	Boys	41	39	95.1	41	25	61.0	41	41	100.0	41	39	95.1	41	34	82.9	41
06	Girls	30	18	60.0	30	29	96.7	30	30	100.0	30	30	100.0	30	21	70.0	30
Totals		223	183	82.1	223	174	78.0	223	215	96.4	223	212	95.1	223	176	78.9	223

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Clermont Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	35	35	100.0	35	31	88.6	35	27	77.0	35	34	97.1	35	34	97.1	35
04	Girls	35	31	88.6	34	33	97.1	35	31	89.0	35	32	91.4	35	29	82.9	35
05	Boys	30	25	83.3	30	27	90.0	30	26	87.0	30	26	86.7	30	27	90.0	30
05	Girls	26	26	100.0	26	26	100.0	26	25	96.0	26	22	84.6	26	24	92.3	26
06	Boys	30	28	93.3	30	22	73.3	30	25	83.0	30	28	93.3	30	21	70.0	30
06	Girls	26	23	88.5	27	26	96.3	27	25	93.0	26	23	88.5	27	16	59.3	27
Totals		182	168	92.3	182	165	90.7	183	159	86.9	182	165	90.7	183	151	82.5	183

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Clifton Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	44	43	97.7	41	37	90.2	45	44	98.0	44	43	97.7	45	39	86.7	45
04	Girls	20	20	100.0	20	19	95.0	20	20	100.0	20	19	95.0	20	20	100.0	20
05	Boys	30	29	96.7	31	29	93.5	31	31	100.0	30	29	96.7	31	29	93.5	31
05	Girls	25	25	100.0	26	25	96.2	26	26	100.0	26	26	100.0	26	25	96.2	26
06	Boys	25	24	96.0	25	21	84.0	25	25	100.0	25	25	100.0	25	19	76.0	25
06	Girls	34	31	91.2	34	32	94.1	34	33	97.0	34	34	100.0	34	29	85.3	34
Totals		178	172	96.6	177	163	92.1	181	179	98.9	179	176	98.3	181	161	89.0	181

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Coates Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	36	36	100.0	36	24	66.7	36	35	97.0	36	32	88.9	36	26	72.2	36
04	Girls	36	36	100.0	35	35	100.0	36	36	100.0	36	30	83.3	36	27	75.0	36
05	Boys	21	19	90.5	21	16	76.2	21	21	100.0	21	15	71.4	21	12	57.1	21
05	Girls	32	31	96.9	32	29	90.6	32	32	100.0	32	27	84.4	32	25	78.1	32
06	Boys	14	14	100.0	14	12	85.7	14	13	93.0	14	10	71.4	14	9	64.3	14
06	Girls	16	14	87.5	16	16	100.0	16	16	100.0	16	10	62.5	16	15	93.8	16
Totals		155	150	96.8	154	132	85.7	155	153	98.7	155	124	80.0	155	114	73.5	155

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Columbia Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	20	20	100.0	20	15	75.0	20	18	90.0	0	0	0.0	20	7	35.0	20
04	Girls	30	30	100.0	30	23	76.7	30	29	97.0	0	0	0.0	29	7	24.1	30
05	Boys	31	31	100.0	31	19	61.3	31	27	87.0	0	0	0.0	31	10	32.3	31
05	Girls	35	35	100.0	35	33	94.3	35	33	94.0	0	0	0.0	35	4	11.4	35
Totals		116	116	100.0	116	90	77.6	116	107	92.2	0	0	0.0	115	28	24.3	116

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Colvin Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	61	58	95.1	61	54	88.5	61	60	98.0	61	57	93.4	61	51	83.6	61
04	Girls	49	49	100.0	49	49	100.0	49	48	98.0	49	48	98.0	49	43	87.8	49
05	Boys	84	81	96.4	83	81	97.6	84	81	96.0	84	71	84.5	84	80	95.2	85
05	Girls	77	73	94.8	78	75	96.2	77	75	97.0	77	73	94.8	76	74	97.4	78
06	Boys	59	58	98.3	59	54	91.5	59	58	98.0	58	52	89.7	59	54	91.5	59
06	Girls	55	53	96.4	54	54	100.0	55	55	100.0	54	53	98.1	55	47	85.5	55
Totals		385	372	96.6	384	367	95.6	385	377	97.9	383	354	92.4	384	349	90.9	387

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cooper MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	213	213	100.0	214	194	90.7	214	214	100.0	214	214	100.0	214	207	96.7	216
07	Girls	214	213	99.5	214	212	99.1	216	216	100.0	215	215	100.0	215	215	100.0	216
08	Boys	218	217	99.5	221	203	91.9	222	219	99.0	218	193	88.5	220	200	90.9	225
08	Girls	174	174	100.0	182	174	95.6	181	180	99.0	178	162	91.0	179	176	98.3	185
Totals		819	817	99.8	831	783	94.2	833	829	99.5	825	784	95.0	828	798	96.4	842

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Crestwood Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	49	49	100.0	49	27	55.1	49	42	86.0	49	49	100.0	48	46	95.8	49
04	Girls	29	28	96.6	29	29	100.0	29	29	100.0	29	29	100.0	29	24	82.8	29
05	Boys	31	31	100.0	31	21	67.7	31	28	90.0	31	30	96.8	31	24	77.4	31
05	Girls	27	27	100.0	27	25	92.6	27	26	96.0	27	26	96.3	27	23	85.2	27
06	Boys	35	35	100.0	35	21	60.0	35	35	100.0	35	33	94.3	35	29	82.9	35
06	Girls	37	37	100.0	37	34	91.9	37	37	100.0	37	35	94.6	37	35	94.6	37
Totals		208	207	99.5	208	157	75.5	208	197	94.7	208	202	97.1	207	181	87.4	208

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Crossfield Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	44	42	95.5	44	38	86.4	45	45	100.0	44	43	97.7	44	41	93.2	46
04	Girls	55	53	96.4	56	54	96.4	56	56	100.0	56	53	94.6	56	53	94.6	56
05	Boys	52	49	94.2	52	45	86.5	54	54	100.0	53	50	94.3	52	49	94.2	55
05	Girls	43	41	95.3	43	41	95.3	44	44	100.0	43	43	100.0	43	41	95.3	44
06	Boys	62	60	96.8	64	51	79.7	66	66	100.0	65	62	95.4	63	59	93.7	68
06	Girls	62	60	96.8	62	59	95.2	63	63	100.0	65	64	98.5	63	60	95.2	65
Totals		318	305	95.9	321	288	89.7	328	328	100.0	326	315	96.6	321	303	94.4	334

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cub Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	18	15	83.3	20	18	90.0	25	22	88.0	19	16	84.2	19	18	94.7	26
04	Girls	31	31	100.0	32	31	96.9	32	32	100.0	32	30	93.8	32	28	87.5	33
05	Boys	29	27	93.1	32	31	96.9	31	30	97.0	31	30	96.8	31	27	87.1	32
05	Girls	31	30	96.8	31	30	96.8	32	32	100.0	30	29	96.7	30	24	80.0	32
06	Boys	29	26	89.7	30	25	83.3	30	30	100.0	26	26	100.0	25	21	84.0	32
06	Girls	30	30	100.0	32	32	100.0	32	31	97.0	31	29	93.5	30	25	83.3	32
Totals		168	159	94.6	177	167	94.4	182	177	97.3	169	160	94.7	167	143	85.6	187

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Cunningham Park Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	32	32	100.0	32	28	87.5	32	32	100.0	32	31	96.9	32	28	87.5	32
04	Girls	29	28	96.6	28	28	100.0	29	29	100.0	29	29	100.0	29	25	86.2	30
05	Boys	17	17	100.0	17	16	94.1	17	17	100.0	17	16	94.1	17	14	82.4	17
05	Girls	29	29	100.0	29	29	100.0	29	29	100.0	29	28	96.6	29	28	96.6	30
06	Boys	35	32	91.4	35	35	100.0	35	35	100.0	35	35	100.0	35	30	85.7	35
06	Girls	20	20	100.0	20	20	100.0	20	20	100.0	20	19	95.0	20	12	60.0	20
Totals		162	158	97.5	161	156	96.9	162	162	100.0	162	158	97.5	162	137	84.6	164

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Daniels Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	45	43	95.6	45	35	77.8	45	41	91.0	44	35	79.5	45	41	91.1	46
04	Girls	55	52	94.5	55	55	100.0	55	53	96.0	55	48	87.3	54	47	87.0	55
05	Boys	42	39	92.9	43	35	81.4	43	41	95.0	40	37	92.5	41	32	78.0	44
05	Girls	78	78	100.0	79	79	100.0	78	76	97.0	79	72	91.1	77	67	87.0	79
06	Boys	57	56	98.2	59	49	83.1	59	58	98.0	58	54	93.1	56	48	85.7	59
06	Girls	41	41	100.0	41	39	95.1	41	40	98.0	41	40	97.6	40	35	87.5	41
Totals		318	309	97.2	322	292	90.7	321	309	96.3	317	286	90.2	313	270	86.3	324

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Deer Park Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	47	45	95.7	49	40	81.6	49	49	100.0	49	40	81.6	49	47	95.9	51
04	Girls	54	50	92.6	54	53	98.1	54	54	100.0	54	49	90.7	54	51	94.4	55
05	Boys	54	49	90.7	56	47	83.9	56	56	100.0	54	51	94.4	56	48	85.7	56
05	Girls	51	48	94.1	51	51	100.0	51	51	100.0	51	49	96.1	51	49	96.1	51
06	Boys	52	51	98.1	52	35	67.3	52	47	90.0	52	49	94.2	52	47	90.4	52
06	Girls	46	42	91.3	46	42	91.3	46	46	100.0	46	44	95.7	46	43	93.5	46
Totals		304	285	93.8	308	268	87.0	308	303	98.4	306	282	92.2	308	285	92.5	311

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Dogwood Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	47	41	87.2	47	15	31.9	48	43	90.0	47	46	97.9	47	27	57.4	48
04	Girls	44	43	97.7	44	42	95.5	44	41	93.0	43	43	100.0	43	24	55.8	44
05	Boys	35	28	80.0	35	20	57.1	35	34	97.0	35	34	97.1	34	19	55.9	36
05	Girls	30	26	86.7	29	29	100.0	30	30	100.0	29	29	100.0	29	14	48.3	34
06	Boys	40	38	95.0	40	26	65.0	40	34	85.0	40	39	97.5	40	22	55.0	40
06	Girls	44	40	90.9	44	37	84.1	44	39	89.0	44	43	97.7	43	16	37.2	46
Totals		240	216	90.0	239	169	70.7	241	221	91.7	238	234	98.3	236	122	51.7	248

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Dranesville Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	57	46	80.7	57	32	56.1	57	53	93.0	57	42	73.7	57	50	87.7	57
04	Girls	33	28	84.8	34	32	94.1	34	31	91.0	34	27	79.4	34	27	79.4	34
05	Boys	49	43	87.8	49	32	65.3	49	42	86.0	49	40	81.6	49	45	91.8	49
05	Girls	35	32	91.4	35	32	91.4	35	33	94.0	35	30	85.7	35	33	94.3	35
06	Boys	48	46	95.8	48	37	77.1	48	42	88.0	48	33	68.8	48	45	93.8	48
06	Girls	43	41	95.3	43	41	95.3	43	43	100.0	43	38	88.4	43	42	97.7	43
Totals		265	236	89.1	266	206	77.4	266	244	91.7	266	210	78.9	266	242	91.0	266

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Eagle View Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	65	65	100.0	65	47	72.3	66	64	97.0	65	65	100.0	66	60	90.9	66
04	Girls	51	50	98.0	51	51	100.0	51	49	96.0	51	51	100.0	51	41	80.4	51
05	Boys	53	50	94.3	53	37	69.8	53	49	93.0	53	52	98.1	53	45	84.9	53
05	Girls	55	55	100.0	55	54	98.2	55	55	100.0	54	54	100.0	55	50	90.9	55
06	Boys	66	64	97.0	66	54	81.8	66	55	83.0	66	63	95.5	65	53	81.5	67
06	Girls	37	37	100.0	37	36	97.3	37	36	97.0	37	37	100.0	37	34	91.9	37
Totals		327	321	98.2	327	279	85.3	328	308	93.9	326	322	98.8	327	283	86.5	329

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Edison HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	215	197	91.6	222	120	54.1	226	213	94.0	224	180	80.4	224	154	68.8	227
09	Girls	162	145	89.5	171	91	53.2	175	170	97.0	171	142	83.0	172	140	81.4	177
10	Boys	192	190	99.0	198	103	52.0	200	198	99.0	197	173	87.8	200	157	78.5	203
10	Girls	190	185	97.4	196	126	64.3	200	196	98.0	199	182	91.5	198	166	83.8	202
11	Boys	4	3	75.0	4	2	50.0	4	4	100.0	3	3	100.0	3	2	66.7	4
11	Girls	5	4	80.0	5	2	40.0	6	6	100.0	5	4	80.0	5	3	60.0	6
12	Boys	0	0	0.0	1	0	0.0	1	1	100.0	1	1	100.0	1	1	100.0	1
12	Girls	3	3	100.0	3	2	66.7	3	3	100.0	3	3	100.0	3	3	100.0	3
Totals		771	727	94.3	800	446	55.8	815	791	97.1	803	688	85.7	806	626	77.7	823

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fairfax HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	309	300	97.1	310	220	71.0	314	304	97.0	305	295	96.7	311	254	81.7	315
09	Girls	308	300	97.4	310	243	78.4	312	306	98.0	307	302	98.4	309	278	90.0	314
10	Boys	263	255	97.0	268	144	53.7	267	235	88.0	268	255	95.1	262	209	79.8	275
10	Girls	292	279	95.5	291	177	60.8	295	277	94.0	295	288	97.6	297	257	86.5	302
11	Boys	6	5	83.3	9	2	22.2	9	4	44.0	9	5	55.6	6	4	66.7	10
11	Girls	8	5	62.5	13	3	23.1	13	8	62.0	13	7	53.8	9	6	66.7	16
12	Boys	1	1	100.0	0	0	0.0	1	1	100.0	1	1	100.0	1	1	100.0	1
Totals		1,187	1,145	96.5	1,201	789	65.7	1,211	1,135	93.7	1,198	1,153	96.2	1,195	1,009	84.4	1,233

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fairfax Villa Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	24	24	100.0	24	23	95.8	24	22	92.0	24	24	100.0	24	24	100.0	24
04	Girls	20	19	95.0	21	20	95.2	20	19	95.0	21	21	100.0	20	19	95.0	21
05	Boys	29	29	100.0	30	22	73.3	28	25	89.0	28	28	100.0	28	27	96.4	30
05	Girls	26	26	100.0	26	25	96.2	26	26	100.0	25	25	100.0	26	26	100.0	27
06	Boys	28	27	96.4	29	22	75.9	27	26	96.0	27	27	100.0	27	25	92.6	29
06	Girls	21	20	95.2	23	22	95.7	22	22	100.0	22	22	100.0	21	21	100.0	23
Totals		148	145	98.0	153	134	87.6	147	140	95.2	147	147	100.0	146	142	97.3	154

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fairhill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	42	39	92.9	42	34	81.0	42	38	91.0	42	42	100.0	41	33	80.5	42
04	Girls	38	35	92.1	38	38	100.0	38	37	97.0	38	38	100.0	37	29	78.4	38
05	Boys	27	23	85.2	27	21	77.8	27	26	96.0	27	27	100.0	27	25	92.6	27
05	Girls	27	25	92.6	27	25	92.6	27	27	100.0	27	27	100.0	27	24	88.9	29
06	Boys	44	37	84.1	42	32	76.2	44	43	98.0	44	43	97.7	43	36	83.7	45
06	Girls	36	34	94.4	36	33	91.7	36	35	97.0	35	34	97.1	36	33	91.7	36
Totals		214	193	90.2	212	183	86.3	214	206	96.3	213	211	99.1	211	180	85.3	217

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fairview Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	44	41	93.2	45	38	84.4	48	48	100.0	46	45	97.8	46	40	87.0	48
04	Girls	40	39	97.5	40	40	100.0	40	40	100.0	40	40	100.0	40	39	97.5	40
05	Boys	45	39	86.7	46	40	87.0	47	47	100.0	46	46	100.0	46	43	93.5	47
05	Girls	32	30	93.8	32	31	96.9	32	32	100.0	32	31	96.9	32	29	90.6	32
06	Boys	39	35	89.7	40	33	82.5	40	40	100.0	40	38	95.0	40	30	75.0	40
06	Girls	54	52	96.3	54	54	100.0	54	54	100.0	53	53	100.0	54	48	88.9	54
Totals		254	236	92.9	257	236	91.8	261	261	100.0	257	253	98.4	258	229	88.8	261

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Falls Church HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	174	172	98.9	178	104	58.4	178	171	96.0	154	113	73.4	173	150	86.7	184
09	Girls	152	147	96.7	155	77	49.7	160	157	98.0	139	97	69.8	155	120	77.4	162
10	Boys	165	156	94.5	165	103	62.4	168	164	98.0	162	131	80.9	164	126	76.8	182
10	Girls	134	133	99.3	137	83	60.6	139	132	95.0	136	117	86.0	133	89	66.9	146
11	Boys	15	15	100.0	15	8	53.3	16	14	88.0	14	12	85.7	14	13	92.9	22
11	Girls	10	10	100.0	10	2	20.0	10	9	90.0	8	5	62.5	10	6	60.0	17
12	Boys	3	3	100.0	3	1	33.3	3	3	100.0	3	2	66.7	3	3	100.0	5
12	Girls	1	1	100.0	2	1	50.0	2	2	100.0	2	1	50.0	2	1	50.0	3
Totals		654	637	97.4	665	379	57.0	676	652	96.4	618	478	77.3	654	508	77.7	721

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Flint Hill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	55	43	78.2	57	49	86.0	57	57	100.0	57	56	98.2	41	40	97.6	57
04	Girls	42	37	88.1	42	42	100.0	42	42	100.0	42	41	97.6	30	28	93.3	42
05	Boys	48	46	95.8	48	43	89.6	49	48	98.0	49	48	98.0	49	42	85.7	49
05	Girls	44	37	84.1	44	43	97.7	44	44	100.0	44	44	100.0	44	41	93.2	44
06	Boys	54	47	87.0	55	47	85.5	55	53	96.0	55	54	98.2	55	47	85.5	55
06	Girls	45	43	95.6	44	43	97.7	45	45	100.0	45	45	100.0	45	43	95.6	45
Totals		288	253	87.8	290	267	92.1	292	289	99.0	292	288	98.6	264	241	91.3	292

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Floris Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	62	58	93.5	62	58	93.5	62	61	98.0	62	49	79.0	62	57	91.9	62
04	Girls	60	55	91.7	60	60	100.0	60	58	97.0	60	54	90.0	60	55	91.7	60
05	Boys	55	51	92.7	55	49	89.1	55	53	96.0	55	46	83.6	55	48	87.3	55
05	Girls	54	51	94.4	54	54	100.0	54	54	100.0	54	48	88.9	54	53	98.1	54
06	Boys	64	56	87.5	64	51	79.7	64	63	98.0	64	59	92.2	64	50	78.1	64
06	Girls	53	50	94.3	53	52	98.1	53	53	100.0	53	52	98.1	53	43	81.1	53
Totals		348	321	92.2	348	324	93.1	348	342	98.3	348	308	88.5	348	306	87.9	348

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Forest Edge Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	74	73	98.6	74	52	70.3	75	66	88.0	75	75	100.0	74	56	75.7	76
04	Girls	66	66	100.0	66	66	100.0	68	64	94.0	67	67	100.0	66	58	87.9	68
05	Boys	66	66	100.0	68	60	88.2	67	63	94.0	67	67	100.0	68	56	82.4	68
05	Girls	66	66	100.0	66	60	90.9	66	63	96.0	66	66	100.0	66	58	87.9	66
06	Boys	82	82	100.0	84	67	79.8	84	79	94.0	82	82	100.0	84	63	75.0	84
06	Girls	50	50	100.0	50	47	94.0	51	51	100.0	50	50	100.0	50	43	86.0	51
Totals		404	403	99.8	408	352	86.3	411	386	93.9	407	407	100.0	408	334	81.9	413

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Forestdale Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	24	24	100.0	38	27	71.1	38	27	71.0	38	30	78.9	38	32	84.2	38
04	Girls	24	23	95.8	35	33	94.3	35	32	91.0	35	30	85.7	35	34	97.1	35
05	Boys	35	31	88.6	35	19	54.3	35	26	74.0	35	17	48.6	35	27	77.1	35
05	Girls	35	30	85.7	35	29	82.9	35	29	83.0	35	30	85.7	35	26	74.3	36
06	Boys	18	17	94.4	25	17	68.0	25	20	80.0	25	18	72.0	25	19	76.0	25
06	Girls	21	18	85.7	30	20	66.7	30	27	90.0	29	23	79.3	30	23	76.7	30
Totals		157	143	91.1	198	145	73.2	198	161	81.3	197	148	75.1	198	161	81.3	199

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Forestville Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	52	49	94.2	53	42	79.2	53	48	91.0	52	48	92.3	49	48	98.0	53
04	Girls	56	55	98.2	59	59	100.0	59	58	98.0	59	56	94.9	57	57	100.0	59
05	Boys	64	64	100.0	68	56	82.4	69	55	80.0	68	63	92.6	67	67	100.0	69
05	Girls	50	49	98.0	52	52	100.0	53	52	98.0	53	50	94.3	50	49	98.0	53
06	Boys	51	51	100.0	53	52	98.1	54	51	94.0	54	49	90.7	50	50	100.0	54
06	Girls	57	56	98.2	58	58	100.0	58	58	100.0	58	58	100.0	58	57	98.3	58
Totals		330	324	98.2	343	319	93.0	346	322	93.1	344	324	94.2	331	328	99.1	346

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fort Belvoir Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	86	84	97.7	83	46	55.4	88	69	78.0	86	86	100.0	86	61	70.9	91
04	Girls	77	71	92.2	77	34	44.2	77	60	78.0	77	77	100.0	77	52	67.5	77
05	Boys	79	76	96.2	76	43	56.6	79	65	82.0	79	77	97.5	78	59	75.6	79
05	Girls	87	82	94.3	86	41	47.7	88	79	90.0	87	87	100.0	88	46	52.3	88
06	Boys	86	80	93.0	85	43	50.6	86	69	80.0	86	84	97.7	85	35	41.2	86
06	Girls	66	60	90.9	67	33	49.3	66	62	94.0	66	66	100.0	65	25	38.5	67
Totals		481	453	94.2	474	240	50.6	484	404	83.5	481	477	99.2	479	278	58.0	488

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fort Hunt Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	38	37	97.4	38	35	92.1	34	26	77.0	37	29	78.4	38	35	92.1	38
04	Girls	51	51	100.0	51	51	100.0	47	44	94.0	50	43	86.0	51	51	100.0	51
05	Boys	36	32	88.9	36	21	58.3	36	26	72.0	36	26	72.2	36	30	83.3	37
05	Girls	32	32	100.0	32	31	96.9	32	31	97.0	32	29	90.6	32	28	87.5	33
06	Boys	33	33	100.0	33	31	93.9	33	30	91.0	33	27	81.8	33	31	93.9	33
06	Girls	40	40	100.0	40	40	100.0	40	36	90.0	40	37	92.5	40	39	97.5	40
Totals		230	225	97.8	230	209	90.9	222	193	86.9	228	191	83.8	230	214	93.0	232

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Fox Mill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	37	37	100.0	37	30	81.1	37	30	81.0	37	29	78.4	37	37	100.0	37
04	Girls	56	56	100.0	56	56	100.0	56	47	84.0	56	50	89.3	56	55	98.2	56
05	Boys	60	60	100.0	60	53	88.3	59	50	85.0	60	53	88.3	59	58	98.3	60
05	Girls	42	42	100.0	43	38	88.4	44	41	93.0	42	41	97.6	43	40	93.0	44
06	Boys	40	39	97.5	39	28	71.8	40	36	90.0	40	36	90.0	40	36	90.0	40
06	Girls	42	42	100.0	42	34	81.0	42	40	95.0	42	40	95.2	43	40	93.0	43
Totals		277	276	99.6	277	239	86.3	278	244	87.8	277	249	89.9	278	266	95.7	280

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Franconia Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	34	34	100.0	34	29	85.3	34	34	100.0	34	30	88.2	34	33	97.1	34
04	Girls	42	42	100.0	41	41	100.0	42	42	100.0	41	38	92.7	42	37	88.1	42
05	Boys	39	39	100.0	36	31	86.1	39	39	100.0	39	15	38.5	39	39	100.0	39
05	Girls	26	26	100.0	25	22	88.0	26	26	100.0	26	11	42.3	26	26	100.0	26
06	Boys	35	33	94.3	35	31	88.6	36	36	100.0	35	0	0.0	35	33	94.3	36
06	Girls	25	23	92.0	25	25	100.0	27	27	100.0	25	0	0.0	25	25	100.0	27
Totals		201	197	98.0	196	179	91.3	204	204	100.0	200	94	47.0	201	193	96.0	204

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Franklin MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	233	230	98.7	234	198	84.6	228	188	83.0	236	236	100.0	236	195	82.6	238
07	Girls	210	205	97.6	205	184	89.8	206	185	90.0	211	210	99.5	211	170	80.6	212
08	Boys	223	223	100.0	222	175	78.8	230	219	95.0	230	230	100.0	213	189	88.7	232
08	Girls	232	232	100.0	225	180	80.0	235	231	98.0	234	233	99.6	219	215	98.2	236
Totals		898	890	99.1	886	737	83.2	899	823	91.5	911	909	99.8	879	769	87.5	918

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Freedom Hill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	37	37	100.0	37	32	86.5	37	37	100.0	37	37	100.0	37	36	97.3	39
04	Girls	36	36	100.0	36	35	97.2	36	35	97.0	36	36	100.0	36	31	86.1	37
05	Boys	29	29	100.0	29	23	79.3	31	30	97.0	29	29	100.0	29	25	86.2	31
05	Girls	26	26	100.0	26	26	100.0	27	27	100.0	26	25	96.2	26	22	84.6	27
06	Boys	37	37	100.0	37	31	83.8	38	38	100.0	38	38	100.0	37	33	89.2	39
06	Girls	32	32	100.0	33	33	100.0	33	33	100.0	33	33	100.0	33	33	100.0	33
Totals		197	197	100.0	198	180	90.9	202	200	99.0	199	198	99.5	198	180	90.9	206

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Frost MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	265	263	99.2	264	208	78.8	265	262	99.0	265	263	99.2	264	177	67.0	265
07	Girls	240	240	100.0	240	222	92.5	241	239	99.0	241	240	99.6	241	154	63.9	241
08	Boys	274	272	99.3	277	243	87.7	277	275	99.0	276	264	95.7	276	246	89.1	278
08	Girls	266	257	96.6	266	249	93.6	268	265	99.0	268	261	97.4	268	232	86.6	270
Totals		1,045	1,032	98.8	1,047	922	88.1	1,051	1,041	99.0	1,050	1,028	97.9	1,049	809	77.1	1,054

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Garfield Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	19	18	94.7	23	14	60.9	19	15	79.0	16	13	81.3	23	22	95.7	24
04	Girls	21	20	95.2	21	20	95.2	20	19	95.0	18	17	94.4	20	20	100.0	21
05	Boys	19	17	89.5	20	14	70.0	19	18	95.0	18	17	94.4	21	20	95.2	22
05	Girls	14	13	92.9	18	15	83.3	19	16	84.0	17	16	94.1	19	12	63.2	19
06	Boys	19	17	89.5	19	13	68.4	20	18	90.0	20	18	90.0	21	17	81.0	21
06	Girls	28	26	92.9	25	21	84.0	28	25	89.0	26	26	100.0	28	27	96.4	28
Totals		120	111	92.5	126	97	77.0	125	111	88.8	115	107	93.0	132	118	89.4	135

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Glasgow MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
06	Boys	216	205	94.9	216	136	63.0	211	184	87.0	199	192	96.5	216	190	88.0	217
06	Girls	187	180	96.3	185	170	91.9	188	183	97.0	171	167	97.7	187	167	89.3	189
07	Boys	175	174	99.4	174	123	70.7	152	142	93.0	160	159	99.4	174	131	75.3	175
07	Girls	175	175	100.0	173	133	76.9	156	146	94.0	157	155	98.7	175	132	75.4	177
08	Boys	194	193	99.5	193	132	68.4	192	155	81.0	194	194	100.0	194	146	75.3	194
08	Girls	177	173	97.7	177	120	67.8	176	152	86.0	178	178	100.0	179	127	70.9	179
Totals		1,124	1,100	97.9	1,118	814	72.8	1,075	962	89.5	1,059	1,045	98.7	1,125	893	79.4	1,131

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Glen Forest Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	73	56	76.7	73	39	53.4	74	66	89.0	74	67	90.5	74	50	67.6	75
04	Girls	58	43	74.1	56	56	100.0	58	57	98.0	58	53	91.4	58	42	72.4	58
05	Boys	56	39	69.6	59	38	64.4	59	54	92.0	59	40	67.8	59	48	81.4	60
05	Girls	57	34	59.6	56	52	92.9	57	53	93.0	54	35	64.8	57	28	49.1	57
Totals		244	172	70.5	244	185	75.8	248	230	92.7	245	195	79.6	248	168	67.7	250

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Graham Road Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	21	21	100.0	21	20	95.2	21	21	100.0	21	21	100.0	21	21	100.0	21
04	Girls	30	30	100.0	30	30	100.0	30	30	100.0	30	30	100.0	30	30	100.0	30
05	Boys	24	23	95.8	24	23	95.8	24	24	100.0	24	24	100.0	24	24	100.0	24
05	Girls	20	20	100.0	20	20	100.0	20	20	100.0	20	20	100.0	20	20	100.0	20
06	Boys	15	15	100.0	15	13	86.7	15	15	100.0	15	15	100.0	15	14	93.3	15
06	Girls	22	22	100.0	22	22	100.0	22	22	100.0	22	22	100.0	22	20	90.9	22
Totals		132	131	99.2	132	128	97.0	132	132	100.0	132	132	100.0	132	129	97.7	132

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Great Falls Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	54	50	92.6	51	39	76.5	54	49	91.0	54	53	98.1	54	46	85.2	54
04	Girls	46	39	84.8	45	41	91.1	46	43	94.0	46	44	95.7	46	35	76.1	46
05	Boys	38	35	92.1	38	33	86.8	38	33	87.0	38	38	100.0	38	23	60.5	38
05	Girls	44	36	81.8	43	41	95.3	44	42	96.0	43	42	97.7	43	22	51.2	44
06	Boys	53	50	94.3	53	47	88.7	54	49	91.0	53	53	100.0	53	37	69.8	54
06	Girls	36	35	97.2	36	34	94.4	36	35	97.0	36	36	100.0	36	27	75.0	36
Totals		271	245	90.4	266	235	88.3	272	251	92.3	270	266	98.5	270	190	70.4	272

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Greenbriar East Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	46	45	97.8	46	31	67.4	46	41	89.0	46	46	100.0	46	41	89.1	46
04	Girls	38	38	100.0	38	29	76.3	38	37	97.0	38	38	100.0	38	35	92.1	38
05	Boys	40	39	97.5	40	25	62.5	40	39	98.0	39	39	100.0	39	34	87.2	40
05	Girls	43	43	100.0	42	40	95.2	43	41	95.0	43	43	100.0	43	42	97.7	43
06	Boys	39	39	100.0	38	26	68.4	39	36	92.0	39	39	100.0	39	36	92.3	39
06	Girls	45	45	100.0	45	42	93.3	45	44	98.0	45	45	100.0	45	41	91.1	45
Totals		251	249	99.2	249	193	77.5	251	238	94.8	250	250	100.0	250	229	91.6	251

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Greenbriar West Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	94	79	84.0	95	79	83.2	95	78	82.0	95	80	84.2	95	64	67.4	95
04	Girls	71	64	90.1	73	71	97.3	74	72	97.0	73	68	93.2	74	59	79.7	74
05	Boys	67	58	86.6	77	72	93.5	77	65	84.0	76	69	90.8	75	56	74.7	77
05	Girls	76	64	84.2	80	79	98.8	80	73	91.0	81	67	82.7	81	67	82.7	81
06	Boys	68	62	91.2	73	67	91.8	74	72	97.0	72	65	90.3	73	57	78.1	74
06	Girls	72	70	97.2	75	75	100.0	75	73	97.0	75	66	88.0	74	60	81.1	75
Totals		448	397	88.6	473	443	93.7	475	433	91.2	472	415	87.9	472	363	76.9	476

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Groveton Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	39	33	84.6	40	26	65.0	40	40	100.0	40	40	100.0	40	32	80.0	40
04	Girls	44	42	95.5	44	44	100.0	44	44	100.0	44	43	97.7	44	35	79.5	44
05	Boys	33	28	84.8	42	27	64.3	41	40	98.0	40	40	100.0	42	24	57.1	42
05	Girls	30	23	76.7	40	33	82.5	40	40	100.0	40	40	100.0	40	20	50.0	40
06	Boys	38	37	97.4	38	21	55.3	38	37	97.0	38	38	100.0	38	26	68.4	38
06	Girls	34	27	79.4	34	24	70.6	34	34	100.0	34	34	100.0	34	24	70.6	34
Totals		218	190	87.2	238	175	73.5	237	235	99.2	236	235	99.6	238	161	67.6	238

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Gunston Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	34	24	70.6	37	29	78.4	37	29	78.0	37	27	73.0	37	32	86.5	39
04	Girls	24	21	87.5	25	25	100.0	25	20	80.0	25	22	88.0	25	21	84.0	26
05	Boys	39	35	89.7	39	29	74.4	39	34	87.0	39	38	97.4	39	29	74.4	39
05	Girls	36	28	77.8	37	32	86.5	37	37	100.0	37	37	100.0	37	20	54.1	37
06	Boys	55	42	76.4	55	29	52.7	55	44	80.0	55	50	90.9	55	38	69.1	56
06	Girls	36	30	83.3	35	30	85.7	36	34	94.0	36	35	97.2	36	32	88.9	36
Totals		224	180	80.4	228	174	76.3	229	198	86.5	229	209	91.3	229	172	75.1	233

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Halley Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	41	37	90.2	40	39	97.5	41	41	100.0	41	41	100.0	41	34	82.9	41
04	Girls	49	38	77.6	49	49	100.0	49	49	100.0	49	47	95.9	48	32	66.7	50
05	Boys	39	32	82.1	40	34	85.0	41	41	100.0	39	39	100.0	40	32	80.0	41
05	Girls	42	33	78.6	42	42	100.0	42	41	98.0	42	41	97.6	42	25	59.5	42
06	Boys	60	55	91.7	60	59	98.3	60	59	98.0	60	60	100.0	60	48	80.0	60
06	Girls	50	45	90.0	50	50	100.0	50	50	100.0	47	47	100.0	48	38	79.2	50
Totals		281	240	85.4	281	273	97.2	283	281	99.3	278	275	98.9	279	209	74.9	284

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Haycock Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	76	74	97.4	76	68	89.5	77	76	99.0	75	74	98.7	76	73	96.1	77
04	Girls	41	41	100.0	40	40	100.0	41	41	100.0	41	41	100.0	41	41	100.0	41
05	Boys	70	67	95.7	70	64	91.4	70	69	99.0	70	69	98.6	70	64	91.4	70
05	Girls	78	76	97.4	78	78	100.0	78	78	100.0	78	78	100.0	78	76	97.4	78
06	Boys	80	79	98.8	80	68	85.0	81	80	99.0	80	80	100.0	79	75	94.9	81
06	Girls	97	90	92.8	98	96	98.0	98	97	99.0	98	98	100.0	98	90	91.8	98
Totals		442	427	96.6	442	414	93.7	445	441	99.1	442	440	99.5	442	419	94.8	445

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hayfield Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	47	42	89.4	47	21	44.7	47	44	94.0	47	45	95.7	47	39	83.0	47
04	Girls	48	45	93.8	48	47	97.9	48	44	92.0	48	46	95.8	48	39	81.3	48
05	Boys	35	29	82.9	35	22	62.9	35	33	94.0	35	34	97.1	35	31	88.6	35
05	Girls	42	26	61.9	42	33	78.6	42	34	81.0	42	36	85.7	42	30	71.4	42
06	Boys	49	36	73.5	49	30	61.2	49	39	80.0	49	44	89.8	49	38	77.6	49
06	Girls	35	29	82.9	35	27	77.1	35	32	91.0	35	35	100.0	35	24	68.6	35
Totals		256	207	80.9	256	180	70.3	256	226	88.3	256	240	93.8	256	201	78.5	256

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hayfield HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	284	279	98.2	282	226	80.1	284	273	96.0	281	246	87.5	283	241	85.2	284
09	Girls	231	224	97.0	231	188	81.4	232	226	97.0	229	200	87.3	232	201	86.6	233
10	Boys	238	236	99.2	237	187	78.9	238	217	91.0	238	179	75.2	238	217	91.2	239
10	Girls	233	230	98.7	230	170	73.9	233	221	95.0	232	189	81.5	233	199	85.4	234
11	Boys	18	18	100.0	18	14	77.8	18	15	83.0	18	15	83.3	18	18	100.0	18
11	Girls	17	17	100.0	17	8	47.1	18	17	94.0	18	13	72.2	18	14	77.8	18
12	Boys	5	5	100.0	5	4	80.0	5	5	100.0	4	4	100.0	5	5	100.0	5
Totals		1,026	1,009	98.3	1,020	797	78.1	1,028	974	94.7	1,020	846	82.9	1,027	895	87.1	1,031

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hayfield MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	247	237	96.0	247	186	75.3	246	244	99.0	247	203	82.2	248	224	90.3	248
07	Girls	215	200	93.0	216	180	83.3	217	216	100.0	216	181	83.8	216	200	92.6	221
08	Boys	213	210	98.6	213	178	83.6	214	207	97.0	214	204	95.3	213	189	88.7	214
08	Girls	211	203	96.2	214	196	91.6	214	213	100.0	213	208	97.7	212	190	89.6	214
Totals		886	850	95.9	890	740	83.1	891	880	98.8	890	796	89.4	889	803	90.3	897

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Herndon Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	61	52	85.2	61	44	72.1	61	61	100.0	61	52	85.2	61	47	77.0	61
04	Girls	56	49	87.5	56	56	100.0	56	56	100.0	56	53	94.6	56	46	82.1	56
05	Boys	48	47	97.9	48	45	93.8	48	45	94.0	48	45	93.8	38	31	81.6	49
05	Girls	48	44	91.7	50	45	90.0	50	48	96.0	49	40	81.6	37	23	62.2	50
06	Boys	41	36	87.8	41	33	80.5	41	40	98.0	41	37	90.2	41	34	82.9	41
06	Girls	65	59	90.8	65	62	95.4	65	65	100.0	64	59	92.2	64	51	79.7	65
Totals		319	287	90.0	321	285	88.8	321	315	98.1	319	286	89.7	297	232	78.1	322

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Herndon HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	296	293	99.0	287	209	72.8	296	296	100.0	296	293	99.0	286	234	81.8	299
09	Girls	248	247	99.6	243	180	74.1	251	251	100.0	250	247	98.8	239	208	87.0	253
10	Boys	310	308	99.4	305	189	62.0	313	310	99.0	314	305	97.1	311	288	92.6	317
10	Girls	226	223	98.7	220	131	59.5	230	230	100.0	229	224	97.8	225	201	89.3	231
11	Boys	15	15	100.0	15	4	26.7	16	16	100.0	15	14	93.3	13	13	100.0	17
11	Girls	23	18	78.3	23	3	13.0	23	23	100.0	22	18	81.8	22	16	72.7	23
12	Boys	2	2	100.0	2	1	50.0	2	2	100.0	2	2	100.0	2	2	100.0	2
Totals		1,120	1,106	98.8	1,095	717	65.5	1,131	1,128	99.7	1,128	1,103	97.8	1,098	962	87.6	1,142

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Herndon MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	228	215	94.3	233	178	76.4	231	225	97.0	230	194	84.3	228	199	87.3	233
07	Girls	234	208	88.9	238	204	85.7	240	238	99.0	237	200	84.4	237	207	87.3	241
08	Boys	243	219	90.1	248	176	71.0	250	248	99.0	249	165	66.3	248	206	83.1	250
08	Girls	260	211	81.2	260	223	85.8	261	260	100.0	258	184	71.3	262	231	88.2	264
Totals		965	853	88.4	979	781	79.8	982	971	98.9	974	743	76.3	975	843	86.5	988

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hollin Meadows Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	55	52	94.5	54	30	55.6	53	43	81.0	52	52	100.0	57	56	98.2	58
04	Girls	33	32	97.0	36	22	61.1	36	31	86.0	34	34	100.0	37	33	89.2	37
05	Boys	15	15	100.0	33	22	66.7	33	33	100.0	33	33	100.0	33	28	84.8	33
05	Girls	27	26	96.3	36	20	55.6	40	40	100.0	40	40	100.0	40	38	95.0	40
06	Boys	48	47	97.9	47	25	53.2	47	44	94.0	47	47	100.0	48	41	85.4	48
06	Girls	30	30	100.0	30	10	33.3	30	29	97.0	30	30	100.0	30	24	80.0	30
Totals		208	202	97.1	236	129	54.7	239	220	92.1	236	236	100.0	245	220	89.8	246

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Holmes MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
06	Boys	101	97	96.0	94	75	79.8	127	118	93.0	110	88	80.0	111	85	76.6	142
06	Girls	66	65	98.5	72	61	84.7	98	95	97.0	81	70	86.4	73	64	87.7	113
07	Boys	78	75	96.2	101	74	73.3	100	89	89.0	78	61	78.2	95	65	68.4	119
07	Girls	79	76	96.2	103	98	95.1	102	98	96.0	81	63	77.8	98	79	80.6	120
08	Boys	105	100	95.2	107	84	78.5	115	109	95.0	106	83	78.3	85	64	75.3	136
08	Girls	93	90	96.8	93	91	97.8	98	98	100.0	94	82	87.2	75	53	70.7	119
Totals		522	503	96.4	570	483	84.7	640	607	94.8	550	447	81.3	537	410	76.4	749

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hughes MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	217	210	96.8	218	165	75.7	219	215	98.0	219	218	99.5	219	169	77.2	223
07	Girls	244	238	97.5	244	199	81.6	246	245	100.0	246	246	100.0	247	206	83.4	251
08	Boys	236	228	96.6	231	113	48.9	239	228	95.0	236	215	91.1	232	201	86.6	241
08	Girls	245	229	93.5	235	118	50.2	252	248	98.0	248	236	95.2	246	217	88.2	256
Totals		942	905	96.1	928	595	64.1	956	936	97.9	949	915	96.4	944	793	84.0	971

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hunt Valley Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	37	36	97.3	39	31	79.5	39	36	92.0	39	38	97.4	37	28	75.7	40
04	Girls	47	44	93.6	47	47	100.0	47	47	100.0	47	47	100.0	47	41	87.2	47
05	Boys	43	40	93.0	43	36	83.7	43	43	100.0	43	43	100.0	41	21	51.2	43
05	Girls	45	45	100.0	45	44	97.8	45	45	100.0	45	45	100.0	43	35	81.4	45
06	Boys	40	36	90.0	41	31	75.6	41	41	100.0	41	40	97.6	41	23	56.1	42
06	Girls	46	41	89.1	46	44	95.7	46	46	100.0	45	45	100.0	46	29	63.0	47
Totals		258	242	93.8	261	233	89.3	261	258	98.9	260	258	99.2	255	177	69.4	264

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hunters Woods Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	96	96	100.0	96	79	82.3	96	84	88.0	96	92	95.8	96	87	90.6	96
04	Girls	89	89	100.0	89	85	95.5	89	79	89.0	89	86	96.6	89	81	91.0	90
05	Boys	92	92	100.0	94	71	75.5	97	85	88.0	93	92	98.9	96	85	88.5	97
05	Girls	98	98	100.0	101	91	90.1	101	94	93.0	99	99	100.0	97	90	92.8	101
06	Boys	103	99	96.1	104	77	74.0	90	82	91.0	105	104	99.0	105	101	96.2	105
06	Girls	77	77	100.0	76	68	89.5	68	66	97.0	76	76	100.0	77	66	85.7	78
Totals		555	551	99.3	560	471	84.1	541	490	90.6	558	549	98.4	560	510	91.1	567

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hutchison Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	42	41	97.6	40	26	65.0	42	40	95.0	42	40	95.2	42	38	90.5	43
04	Girls	51	49	96.1	51	51	100.0	50	50	100.0	52	49	94.2	52	43	82.7	53
05	Boys	44	39	88.6	46	21	45.7	45	43	96.0	45	45	100.0	46	29	63.0	46
05	Girls	42	41	97.6	43	40	93.0	42	41	98.0	42	42	100.0	42	33	78.6	44
06	Boys	38	34	89.5	39	22	56.4	37	32	87.0	38	36	94.7	38	29	76.3	40
06	Girls	40	34	85.0	41	30	73.2	39	38	97.0	40	37	92.5	39	28	71.8	41
Totals		257	238	92.6	260	190	73.1	255	244	95.7	259	249	96.1	259	200	77.2	267

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Hybla Valley Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	37	25	67.6	39	30	76.9	38	37	97.0	31	29	93.5	39	36	92.3	39
04	Girls	59	37	62.7	60	60	100.0	59	59	100.0	47	45	95.7	59	54	91.5	60
05	Boys	51	43	84.3	51	43	84.3	51	51	100.0	42	38	90.5	50	48	96.0	53
05	Girls	46	42	91.3	45	44	97.8	45	45	100.0	34	33	97.1	45	41	91.1	47
06	Boys	33	23	69.7	44	35	79.5	45	45	100.0	41	39	95.1	43	37	86.0	45
06	Girls	34	27	79.4	44	42	95.5	44	44	100.0	44	42	95.5	44	35	79.5	45
Totals		260	197	75.8	283	254	89.8	282	281	99.6	239	226	94.6	280	251	89.6	289

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Irving MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	286	273	95.5	288	265	92.0	288	288	100.0	284	274	96.5	288	272	94.4	292
07	Girls	298	289	97.0	300	291	97.0	300	297	99.0	296	287	97.0	300	283	94.3	302
08	Boys	278	265	95.3	283	264	93.3	279	274	98.0	282	282	100.0	271	228	84.1	289
08	Girls	264	256	97.0	271	254	93.7	264	262	99.0	270	270	100.0	256	212	82.8	273
Totals		1,126	1,083	96.2	1,142	1,074	94.0	1,131	1,121	99.1	1,132	1,113	98.3	1,115	995	89.2	1,156

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Island Creek Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	41	35	85.4	44	35	79.5	44	39	89.0	44	42	95.5	44	39	88.6	44
04	Girls	35	34	97.1	39	39	100.0	39	37	95.0	38	38	100.0	39	30	76.9	39
05	Boys	42	41	97.6	56	40	71.4	56	49	88.0	50	46	92.0	56	40	71.4	56
05	Girls	47	44	93.6	53	48	90.6	53	51	96.0	46	44	95.7	53	41	77.4	53
06	Boys	38	36	94.7	60	42	70.0	62	51	82.0	58	53	91.4	60	54	90.0	62
06	Girls	28	28	100.0	40	37	92.5	40	40	100.0	39	39	100.0	40	33	82.5	40
Totals		231	218	94.4	292	241	82.5	294	267	90.8	275	262	95.3	292	237	81.2	294

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Jackson MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	281	269	95.7	279	214	76.7	281	280	100.0	281	270	96.1	280	269	96.1	282
07	Girls	273	266	97.4	274	245	89.4	280	275	98.0	279	272	97.5	280	272	97.1	282
08	Boys	257	255	99.2	258	177	68.6	259	256	99.0	250	244	97.6	259	250	96.5	259
08	Girls	249	249	100.0	247	193	78.1	249	248	100.0	246	243	98.8	249	241	96.8	249
Totals		1,060	1,039	98.0	1,058	829	78.4	1,069	1,059	99.1	1,056	1,029	97.4	1,068	1,032	96.6	1,072

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Jefferson S/T HS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
09	Boys	259	257	99.2	259	248	95.8	259	259	100.0	259	257	99.2	259	238	91.9	259
09	Girls	194	190	97.9	193	179	92.7	195	195	100.0	195	194	99.5	195	186	95.4	195
10	Boys	225	225	100.0	246	205	83.3	249	249	100.0	248	245	98.8	247	209	84.6	249
10	Girls	191	188	98.4	205	170	82.9	208	208	100.0	208	208	100.0	204	195	95.6	208
Totals		869	860	99.0	903	802	88.8	911	911	100.0	910	904	99.3	905	828	91.5	911

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Keene Mill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	45	45	100.0	45	41	91.1	46	46	100.0	46	46	100.0	44	42	95.5	46
04	Girls	50	50	100.0	50	50	100.0	52	52	100.0	52	52	100.0	51	49	96.1	52
05	Boys	51	51	100.0	52	46	88.5	52	52	100.0	52	52	100.0	50	47	94.0	52
05	Girls	59	59	100.0	60	60	100.0	60	60	100.0	60	60	100.0	58	50	86.2	60
06	Boys	58	57	98.3	58	52	89.7	58	58	100.0	58	57	98.3	58	51	87.9	58
06	Girls	47	47	100.0	47	47	100.0	47	47	100.0	46	45	97.8	46	44	95.7	47
Totals		310	309	99.7	312	296	94.9	315	315	100.0	314	312	99.4	307	283	92.2	315

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Kent Gardens Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	42	39	92.9	42	35	83.3	42	38	91.0	42	37	88.1	42	39	92.9	42
04	Girls	57	56	98.2	57	57	100.0	57	56	98.0	57	51	89.5	57	51	89.5	57
05	Boys	56	55	98.2	56	51	91.1	55	46	84.0	52	39	75.0	56	54	96.4	56
05	Girls	65	61	93.8	65	62	95.4	64	60	94.0	58	48	82.8	65	61	93.8	65
06	Boys	71	66	93.0	71	61	85.9	71	63	89.0	70	60	85.7	71	66	93.0	71
06	Girls	77	71	92.2	77	70	90.9	77	76	99.0	77	72	93.5	77	73	94.8	77
Totals		368	348	94.6	368	336	91.3	366	339	92.6	356	307	86.2	368	344	93.5	368

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Key MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	200	192	96.0	204	155	76.0	204	193	95.0	210	207	98.6	203	177	87.2	210
07	Girls	198	186	93.9	199	169	84.9	199	193	97.0	199	197	99.0	198	154	77.8	201
08	Boys	202	202	100.0	203	151	74.4	193	188	97.0	207	205	99.0	203	175	86.2	208
08	Girls	190	189	99.5	192	176	91.7	181	174	96.0	196	192	98.0	191	171	89.5	197
Totals		790	769	97.3	798	651	81.6	777	748	96.3	812	801	98.6	795	677	85.2	816

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Kilmer MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	250	247	98.8	251	231	92.0	255	249	98.0	252	248	98.4	252	245	97.2	259
07	Girls	228	223	97.8	229	215	93.9	232	230	99.0	229	226	98.7	231	227	98.3	234
08	Boys	261	257	98.5	260	238	91.5	264	255	97.0	264	260	98.5	261	245	93.9	271
08	Girls	249	249	100.0	248	238	96.0	251	243	97.0	251	247	98.4	247	234	94.7	254
Totals		988	976	98.8	988	922	93.3	1,002	977	97.5	996	981	98.5	991	951	96.0	1,018

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Kings Glen Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	89	86	96.6	90	77	85.6	90	85	94.0	87	87	100.0	90	84	93.3	90
04	Girls	68	61	89.7	67	66	98.5	68	60	88.0	68	68	100.0	67	56	83.6	68
05	Boys	65	61	93.8	84	69	82.1	84	75	89.0	81	77	95.1	83	73	88.0	84
05	Girls	61	54	88.5	76	72	94.7	75	71	95.0	76	76	100.0	75	68	90.7	76
06	Boys	85	82	96.5	87	73	83.9	85	79	93.0	86	86	100.0	84	73	86.9	87
06	Girls	74	73	98.6	77	74	96.1	76	74	97.0	76	76	100.0	75	71	94.7	77
Totals		442	417	94.3	481	431	89.6	478	444	92.9	474	470	99.2	474	425	89.7	482

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lake Anne Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	22	18	81.8	29	25	86.2	29	24	83.0	29	27	93.1	29	26	89.7	30
04	Girls	26	17	65.4	38	36	94.7	38	34	90.0	38	33	86.8	38	30	78.9	38
05	Boys	27	27	100.0	28	23	82.1	27	27	100.0	25	24	96.0	28	17	60.7	34
05	Girls	30	29	96.7	30	25	83.3	30	30	100.0	30	28	93.3	28	19	67.9	31
06	Boys	22	15	68.2	31	22	71.0	32	30	94.0	24	18	75.0	31	23	74.2	33
06	Girls	23	14	60.9	35	27	77.1	38	37	97.0	23	22	95.7	34	23	67.6	38
Totals		150	120	80.0	191	158	82.7	194	182	93.8	169	152	89.9	188	138	73.4	204

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lake Braddock HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	286	261	91.3	287	221	77.0	287	268	93.0	285	272	95.4	287	224	78.0	290
09	Girls	300	266	88.7	301	246	81.7	302	291	96.0	300	293	97.7	302	239	79.1	304
10	Boys	290	278	95.9	292	218	74.7	295	279	95.0	296	284	95.9	294	253	86.1	297
10	Girls	314	304	96.8	313	241	77.0	315	310	98.0	314	312	99.4	314	255	81.2	316
11	Boys	6	6	100.0	8	2	25.0	8	4	50.0	8	7	87.5	8	5	62.5	8
11	Girls	2	2	100.0	2	1	50.0	2	1	50.0	2	2	100.0	2	2	100.0	2
12	Boys	1	1	100.0	2	0	0.0	2	2	100.0	2	2	100.0	2	1	50.0	2
12	Girls	2	2	100.0	3	0	0.0	4	2	50.0	4	3	75.0	4	1	25.0	4
Totals		1,201	1,120	93.3	1,208	929	76.9	1,215	1,157	95.2	1,211	1,175	97.0	1,213	980	80.8	1,223

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lake Braddock MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	372	355	95.4	374	309	82.6	375	355	95.0	375	359	95.7	352	299	84.9	375
07	Girls	274	261	95.3	275	263	95.6	276	269	98.0	276	265	96.0	263	240	91.3	276
08	Boys	312	295	94.6	323	279	86.4	322	317	98.0	304	285	93.8	317	293	92.4	324
08	Girls	322	310	96.3	333	306	91.9	335	330	99.0	318	308	96.9	334	318	95.2	335
Totals		1,280	1,221	95.4	1,305	1,157	88.7	1,308	1,271	97.2	1,273	1,217	95.6	1,266	1,150	90.8	1,310

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lane Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	51	51	100.0	51	22	43.1	51	39	77.0	51	51	100.0	53	49	92.5	53
04	Girls	31	31	100.0	31	29	93.5	32	31	97.0	31	31	100.0	32	30	93.8	34
05	Boys	47	47	100.0	49	21	42.9	47	40	85.0	49	47	95.9	47	45	95.7	49
05	Girls	43	43	100.0	44	36	81.8	43	40	93.0	44	44	100.0	43	41	95.3	44
06	Boys	51	50	98.0	51	23	45.1	51	40	78.0	50	49	98.0	51	46	90.2	52
06	Girls	57	57	100.0	57	51	89.5	57	50	88.0	57	57	100.0	57	53	93.0	58
Totals		280	279	99.6	283	182	64.3	281	240	85.4	282	279	98.9	283	264	93.3	290

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Langley HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	262	253	96.6	265	224	84.5	265	254	96.0	260	154	59.2	263	205	77.9	269
09	Girls	261	261	100.0	263	240	91.3	266	265	100.0	259	192	74.1	262	218	83.2	268
10	Boys	235	230	97.9	240	173	72.1	243	236	97.0	239	134	56.1	235	211	89.8	261
10	Girls	240	233	97.1	241	214	88.8	251	248	99.0	239	186	77.8	241	228	94.6	270
11	Boys	3	3	100.0	2	1	50.0	4	4	100.0	2	2	100.0	3	2	66.7	4
11	Girls	1	1	100.0	1	1	100.0	1	1	100.0	1	0	0.0	1	1	100.0	2
12	Boys	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	6
12	Girls	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	1	0	0.0	1
Totals		1,004	983	97.9	1,014	855	84.3	1,032	1,010	97.9	1,002	670	66.9	1,007	866	86.0	1,081

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lanier MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	325	320	98.5	332	269	81.0	331	323	98.0	312	291	93.3	329	306	93.0	332
07	Girls	307	295	96.1	308	280	90.9	313	308	98.0	300	269	89.7	313	299	95.5	314
08	Boys	238	221	92.9	238	200	84.0	239	229	96.0	240	226	94.2	215	185	86.0	241
08	Girls	285	270	94.7	283	251	88.7	284	280	99.0	285	263	92.3	255	223	87.5	288
Totals		1,155	1,106	95.8	1,161	1,000	86.1	1,167	1,140	97.7	1,137	1,049	92.3	1,112	1,013	91.1	1,175

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Laurel Hill Elementary School**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	47	41	87.2	47	17	36.2	47	45	96.0	47	39	83.0	46	44	95.7	47
04	Girls	51	43	84.3	51	50	98.0	51	50	98.0	51	48	94.1	51	50	98.0	52
05	Boys	50	43	86.0	50	29	58.0	50	49	98.0	50	45	90.0	50	48	96.0	51
05	Girls	65	54	83.1	65	56	86.2	65	65	100.0	65	61	93.8	65	59	90.8	65
06	Boys	36	34	94.4	34	14	41.2	36	35	97.0	36	31	86.1	36	34	94.4	36
06	Girls	50	45	90.0	50	42	84.0	50	50	100.0	50	46	92.0	50	44	88.0	50
Totals		299	260	87.0	297	208	70.0	299	294	98.3	299	270	90.3	298	279	93.6	301

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Laurel Ridge Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	79	72	91.1	80	57	71.3	79	73	92.0	78	50	64.1	80	73	91.3	80
04	Girls	70	63	90.0	71	71	100.0	71	68	96.0	68	57	83.8	71	67	94.4	71
05	Boys	58	53	91.4	59	37	62.7	43	39	91.0	56	49	87.5	59	51	86.4	61
05	Girls	60	54	90.0	59	57	96.6	46	45	98.0	58	51	87.9	60	54	90.0	60
06	Boys	54	44	81.5	60	46	76.7	60	54	90.0	58	43	74.1	59	53	89.8	61
06	Girls	46	35	76.1	50	45	90.0	50	47	94.0	45	38	84.4	49	47	95.9	51
Totals		367	321	87.5	379	313	82.6	349	326	93.4	363	288	79.3	378	345	91.3	384

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lee HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	222	218	98.2	240	169	70.4	248	238	96.0	191	152	79.6	233	200	85.8	255
09	Girls	223	220	98.7	244	173	70.9	251	248	99.0	201	164	81.6	239	188	78.7	253
10	Boys	193	192	99.5	214	109	50.9	219	215	98.0	178	163	91.6	218	160	73.4	225
10	Girls	177	177	100.0	177	107	60.5	192	191	100.0	160	149	93.1	186	136	73.1	194
11	Boys	26	25	96.2	24	16	66.7	26	26	100.0	23	21	91.3	26	18	69.2	26
11	Girls	21	21	100.0	20	7	35.0	23	23	100.0	18	17	94.4	22	12	54.5	23
12	Boys	3	3	100.0	4	2	50.0	5	5	100.0	3	3	100.0	5	4	80.0	5
12	Girls	5	5	100.0	5	0	0.0	5	5	100.0	5	4	80.0	5	1	20.0	5
Totals		870	861	99.0	928	583	62.8	969	951	98.1	779	673	86.4	934	719	77.0	986

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lees Corner Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	49	46	93.9	50	34	68.0	49	36	74.0	49	34	69.4	50	32	64.0	54
04	Girls	39	34	87.2	41	15	36.6	40	35	88.0	41	32	78.0	40	19	47.5	43
05	Boys	38	34	89.5	38	27	71.1	38	28	74.0	38	24	63.2	37	25	67.6	41
05	Girls	48	41	85.4	49	26	53.1	49	41	84.0	49	36	73.5	49	21	42.9	49
06	Boys	58	53	91.4	56	34	60.7	59	43	73.0	58	45	77.6	58	18	31.0	62
06	Girls	45	31	68.9	47	27	57.4	46	41	89.0	46	38	82.6	46	14	30.4	47
Totals		277	239	86.3	281	163	58.0	281	224	79.7	281	209	74.4	280	129	46.1	296

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lemon Road Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	16	15	93.8	16	12	75.0	16	14	88.0	16	15	93.8	16	11	68.8	16
04	Girls	21	20	95.2	21	16	76.2	21	21	100.0	21	21	100.0	21	18	85.7	21
05	Boys	19	17	89.5	19	10	52.6	19	18	95.0	19	19	100.0	19	8	42.1	19
05	Girls	24	23	95.8	24	22	91.7	24	24	100.0	24	24	100.0	24	13	54.2	24
06	Boys	27	26	96.3	27	20	74.1	27	27	100.0	27	27	100.0	27	15	55.6	27
06	Girls	18	16	88.9	18	15	83.3	18	18	100.0	18	18	100.0	18	8	44.4	18
Totals		125	117	93.6	125	95	76.0	125	122	97.6	125	124	99.2	125	73	58.4	125

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Liberty MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	287	284	99.0	286	208	72.7	292	285	98.0	291	275	94.5	286	240	83.9	293
07	Girls	279	279	100.0	276	238	86.2	281	278	99.0	279	271	97.1	279	239	85.7	282
08	Boys	282	277	98.2	286	206	72.0	287	274	96.0	286	256	89.5	286	255	89.2	288
08	Girls	275	269	97.8	277	203	73.3	282	279	99.0	278	257	92.4	280	245	87.5	282
Totals		1,123	1,109	98.8	1,125	855	76.0	1,142	1,116	97.7	1,134	1,059	93.4	1,131	979	86.6	1,145

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Little Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	26	24	92.3	26	13	50.0	26	25	96.0	26	23	88.5	21	20	95.2	26
04	Girls	16	15	93.8	16	16	100.0	16	16	100.0	16	14	87.5	15	15	100.0	16
05	Boys	18	17	94.4	18	12	66.7	18	17	94.0	18	16	88.9	18	13	72.2	18
05	Girls	32	31	96.9	33	29	87.9	33	32	97.0	32	30	93.8	33	27	81.8	33
06	Boys	23	17	73.9	23	19	82.6	23	22	96.0	22	21	95.5	22	20	90.9	23
06	Girls	22	22	100.0	22	21	95.5	22	22	100.0	22	22	100.0	22	20	90.9	22
Totals		137	126	92.0	138	110	79.7	138	134	97.1	136	126	92.6	131	115	87.8	138

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
London Towne Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	55	49	89.1	55	43	78.2	55	40	73.0	55	55	100.0	55	49	89.1	55
04	Girls	56	48	85.7	56	54	96.4	56	52	93.0	56	56	100.0	56	49	87.5	56
05	Boys	55	49	89.1	55	41	74.5	55	42	76.0	55	54	98.2	55	44	80.0	55
05	Girls	47	43	91.5	47	47	100.0	47	42	89.0	47	47	100.0	47	38	80.9	47
06	Boys	50	47	94.0	50	39	78.0	50	40	80.0	50	49	98.0	50	43	86.0	50
06	Girls	45	42	93.3	45	43	95.6	46	44	96.0	46	45	97.8	45	36	80.0	46
Totals		308	278	90.3	308	267	86.7	309	260	84.1	309	306	99.0	308	259	84.1	309

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Longfellow MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	306	291	95.1	308	248	80.5	310	299	97.0	308	254	82.5	310	267	86.1	312
07	Girls	288	279	96.9	286	260	90.9	289	287	99.0	289	254	87.9	289	259	89.6	291
08	Boys	280	260	92.9	281	218	77.6	280	266	95.0	276	270	97.8	280	228	81.4	283
08	Girls	321	296	92.2	321	274	85.4	321	319	99.0	319	311	97.5	320	252	78.8	322
Totals		1,195	1,126	94.2	1,196	1,000	83.6	1,200	1,171	97.6	1,192	1,089	91.4	1,199	1,006	83.9	1,208

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lorton Station Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	61	48	78.7	60	20	33.3	61	58	95.0	61	47	77.0	61	53	86.9	61
04	Girls	67	51	76.1	61	58	95.1	68	67	99.0	67	53	79.1	66	50	75.8	68
05	Boys	62	45	72.6	59	26	44.1	64	64	100.0	63	48	76.2	63	50	79.4	65
05	Girls	63	42	66.7	67	49	73.1	67	65	97.0	68	53	77.9	68	43	63.2	68
06	Boys	79	71	89.9	79	34	43.0	82	80	98.0	81	65	80.2	83	64	77.1	84
06	Girls	61	50	82.0	62	48	77.4	67	64	96.0	67	53	79.1	65	50	76.9	67
Totals		393	307	78.1	388	235	60.6	409	398	97.3	407	319	78.4	406	310	76.4	413

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Lynbrook Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	27	26	96.3	27	19	70.4	27	24	89.0	27	26	96.3	27	23	85.2	30
04	Girls	23	23	100.0	23	16	69.6	23	23	100.0	23	23	100.0	23	15	65.2	23
05	Boys	23	23	100.0	25	17	68.0	25	23	92.0	25	24	96.0	25	17	68.0	25
05	Girls	32	29	90.6	32	27	84.4	32	29	91.0	32	25	78.1	32	18	56.3	33
06	Boys	27	24	88.9	31	21	67.7	31	26	84.0	31	31	100.0	27	18	66.7	31
06	Girls	29	27	93.1	31	23	74.2	31	29	94.0	31	25	80.6	30	19	63.3	31
Totals		161	152	94.4	169	123	72.8	169	154	91.1	169	154	91.1	164	110	67.1	173

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Madison HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	234	231	98.7	251	227	90.4	253	242	96.0	248	219	88.3	252	234	92.9	253
09	Girls	210	207	98.6	230	207	90.0	233	228	98.0	225	210	93.3	233	227	97.4	233
10	Boys	255	254	99.6	254	205	80.7	256	250	98.0	232	220	94.8	256	242	94.5	256
10	Girls	224	223	99.6	224	193	86.2	224	220	98.0	209	203	97.1	224	217	96.9	225
11	Boys	8	8	100.0	8	7	87.5	8	8	100.0	7	7	100.0	7	7	100.0	10
11	Girls	2	2	100.0	2	0	0.0	2	1	50.0	2	2	100.0	2	2	100.0	2
12	Boys	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	1	1	100.0	1
12	Girls	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	1	0	0.0	1
Totals		935	927	99.1	971	840	86.5	978	951	97.2	925	863	93.3	976	930	95.3	981

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Mantua Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	72	71	98.6	72	43	59.7	72	71	99.0	72	70	97.2	72	63	87.5	73
04	Girls	61	60	98.4	60	60	100.0	61	60	98.0	61	61	100.0	61	55	90.2	61
05	Boys	71	71	100.0	71	64	90.1	67	62	93.0	71	71	100.0	71	65	91.5	71
05	Girls	64	62	96.9	64	63	98.4	62	62	100.0	64	64	100.0	64	55	85.9	64
06	Boys	93	87	93.5	85	70	82.4	93	90	97.0	93	93	100.0	93	80	86.0	94
06	Girls	88	86	97.7	85	83	97.6	90	88	98.0	88	88	100.0	89	81	91.0	90
Totals		449	437	97.3	437	383	87.6	445	433	97.3	449	447	99.6	450	399	88.7	453

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Marshall HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	201	200	99.5	202	198	98.0	202	201	100.0	201	201	100.0	202	199	98.5	203
09	Girls	184	184	100.0	185	184	99.5	185	185	100.0	185	185	100.0	185	185	100.0	188
10	Boys	189	189	100.0	189	188	99.5	189	188	100.0	189	189	100.0	189	187	98.9	193
10	Girls	178	177	99.4	178	175	98.3	179	179	100.0	178	178	100.0	179	174	97.2	180
11	Boys	9	9	100.0	10	9	90.0	10	10	100.0	10	8	80.0	9	8	88.9	16
11	Girls	7	7	100.0	7	6	85.7	7	7	100.0	6	6	100.0	7	6	85.7	12
12	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	7
12	Girls	2	2	100.0	2	2	100.0	2	2	100.0	2	2	100.0	2	2	100.0	4
Totals		770	768	99.7	773	762	98.6	774	772	99.7	771	769	99.7	773	761	98.4	803

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Marshall Road Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	46	46	100.0	40	27	67.5	46	46	100.0	46	46	100.0	43	37	86.0	47
04	Girls	40	38	95.0	37	22	59.5	41	41	100.0	41	41	100.0	37	31	83.8	42
05	Boys	34	30	88.2	33	23	69.7	35	35	100.0	35	35	100.0	33	28	84.8	35
05	Girls	29	29	100.0	29	22	75.9	30	30	100.0	29	29	100.0	27	20	74.1	30
06	Boys	41	40	97.6	40	31	77.5	41	41	100.0	41	41	100.0	38	29	76.3	44
06	Girls	29	29	100.0	27	24	88.9	30	30	100.0	30	30	100.0	28	21	75.0	30
Totals		219	212	96.8	206	149	72.3	223	223	100.0	222	222	100.0	206	166	80.6	228

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
McLean HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	278	278	100.0	276	235	85.1	275	258	94.0	276	156	56.5	278	254	91.4	279
09	Girls	237	237	100.0	237	213	89.9	238	235	99.0	239	145	60.7	240	197	82.1	242
10	Boys	222	208	93.7	231	198	85.7	236	217	92.0	229	137	59.8	231	207	89.6	239
10	Girls	184	174	94.6	201	152	75.6	208	191	92.0	196	146	74.5	204	180	88.2	209
11	Boys	6	6	100.0	7	5	71.4	7	7	100.0	7	5	71.4	7	7	100.0	7
11	Girls	8	7	87.5	7	4	57.1	8	8	100.0	7	7	100.0	8	5	62.5	8
12	Boys	1	1	100.0	1	1	100.0	2	1	50.0	1	1	100.0	1	1	100.0	3
12	Girls	2	2	100.0	2	1	50.0	2	2	100.0	2	2	100.0	2	1	50.0	3
Totals		938	913	97.3	962	809	84.1	976	919	94.2	957	599	62.6	971	852	87.7	990

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
McNair Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	31	30	96.8	31	23	74.2	31	25	81.0	31	30	96.8	31	25	80.6	33
04	Girls	44	40	90.9	46	46	100.0	46	40	87.0	46	45	97.8	45	35	77.8	47
05	Boys	42	39	92.9	41	25	61.0	42	39	93.0	42	41	97.6	42	32	76.2	42
05	Girls	33	31	93.9	35	31	88.6	35	34	97.0	35	34	97.1	35	29	82.9	35
06	Boys	39	34	87.2	39	32	82.1	39	31	80.0	38	36	94.7	39	34	87.2	39
06	Girls	45	39	86.7	45	30	66.7	45	42	93.0	44	43	97.7	45	29	64.4	45
Totals		234	213	91.0	237	187	78.9	238	211	88.7	236	229	97.0	237	184	77.6	241

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Mosby Woods Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	54	31	57.4	55	18	32.7	57	49	86.0	57	38	66.7	58	35	60.3	58
04	Girls	56	32	57.1	57	54	94.7	57	52	91.0	57	44	77.2	57	23	40.4	57
05	Boys	58	21	36.2	62	36	58.1	62	52	84.0	61	34	55.7	62	40	64.5	62
05	Girls	67	33	49.3	68	64	94.1	68	63	93.0	68	40	58.8	68	34	50.0	69
06	Boys	52	17	32.7	54	29	53.7	54	50	93.0	53	34	64.2	54	36	66.7	54
06	Girls	39	15	38.5	40	32	80.0	40	38	95.0	40	31	77.5	40	28	70.0	40
Totals		326	149	45.7	336	233	69.3	338	304	89.9	336	221	65.8	339	196	57.8	340

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Mount Eagle Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	19	16	84.2	19	10	52.6	18	15	83.0	19	15	78.9	19	12	63.2	19
04	Girls	17	14	82.4	16	15	93.8	15	15	100.0	16	12	75.0	17	6	35.3	17
05	Boys	24	17	70.8	24	7	29.2	24	20	83.0	24	19	79.2	24	11	45.8	24
05	Girls	15	9	60.0	15	11	73.3	15	15	100.0	15	15	100.0	15	4	26.7	15
06	Boys	13	11	84.6	15	2	13.3	15	15	100.0	15	14	93.3	15	4	26.7	15
06	Girls	11	6	54.5	11	5	45.5	11	11	100.0	11	10	90.9	11	1	9.1	11
Totals		99	73	73.7	100	50	50.0	98	91	92.9	100	85	85.0	101	38	37.6	101

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Mount Vernon HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	240	237	98.8	236	100	42.4	244	233	96.0	246	244	99.2	234	171	73.1	254
09	Girls	223	220	98.7	216	77	35.6	229	227	99.0	228	227	99.6	221	139	62.9	229
10	Boys	221	212	95.9	218	104	47.7	225	218	97.0	222	219	98.6	220	178	80.9	230
10	Girls	180	177	98.3	174	58	33.3	184	178	97.0	181	173	95.6	180	125	69.4	186
11	Boys	27	25	92.6	27	10	37.0	27	27	100.0	28	27	96.4	27	24	88.9	28
11	Girls	29	29	100.0	28	5	17.9	29	28	97.0	28	28	100.0	27	21	77.8	29
12	Boys	9	9	100.0	10	5	50.0	10	9	90.0	10	10	100.0	9	7	77.8	10
12	Girls	13	12	92.3	12	6	50.0	13	12	92.0	13	13	100.0	12	9	75.0	15
Totals		942	921	97.8	921	365	39.6	961	932	97.0	956	941	98.4	930	674	72.5	981

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Mount Vernon Woods Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	25	25	100.0	26	16	61.5	26	23	89.0	26	26	100.0	26	16	61.5	26
04	Girls	34	34	100.0	34	34	100.0	34	34	100.0	34	34	100.0	34	27	79.4	34
05	Boys	34	33	97.1	34	30	88.2	34	31	91.0	34	34	100.0	34	27	79.4	34
05	Girls	32	32	100.0	32	31	96.9	32	30	94.0	32	32	100.0	32	26	81.3	32
06	Boys	40	40	100.0	40	31	77.5	40	37	93.0	40	40	100.0	40	29	72.5	40
06	Girls	33	32	97.0	33	31	93.9	33	33	100.0	33	33	100.0	33	23	69.7	33
Totals		198	196	99.0	199	173	86.9	199	188	94.5	199	199	100.0	199	148	74.4	199

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Mountain View High School**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	3
09	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
10	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
11	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
11	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	6
12	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
Totals		0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	14

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Navy Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	68	67	98.5	68	55	80.9	68	52	77.0	67	61	91.0	68	67	98.5	68
04	Girls	37	37	100.0	37	37	100.0	37	30	81.0	37	33	89.2	37	35	94.6	37
05	Boys	54	45	83.3	45	35	77.8	55	38	69.0	54	48	88.9	40	30	75.0	56
05	Girls	55	53	96.4	49	49	100.0	55	49	89.0	55	53	96.4	42	40	95.2	55
06	Boys	64	63	98.4	61	49	80.3	63	46	73.0	64	57	89.1	63	58	92.1	64
06	Girls	66	64	97.0	66	65	98.5	66	59	89.0	66	66	100.0	66	65	98.5	66
Totals		344	329	95.6	326	290	89.0	344	274	79.7	343	318	92.7	316	295	93.4	346

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Newington Forest Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	52	51	98.1	52	50	96.2	52	50	96.0	51	49	96.1	52	46	88.5	52
04	Girls	41	41	100.0	41	41	100.0	41	40	98.0	41	41	100.0	41	39	95.1	41
05	Boys	55	55	100.0	55	50	90.9	55	45	82.0	55	52	94.5	55	45	81.8	55
05	Girls	37	37	100.0	37	37	100.0	37	33	89.0	37	36	97.3	37	27	73.0	37
06	Boys	39	38	97.4	39	36	92.3	39	32	82.0	39	39	100.0	39	27	69.2	39
06	Girls	27	27	100.0	27	27	100.0	27	25	93.0	23	23	100.0	26	19	73.1	27
Totals		251	249	99.2	251	241	96.0	251	225	89.6	246	240	97.6	250	203	81.2	251

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
North Springfield Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	27	21	77.8	40	24	60.0	41	36	88.0	41	30	73.2	40	33	82.5	42
04	Girls	26	21	80.8	39	28	71.8	39	34	87.0	39	31	79.5	39	32	82.1	39
05	Boys	25	22	88.0	30	24	80.0	32	27	84.0	31	23	74.2	31	30	96.8	32
05	Girls	18	17	94.4	30	22	73.3	30	28	93.0	30	24	80.0	30	26	86.7	30
Totals		96	81	84.4	139	98	70.5	142	125	88.0	141	108	76.6	140	121	86.4	143

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Oak Hill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	80	78	97.5	80	60	75.0	80	65	81.0	80	62	77.5	80	76	95.0	80
04	Girls	62	60	96.8	63	63	100.0	63	57	91.0	63	56	88.9	63	62	98.4	64
05	Boys	83	81	97.6	83	70	84.3	83	72	87.0	83	68	81.9	83	81	97.6	83
05	Girls	70	68	97.1	70	65	92.9	70	65	93.0	70	64	91.4	70	67	95.7	71
06	Boys	87	85	97.7	88	77	87.5	88	80	91.0	88	76	86.4	88	87	98.9	89
06	Girls	74	73	98.6	75	73	97.3	75	73	97.0	74	66	89.2	75	73	97.3	75
Totals		456	445	97.6	459	408	88.9	459	412	89.8	458	392	85.6	459	446	97.2	462

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Oak View Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	54	43	79.6	54	45	83.3	54	48	89.0	54	45	83.3	39	33	84.6	54
04	Girls	53	45	84.9	52	49	94.2	54	45	83.0	53	47	88.7	38	31	81.6	54
05	Boys	59	52	88.1	59	55	93.2	59	51	86.0	59	53	89.8	59	53	89.8	59
05	Girls	60	58	96.7	60	59	98.3	60	60	100.0	60	50	83.3	60	55	91.7	60
06	Boys	51	43	84.3	50	48	96.0	53	51	96.0	50	42	84.0	51	41	80.4	53
06	Girls	50	48	96.0	50	49	98.0	50	49	98.0	50	48	96.0	49	41	83.7	50
Totals		327	289	88.4	325	305	93.8	330	304	92.1	326	285	87.4	296	254	85.8	330

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Oakton Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	43	42	97.7	43	26	60.5	43	34	79.0	40	22	55.0	42	39	92.9	44
04	Girls	40	37	92.5	40	40	100.0	39	38	97.0	39	36	92.3	39	32	82.1	40
05	Boys	25	24	96.0	39	33	84.6	26	25	96.0	26	15	57.7	38	36	94.7	40
05	Girls	27	21	77.8	37	33	89.2	27	23	85.0	27	19	70.4	35	30	85.7	38
06	Boys	31	29	93.5	33	28	84.8	30	26	87.0	22	16	72.7	31	28	90.3	33
06	Girls	41	38	92.7	40	36	90.0	41	40	98.0	27	25	92.6	41	35	85.4	41
Totals		207	191	92.3	232	196	84.5	206	186	90.3	181	133	73.5	226	200	88.5	236

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Oakton HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	242	242	100.0	265	230	86.8	265	265	100.0	245	223	91.0	264	243	92.0	268
09	Girls	260	258	99.2	273	250	91.6	274	272	99.0	252	240	95.2	273	239	87.5	277
10	Boys	302	300	99.3	295	235	79.7	303	301	99.0	303	222	73.3	300	275	91.7	312
10	Girls	293	292	99.7	286	214	74.8	294	292	99.0	293	240	81.9	294	262	89.1	294
11	Boys	8	8	100.0	7	6	85.7	8	8	100.0	8	8	100.0	7	7	100.0	11
11	Girls	4	3	75.0	4	2	50.0	4	4	100.0	4	2	50.0	4	3	75.0	4
12	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
12	Girls	2	2	100.0	0	0	0.0	3	3	100.0	1	0	0.0	2	1	50.0	3
Totals		1,111	1,105	99.5	1,130	937	82.9	1,151	1,145	99.5	1,106	935	84.5	1,144	1,030	90.0	1,170

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Olde Creek Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	33	31	93.9	33	20	60.6	33	26	79.0	33	24	72.7	32	28	87.5	34
04	Girls	32	31	96.9	32	32	100.0	33	30	91.0	33	30	90.9	31	29	93.5	34
05	Boys	26	20	76.9	26	18	69.2	30	16	53.0	27	19	70.4	25	20	80.0	30
05	Girls	24	19	79.2	24	21	87.5	25	23	92.0	25	21	84.0	22	17	77.3	25
06	Boys	42	38	90.5	41	28	68.3	42	29	69.0	41	36	87.8	42	37	88.1	42
06	Girls	30	26	86.7	29	28	96.6	31	31	100.0	29	28	96.6	31	27	87.1	31
Totals		187	165	88.2	185	147	79.5	194	155	79.9	188	158	84.0	183	158	86.3	196

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Orange Hunt Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	57	56	98.2	57	40	70.2	57	56	98.0	57	57	100.0	57	45	78.9	57
04	Girls	68	64	94.1	69	69	100.0	69	69	100.0	69	68	98.6	69	50	72.5	70
05	Boys	55	52	94.5	55	48	87.3	55	55	100.0	55	55	100.0	55	40	72.7	55
05	Girls	58	58	100.0	58	56	96.6	58	57	98.0	58	58	100.0	58	42	72.4	58
06	Boys	65	65	100.0	65	48	73.8	65	65	100.0	65	63	96.9	65	44	67.7	65
06	Girls	73	71	97.3	74	69	93.2	74	74	100.0	74	73	98.6	74	59	79.7	74
Totals		376	366	97.3	378	330	87.3	378	376	99.5	378	374	98.9	378	280	74.1	379

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Parklawn Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	27	27	100.0	46	34	73.9	57	53	93.0	37	37	100.0	36	26	72.2	57
04	Girls	29	26	89.7	51	44	86.3	63	62	98.0	42	42	100.0	36	26	72.2	63
05	Boys	18	15	83.3	39	31	79.5	40	39	98.0	32	31	96.9	34	23	67.6	41
05	Girls	18	17	94.4	44	36	81.8	46	45	98.0	38	38	100.0	36	21	58.3	47
Totals		92	85	92.4	180	145	80.6	206	199	96.6	149	148	99.3	142	96	67.6	208

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Pimmit Hills High School**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	4
09	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
10	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
10	Girls	0	0	0.0	1	1	100.0	0	0	0.0	0	0	0.0	0	0	0.0	6
11	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
11	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
12	Boys	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	6
12	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	5
Totals		0	0	0.0	1	1	100.0	0	0	0.0	0	0	0.0	0	0	0.0	38

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Pine Spring Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	39	36	92.3	39	30	76.9	39	33	85.0	26	26	100.0	39	35	89.7	39
04	Girls	33	27	81.8	33	33	100.0	33	31	94.0	20	20	100.0	33	29	87.9	33
05	Boys	18	17	94.4	18	16	88.9	18	16	89.0	18	18	100.0	18	16	88.9	18
05	Girls	35	29	82.9	36	31	86.1	35	35	100.0	36	35	97.2	35	31	88.6	36
06	Boys	33	30	90.9	33	20	60.6	33	25	76.0	32	31	96.9	33	31	93.9	33
06	Girls	29	24	82.8	29	18	62.1	29	28	97.0	25	25	100.0	29	21	72.4	29
Totals		187	163	87.2	188	148	78.7	187	168	89.8	157	155	98.7	187	163	87.2	188

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Poe MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
06	Boys	211	208	98.6	213	122	57.3	214	202	94.0	214	187	87.4	211	170	80.6	214
06	Girls	179	168	93.9	180	146	81.1	184	176	96.0	183	176	96.2	178	149	83.7	186
07	Boys	198	195	98.5	203	118	58.1	206	177	86.0	208	195	93.8	198	168	84.8	208
07	Girls	212	206	97.2	216	144	66.7	217	199	92.0	216	210	97.2	212	171	80.7	217
08	Boys	209	203	97.1	216	124	57.4	225	186	83.0	223	220	98.7	211	158	74.9	225
08	Girls	222	219	98.6	223	127	57.0	225	212	94.0	226	222	98.2	222	183	82.4	226
Totals		1,231	1,199	97.4	1,251	781	62.4	1,271	1,152	90.6	1,270	1,210	95.3	1,232	999	81.1	1,276

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Poplar Tree Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	50	35	70.0	51	46	90.2	51	39	77.0	49	43	87.8	51	44	86.3	55
04	Girls	44	39	88.6	45	44	97.8	45	42	93.0	44	34	77.3	45	35	77.8	47
05	Boys	46	40	87.0	47	38	80.9	47	34	72.0	46	39	84.8	47	35	74.5	50
05	Girls	43	35	81.4	44	40	90.9	44	40	91.0	44	36	81.8	44	32	72.7	46
06	Boys	60	57	95.0	61	55	90.2	61	48	79.0	60	52	86.7	61	52	85.2	62
06	Girls	50	49	98.0	52	51	98.1	52	46	89.0	51	49	96.1	53	40	75.5	53
Totals		293	255	87.0	300	274	91.3	300	249	83.0	294	253	86.1	301	238	79.1	313

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Powell Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	70	68	97.1	70	46	65.7	70	68	97.0	71	56	78.9	71	58	81.7	71
04	Girls	74	74	100.0	73	73	100.0	74	74	100.0	72	65	90.3	73	67	91.8	74
05	Boys	61	60	98.4	63	45	71.4	63	62	98.0	63	55	87.3	63	47	74.6	63
05	Girls	69	69	100.0	70	65	92.9	71	69	97.0	70	65	92.9	70	55	78.6	72
06	Boys	79	78	98.7	79	60	75.9	80	80	100.0	79	66	83.5	78	61	78.2	80
06	Girls	60	60	100.0	59	52	88.1	60	60	100.0	59	51	86.4	59	41	69.5	61
Totals		413	409	99.0	414	341	82.4	418	413	98.8	414	358	86.5	414	329	79.5	421

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Providence Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	47	42	89.4	48	32	66.7	55	50	91.0	19	17	89.5	33	25	75.8	59
04	Girls	61	57	93.4	58	57	98.3	68	64	94.0	28	26	92.9	48	32	66.7	69
05	Boys	51	48	94.1	53	38	71.7	52	49	94.0	15	13	86.7	24	18	75.0	55
05	Girls	48	44	91.7	49	49	100.0	48	47	98.0	10	9	90.0	14	11	78.6	51
06	Boys	52	45	86.5	53	38	71.7	58	56	97.0	31	29	93.5	38	31	81.6	59
06	Girls	37	31	83.8	50	47	94.0	50	47	94.0	26	26	100.0	36	30	83.3	51
Totals		296	267	90.2	311	261	83.9	331	313	94.6	129	120	93.0	193	147	76.2	344

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Quander Road School**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	1	0	0.0	14
09	Girls	1	0	0.0	1	0	0.0	2	2	100.0	1	1	100.0	0	0	0.0	9
10	Boys	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	1	0	0.0	15
10	Girls	1	1	100.0	1	0	0.0	1	0	0.0	0	0	0.0	1	1	100.0	8
11	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	2
12	Boys	1	1	100.0	1	0	0.0	1	1	100.0	1	1	100.0	1	1	100.0	1
12	Girls	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	0	0	0.0	1
Totals		5	4	80.0	5	1	20.0	6	5	83.3	4	4	100.0	4	2	50.0	50

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Ravensworth Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	31	22	71.0	31	24	77.4	31	31	100.0	29	13	44.8	31	23	74.2	31
04	Girls	49	37	75.5	49	49	100.0	49	49	100.0	45	33	73.3	49	39	79.6	49
05	Boys	46	37	80.4	46	40	87.0	46	43	94.0	31	17	54.8	46	38	82.6	46
05	Girls	29	27	93.1	29	27	93.1	29	29	100.0	17	15	88.2	29	24	82.8	29
06	Boys	31	25	80.6	31	26	83.9	31	29	94.0	29	23	79.3	31	24	77.4	31
06	Girls	28	20	71.4	29	29	100.0	29	29	100.0	29	21	72.4	29	21	72.4	29
Totals		214	168	78.5	215	195	90.7	215	210	97.7	180	122	67.8	215	169	78.6	215

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Riverside Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	44	21	47.7	46	22	47.8	45	44	98.0	44	37	84.1	46	41	89.1	46
04	Girls	29	16	55.2	30	28	93.3	30	29	97.0	28	24	85.7	30	26	86.7	30
05	Boys	47	33	70.2	48	37	77.1	48	44	92.0	48	45	93.8	48	40	83.3	48
05	Girls	32	14	43.8	32	22	68.8	32	32	100.0	31	30	96.8	32	27	84.4	32
06	Boys	37	30	81.1	37	25	67.6	37	36	97.0	37	36	97.3	37	32	86.5	37
06	Girls	56	40	71.4	57	49	86.0	57	57	100.0	57	57	100.0	57	51	89.5	57
Totals		245	154	62.9	250	183	73.2	249	242	97.2	245	229	93.5	250	217	86.8	250

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Robinson HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	338	327	96.7	346	288	83.2	340	323	95.0	339	333	98.2	337	326	96.7	348
09	Girls	327	309	94.5	335	266	79.4	334	329	99.0	336	330	98.2	325	315	96.9	342
10	Boys	326	321	98.5	327	211	64.5	327	322	99.0	327	319	97.6	327	305	93.3	328
10	Girls	341	340	99.7	340	219	64.4	342	337	99.0	342	336	98.2	342	338	98.8	344
11	Boys	8	7	87.5	10	5	50.0	9	7	78.0	10	9	90.0	10	6	60.0	10
11	Girls	12	11	91.7	13	9	69.2	13	13	100.0	13	13	100.0	12	12	100.0	13
12	Boys	0	0	0.0	2	1	50.0	1	0	0.0	2	1	50.0	1	0	0.0	2
12	Girls	4	4	100.0	4	4	100.0	4	4	100.0	4	4	100.0	4	4	100.0	4
Totals		1,356	1,319	97.3	1,377	1,003	72.8	1,370	1,335	97.4	1,373	1,345	98.0	1,358	1,306	96.2	1,391

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Robinson MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	334	322	96.4	340	273	80.3	341	334	98.0	341	287	84.2	338	301	89.1	341
07	Girls	285	276	96.8	288	262	91.0	289	285	99.0	289	257	88.9	285	266	93.3	289
08	Boys	334	316	94.6	334	251	75.1	336	327	97.0	330	329	99.7	336	308	91.7	338
08	Girls	283	274	96.8	287	227	79.1	295	290	98.0	288	288	100.0	290	270	93.1	295
Totals		1,236	1,188	96.1	1,249	1,013	81.1	1,261	1,236	98.0	1,248	1,161	93.0	1,249	1,145	91.7	1,263

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Rocky Run MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	248	239	96.4	249	185	74.3	249	243	98.0	248	236	95.2	249	192	77.1	250
07	Girls	211	204	96.7	209	164	78.5	211	210	100.0	211	205	97.2	210	186	88.6	212
08	Boys	256	249	97.3	256	221	86.3	257	250	97.0	256	240	93.8	257	242	94.2	257
08	Girls	243	238	97.9	240	198	82.5	242	242	100.0	241	233	96.7	240	227	94.6	243
Totals		958	930	97.1	954	768	80.5	959	945	98.5	956	914	95.6	956	847	88.6	962

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Rolling Valley Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	45	39	86.7	48	35	72.9	48	47	98.0	45	23	51.1	45	28	62.2	49
04	Girls	32	30	93.8	33	32	97.0	32	32	100.0	32	17	53.1	31	16	51.6	33
05	Boys	28	23	82.1	42	31	73.8	41	40	98.0	40	18	45.0	40	19	47.5	44
05	Girls	18	15	83.3	28	25	89.3	28	28	100.0	27	12	44.4	27	10	37.0	29
06	Boys	36	30	83.3	38	27	71.1	39	38	97.0	37	20	54.1	35	16	45.7	40
06	Girls	47	38	80.9	48	44	91.7	49	48	98.0	48	23	47.9	48	17	35.4	51
Totals		206	175	85.0	237	194	81.9	237	233	98.3	229	113	49.3	226	106	46.9	246

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Rose Hill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	44	41	93.2	45	32	71.1	44	44	100.0	42	37	88.1	45	40	88.9	45
04	Girls	48	47	97.9	48	48	100.0	48	47	98.0	48	46	95.8	48	43	89.6	48
05	Boys	50	45	90.0	51	37	72.5	52	50	96.0	51	49	96.1	52	44	84.6	52
05	Girls	52	47	90.4	53	43	81.1	53	53	100.0	52	50	96.2	52	50	96.2	55
06	Boys	54	45	83.3	54	42	77.8	54	52	96.0	53	48	90.6	54	49	90.7	54
06	Girls	52	43	82.7	52	49	94.2	52	50	96.0	51	48	94.1	51	49	96.1	52
Totals		300	268	89.3	303	251	82.8	303	296	97.7	297	278	93.6	302	275	91.1	306

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Sandburg MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	299	279	93.3	297	216	72.7	302	287	95.0	299	283	94.6	299	229	76.6	302
07	Girls	303	286	94.4	301	261	86.7	304	293	96.0	304	286	94.1	304	246	80.9	307
08	Boys	293	282	96.2	290	158	54.5	293	261	89.0	291	201	69.1	293	234	79.9	296
08	Girls	292	283	96.9	290	171	59.0	295	282	96.0	291	214	73.5	291	218	74.9	295
Totals		1,187	1,130	95.2	1,178	806	68.4	1,194	1,123	94.1	1,185	984	83.0	1,187	927	78.1	1,200

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Sangster Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	64	60	93.8	62	52	83.9	63	58	92.0	65	60	92.3	64	44	68.8	65
04	Girls	65	63	96.9	64	64	100.0	64	62	97.0	65	61	93.8	64	51	79.7	65
05	Boys	74	70	94.6	77	64	83.1	77	69	90.0	76	70	92.1	76	52	68.4	78
05	Girls	71	67	94.4	71	70	98.6	71	70	99.0	70	69	98.6	70	39	55.7	71
06	Boys	74	73	98.6	74	67	90.5	74	72	97.0	74	74	100.0	73	44	60.3	74
06	Girls	65	63	96.9	65	61	93.8	65	61	94.0	65	64	98.5	64	39	60.9	65
Totals		413	396	95.9	413	378	91.5	414	392	94.7	415	398	95.9	411	269	65.5	418

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Saratoga Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	20	20	100.0	43	42	97.7	43	34	79.0	42	42	100.0	46	31	67.4	47
04	Girls	24	24	100.0	42	42	100.0	46	39	85.0	44	44	100.0	45	30	66.7	46
05	Boys	25	25	100.0	56	42	75.0	51	35	69.0	51	51	100.0	56	34	60.7	58
05	Girls	18	17	94.4	34	34	100.0	33	31	94.0	33	33	100.0	34	24	70.6	34
06	Boys	21	21	100.0	54	46	85.2	52	40	77.0	51	51	100.0	53	34	64.2	56
06	Girls	21	21	100.0	53	53	100.0	51	45	88.0	50	50	100.0	52	39	75.0	54
Totals		129	128	99.2	282	259	91.8	276	224	81.2	271	271	100.0	286	192	67.1	295

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Sherman Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	17	17	100.0	17	17	100.0	17	16	94.0	17	17	100.0	17	17	100.0	17
04	Girls	24	24	100.0	24	23	95.8	24	23	96.0	24	24	100.0	24	24	100.0	24
05	Boys	27	27	100.0	27	25	92.6	27	19	70.0	27	27	100.0	27	27	100.0	27
05	Girls	19	18	94.7	19	19	100.0	19	17	90.0	19	19	100.0	19	19	100.0	19
06	Boys	26	26	100.0	26	26	100.0	26	22	85.0	26	26	100.0	26	26	100.0	26
06	Girls	27	26	96.3	27	27	100.0	27	23	85.0	27	27	100.0	27	26	96.3	27
Totals		140	138	98.6	140	137	97.9	140	120	85.7	140	140	100.0	140	139	99.3	140

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Shrevewood Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	28	21	75.0	33	20	60.6	33	30	91.0	33	31	93.9	32	24	75.0	35
04	Girls	29	21	72.4	28	26	92.9	29	29	100.0	29	26	89.7	29	25	86.2	30
05	Boys	16	16	100.0	16	14	87.5	17	17	100.0	8	8	100.0	16	15	93.8	22
05	Girls	32	24	75.0	32	26	81.3	32	32	100.0	16	16	100.0	32	29	90.6	32
06	Boys	26	12	46.2	26	12	46.2	26	25	96.0	26	25	96.2	26	13	50.0	26
06	Girls	25	18	72.0	25	24	96.0	25	25	100.0	25	25	100.0	25	21	84.0	26
Totals		156	112	71.8	160	122	76.3	162	158	97.5	137	131	95.6	160	127	79.4	171

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Silverbrook Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	62	59	95.2	62	51	82.3	62	60	97.0	62	59	95.2	61	54	88.5	62
04	Girls	50	49	98.0	50	49	98.0	50	49	98.0	50	48	96.0	50	45	90.0	50
05	Boys	62	59	95.2	63	58	92.1	63	59	94.0	62	55	88.7	63	51	81.0	64
05	Girls	59	55	93.2	59	58	98.3	59	57	97.0	59	55	93.2	59	44	74.6	59
06	Boys	62	59	95.2	62	42	67.7	62	60	97.0	63	57	90.5	62	50	80.6	66
06	Girls	63	62	98.4	63	60	95.2	63	63	100.0	63	57	90.5	63	53	84.1	64
Totals		358	343	95.8	359	318	88.6	359	348	96.9	359	331	92.2	358	297	83.0	365

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Sleepy Hollow Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	22	20	90.9	22	9	40.9	22	22	100.0	22	21	95.5	22	21	95.5	22
04	Girls	27	26	96.3	27	11	40.7	27	27	100.0	27	23	85.2	27	27	100.0	28
05	Boys	41	40	97.6	40	12	30.0	41	41	100.0	41	31	75.6	41	39	95.1	41
05	Girls	22	21	95.5	22	14	63.6	22	22	100.0	22	22	100.0	22	22	100.0	22
Totals		112	107	95.5	111	46	41.4	112	112	100.0	112	97	86.6	112	109	97.3	113

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
South County HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	255	253	99.2	255	185	72.5	255	250	98.0	255	222	87.1	255	204	80.0	257
09	Girls	197	196	99.5	195	156	80.0	198	195	99.0	198	187	94.4	195	156	80.0	199
10	Boys	250	247	98.8	246	162	65.9	251	248	99.0	251	239	95.2	250	227	90.8	252
10	Girls	256	255	99.6	252	145	57.5	257	250	97.0	256	254	99.2	257	219	85.2	257
11	Boys	12	10	83.3	12	6	50.0	12	10	83.0	12	10	83.3	8	8	100.0	12
11	Girls	18	16	88.9	18	4	22.2	19	19	100.0	18	15	83.3	15	10	66.7	19
12	Boys	3	3	100.0	2	1	50.0	3	3	100.0	3	2	66.7	2	1	50.0	3
Totals		991	980	98.9	980	659	67.2	995	975	98.0	993	929	93.6	982	825	84.0	999

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
South County MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	209	206	98.6	213	166	77.9	213	206	97.0	210	189	90.0	213	171	80.3	213
07	Girls	213	205	96.2	214	177	82.7	215	214	100.0	214	201	93.9	215	171	79.5	215
08	Boys	219	210	95.9	220	157	71.4	221	207	94.0	218	205	94.0	220	186	84.5	224
08	Girls	225	223	99.1	224	174	77.7	227	220	97.0	220	216	98.2	219	178	81.3	227
Totals		866	844	97.5	871	674	77.4	876	847	96.7	862	811	94.1	867	706	81.4	879

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
South Lakes HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	281	272	96.8	272	190	69.9	293	290	99.0	275	274	99.6	288	258	89.6	296
09	Girls	250	235	94.0	238	172	72.3	253	252	100.0	232	227	97.8	250	228	91.2	261
10	Boys	193	174	90.2	222	144	64.9	232	205	88.0	231	199	86.1	228	172	75.4	238
10	Girls	181	153	84.5	219	135	61.6	229	214	93.0	229	196	85.6	221	194	87.8	237
11	Boys	6	6	100.0	6	2	33.3	7	7	100.0	7	7	100.0	6	4	66.7	16
11	Girls	5	3	60.0	5	2	40.0	6	5	83.0	5	3	60.0	5	4	80.0	14
12	Boys	3	3	100.0	3	0	0.0	3	3	100.0	3	0	0.0	3	3	100.0	5
12	Girls	1	1	100.0	0	0	0.0	1	1	100.0	1	0	0.0	1	1	100.0	3
Totals		920	847	92.1	965	645	66.8	1,024	977	95.4	983	906	92.2	1,002	864	86.2	1,070

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Spring Hill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	83	79	95.2	83	73	88.0	83	72	87.0	83	65	78.3	83	63	75.9	83
04	Girls	60	59	98.3	61	58	95.1	60	53	88.0	61	50	82.0	60	53	88.3	61
05	Boys	76	73	96.1	76	72	94.7	76	71	93.0	76	52	68.4	76	57	75.0	76
05	Girls	94	93	98.9	93	86	92.5	94	91	97.0	94	72	76.6	93	71	76.3	94
06	Boys	76	75	98.7	76	67	88.2	75	72	96.0	75	55	73.3	76	48	63.2	76
06	Girls	80	80	100.0	80	71	88.8	80	76	95.0	80	67	83.8	80	54	67.5	80
Totals		469	459	97.9	469	427	91.0	468	435	92.9	469	361	77.0	468	346	73.9	470

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Springfield Estates Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	49	43	87.8	49	34	69.4	49	29	59.0	49	49	100.0	48	41	85.4	49
04	Girls	73	60	82.2	73	73	100.0	73	49	67.0	73	71	97.3	72	63	87.5	73
05	Boys	61	55	90.2	61	50	82.0	61	38	62.0	61	60	98.4	62	56	90.3	62
05	Girls	50	44	88.0	48	48	100.0	50	39	78.0	50	50	100.0	50	46	92.0	50
06	Boys	69	58	84.1	64	36	56.3	70	49	70.0	69	69	100.0	69	52	75.4	70
06	Girls	49	42	85.7	48	47	97.9	49	38	78.0	49	49	100.0	49	43	87.8	49
Totals		351	302	86.0	343	288	84.0	352	242	68.8	351	348	99.1	350	301	86.0	353

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Stenwood Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	36	30	83.3	36	22	61.1	37	35	95.0	36	36	100.0	37	37	100.0	37
04	Girls	28	26	92.9	29	29	100.0	29	29	100.0	29	29	100.0	29	29	100.0	29
05	Boys	20	17	85.0	20	17	85.0	20	20	100.0	21	21	100.0	21	19	90.5	21
05	Girls	35	31	88.6	35	34	97.1	35	34	97.0	34	34	100.0	35	33	94.3	35
06	Boys	32	29	90.6	33	24	72.7	30	28	93.0	30	30	100.0	33	31	93.9	33
06	Girls	25	24	96.0	26	25	96.2	26	26	100.0	26	26	100.0	26	25	96.2	26
Totals		176	157	89.2	179	151	84.4	177	172	97.2	176	176	100.0	181	174	96.1	181

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Stone MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	230	209	90.9	236	165	69.9	238	223	94.0	232	171	73.7	234	167	71.4	241
07	Girls	222	194	87.4	224	179	79.9	225	218	97.0	223	193	86.5	223	177	79.4	230
08	Boys	227	211	93.0	230	188	81.7	230	224	97.0	228	141	61.8	229	198	86.5	233
08	Girls	242	224	92.6	244	217	88.9	244	242	99.0	244	171	70.1	244	221	90.6	244
Totals		921	838	91.0	934	749	80.2	937	907	96.8	927	676	72.9	930	763	82.0	948

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Stratford Landing Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	77	74	96.1	79	70	88.6	78	78	100.0	74	66	89.2	78	74	94.9	79
04	Girls	46	45	97.8	46	46	100.0	46	46	100.0	46	45	97.8	46	42	91.3	46
05	Boys	70	56	80.0	72	64	88.9	72	72	100.0	72	68	94.4	72	65	90.3	72
05	Girls	51	49	96.1	51	48	94.1	51	51	100.0	51	50	98.0	51	43	84.3	51
06	Boys	58	56	96.6	60	52	86.7	60	60	100.0	60	60	100.0	60	57	95.0	60
06	Girls	64	61	95.3	64	63	98.4	64	64	100.0	64	64	100.0	64	61	95.3	64
Totals		366	341	93.2	372	343	92.2	371	371	100.0	367	353	96.2	371	342	92.2	372

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Stuart HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	212	198	93.4	209	132	63.2	213	204	96.0	205	158	77.1	211	164	77.7	219
09	Girls	215	194	90.2	221	114	51.6	225	215	96.0	219	161	73.5	220	165	75.0	226
10	Boys	196	185	94.4	207	135	65.2	209	189	90.0	201	140	69.7	205	182	88.8	215
10	Girls	161	138	85.7	175	93	53.1	183	162	89.0	172	140	81.4	177	118	66.7	188
11	Boys	22	20	90.9	28	16	57.1	27	22	82.0	27	16	59.3	28	23	82.1	29
11	Girls	14	10	71.4	15	3	20.0	15	12	80.0	12	8	66.7	14	8	57.1	18
12	Boys	3	3	100.0	4	2	50.0	4	4	100.0	4	2	50.0	4	4	100.0	4
Totals		823	748	90.9	859	495	57.6	876	808	92.2	840	625	74.4	859	664	77.3	899

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Sunrise Valley Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	53	53	100.0	53	43	81.1	55	55	100.0	53	51	96.2	53	53	100.0	56
04	Girls	55	55	100.0	55	55	100.0	55	55	100.0	55	53	96.4	55	55	100.0	55
05	Boys	52	52	100.0	52	47	90.4	52	52	100.0	51	51	100.0	52	51	98.1	54
05	Girls	55	55	100.0	55	53	96.4	55	55	100.0	55	54	98.2	55	51	92.7	55
06	Boys	48	48	100.0	48	44	91.7	48	48	100.0	48	48	100.0	48	47	97.9	50
06	Girls	43	43	100.0	43	43	100.0	44	43	98.0	43	43	100.0	43	43	100.0	44
Totals		306	306	100.0	306	285	93.1	309	308	99.7	305	300	98.4	306	300	98.0	314

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Terra Centre Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	35	32	91.4	35	24	68.6	35	34	97.0	35	32	91.4	34	22	64.7	35
04	Girls	34	29	85.3	33	27	81.8	34	34	100.0	34	31	91.2	33	21	63.6	34
05	Boys	34	25	73.5	34	27	79.4	34	33	97.0	34	33	97.1	34	17	50.0	34
05	Girls	33	27	81.8	33	31	93.9	33	33	100.0	33	30	90.9	33	25	75.8	33
06	Boys	45	41	91.1	46	37	80.4	46	46	100.0	46	38	82.6	30	17	56.7	46
06	Girls	31	26	83.9	31	20	64.5	31	31	100.0	31	28	90.3	21	11	52.4	31
Totals		212	180	84.9	212	166	78.3	213	211	99.1	213	192	90.1	185	113	61.1	213

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Terraset Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	21	19	90.5	23	14	60.9	24	23	96.0	22	18	81.8	21	20	95.2	25
04	Girls	25	22	88.0	25	25	100.0	25	24	96.0	25	23	92.0	25	23	92.0	25
05	Boys	23	20	87.0	23	16	69.6	24	24	100.0	23	23	100.0	23	22	95.7	25
05	Girls	27	25	92.6	28	25	89.3	28	28	100.0	27	25	92.6	28	23	82.1	28
06	Boys	16	16	100.0	16	11	68.8	16	16	100.0	16	16	100.0	16	15	93.8	16
06	Girls	28	28	100.0	28	25	89.3	28	28	100.0	28	26	92.9	28	24	85.7	28
Totals		140	130	92.9	143	116	81.1	145	143	98.6	141	131	92.9	141	127	90.1	147

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Thoreau MS**

		Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			
Grade	Gender	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Enrolled Students
07	Boys	188	178	94.7	188	178	94.7	192	181	94.0	184	176	95.7	187	171	91.4	192
07	Girls	180	171	95.0	183	183	100.0	183	182	100.0	182	179	98.4	181	171	94.5	185
08	Boys	233	231	99.1	239	217	90.8	241	239	99.0	234	229	97.9	236	221	93.6	242
08	Girls	187	187	100.0	188	181	96.3	190	189	100.0	187	185	98.9	185	178	96.2	190
Totals		788	767	97.3	798	759	95.1	806	791	98.1	787	769	97.7	789	741	93.9	809

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Timber Lane Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	31	23	74.2	32	24	75.0	32	27	84.0	30	19	63.3	31	23	74.2	32
04	Girls	36	27	75.0	35	34	97.1	36	33	92.0	34	24	70.6	36	24	66.7	36
05	Boys	24	21	87.5	24	19	79.2	24	23	96.0	23	14	60.9	24	15	62.5	24
05	Girls	19	13	68.4	19	18	94.7	19	19	100.0	19	12	63.2	19	13	68.4	20
06	Boys	25	14	56.0	26	18	69.2	26	24	92.0	20	9	45.0	26	14	53.8	27
06	Girls	28	18	64.3	33	32	97.0	33	33	100.0	26	16	61.5	34	24	70.6	34
Totals		163	116	71.2	169	145	85.8	170	159	93.5	152	94	61.8	170	113	66.5	173

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Twain MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	200	194	97.0	200	134	67.0	208	192	92.0	208	172	82.7	208	165	79.3	208
07	Girls	186	179	96.2	185	164	88.6	189	183	97.0	189	160	84.7	187	157	84.0	189
08	Boys	216	207	95.8	211	134	63.5	216	204	94.0	216	200	92.6	216	156	72.2	216
08	Girls	211	190	90.0	208	163	78.4	211	201	95.0	210	184	87.6	209	164	78.5	212
Totals		813	770	94.7	804	595	74.0	824	780	94.7	823	716	87.0	820	642	78.3	825

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Union Mill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	50	50	100.0	49	39	79.6	49	36	74.0	47	47	100.0	50	46	92.0	53
04	Girls	57	53	93.0	58	43	74.1	58	49	85.0	58	54	93.1	57	52	91.2	60
05	Boys	43	42	97.7	43	36	83.7	43	34	79.0	43	40	93.0	42	38	90.5	45
05	Girls	58	57	98.3	56	45	80.4	59	53	90.0	59	57	96.6	59	56	94.9	59
06	Boys	69	69	100.0	70	63	90.0	72	57	79.0	72	69	95.8	72	67	93.1	72
06	Girls	59	58	98.3	58	53	91.4	58	56	97.0	58	58	100.0	56	54	96.4	59
Totals		336	329	97.9	334	279	83.5	339	285	84.1	337	325	96.4	336	313	93.2	348

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Vienna Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	29	28	96.6	28	28	100.0	29	25	86.0	28	28	100.0	29	29	100.0	30
04	Girls	21	20	95.2	23	23	100.0	23	23	100.0	22	22	100.0	23	23	100.0	24
05	Boys	18	16	88.9	19	14	73.7	20	17	85.0	9	9	100.0	20	18	90.0	20
05	Girls	35	31	88.6	39	36	92.3	39	38	97.0	19	19	100.0	39	38	97.4	40
06	Boys	27	26	96.3	27	25	92.6	27	24	89.0	26	23	88.5	27	27	100.0	27
06	Girls	30	28	93.3	31	29	93.5	31	31	100.0	31	31	100.0	31	29	93.5	31
Totals		160	149	93.1	167	155	92.8	169	158	93.5	135	132	97.8	169	164	97.0	172

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Virginia Run Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	56	55	98.2	56	50	89.3	56	54	96.0	56	55	98.2	29	25	86.2	56
04	Girls	42	41	97.6	43	43	100.0	43	42	98.0	43	41	95.3	22	22	100.0	43
05	Boys	69	69	100.0	69	68	98.6	70	60	86.0	69	68	98.6	38	33	86.8	70
05	Girls	56	56	100.0	55	55	100.0	56	50	89.0	56	55	98.2	33	25	75.8	56
06	Boys	79	79	100.0	78	73	93.6	80	69	86.0	79	77	97.5	61	35	57.4	80
06	Girls	61	61	100.0	62	62	100.0	62	61	98.0	62	62	100.0	49	38	77.6	62
Totals		363	361	99.4	363	351	96.7	367	336	91.6	365	358	98.1	232	178	76.7	367

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Wakefield Forest Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	35	30	85.7	36	32	88.9	36	32	89.0	36	31	86.1	36	31	86.1	36
04	Girls	42	39	92.9	42	31	73.8	42	39	93.0	42	41	97.6	40	36	90.0	42
05	Boys	26	25	96.2	26	22	84.6	26	26	100.0	26	25	96.2	26	25	96.2	26
05	Girls	29	29	100.0	29	29	100.0	29	29	100.0	29	29	100.0	29	26	89.7	29
06	Boys	31	31	100.0	33	28	84.8	33	32	97.0	32	32	100.0	33	28	84.8	33
06	Girls	38	37	97.4	42	41	97.6	42	42	100.0	42	41	97.6	42	35	83.3	42
Totals		201	191	95.0	208	183	88.0	208	200	96.2	207	199	96.1	206	181	87.9	208

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Waples Mill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	51	50	98.0	50	40	80.0	51	44	86.0	51	24	47.1	51	44	86.3	52
04	Girls	57	57	100.0	57	57	100.0	57	54	95.0	57	31	54.4	57	46	80.7	57
05	Boys	54	54	100.0	54	45	83.3	54	48	89.0	54	27	50.0	54	33	61.1	54
05	Girls	52	52	100.0	52	52	100.0	52	52	100.0	52	26	50.0	51	36	70.6	52
06	Boys	49	49	100.0	49	41	83.7	49	44	90.0	49	24	49.0	49	24	49.0	50
06	Girls	43	43	100.0	43	42	97.7	43	42	98.0	43	32	74.4	43	28	65.1	44
Totals		306	305	99.7	305	277	90.8	306	284	92.8	306	164	53.6	305	211	69.2	309

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Washington Mill Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	36	28	77.8	38	25	65.8	35	27	77.0	37	31	83.8	29	26	89.7	41
04	Girls	39	31	79.5	43	41	95.3	41	38	93.0	41	37	90.2	31	23	74.2	44
05	Boys	39	29	74.4	42	25	59.5	41	29	71.0	38	28	73.7	39	28	71.8	43
05	Girls	34	29	85.3	35	30	85.7	33	31	94.0	32	31	96.9	32	22	68.8	38
06	Boys	26	23	88.5	27	19	70.4	26	22	85.0	26	26	100.0	26	19	73.1	29
06	Girls	31	18	58.1	30	26	86.7	31	26	84.0	31	29	93.5	30	19	63.3	31
Totals		205	158	77.1	215	166	77.2	207	173	83.6	205	182	88.8	187	137	73.3	226

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
WayneWood Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	51	49	96.1	51	48	94.1	51	43	84.0	51	50	98.0	51	50	98.0	51
04	Girls	35	35	100.0	35	35	100.0	35	34	97.0	35	35	100.0	35	34	97.1	35
05	Boys	49	49	100.0	48	45	93.8	49	44	90.0	49	48	98.0	49	48	98.0	49
05	Girls	38	38	100.0	38	36	94.7	38	36	95.0	38	38	100.0	38	38	100.0	38
06	Boys	34	34	100.0	34	32	94.1	34	34	100.0	34	34	100.0	34	33	97.1	34
06	Girls	33	33	100.0	33	33	100.0	33	31	94.0	33	33	100.0	33	31	93.9	33
Totals		240	238	99.2	239	229	95.8	240	222	92.5	240	238	99.2	240	234	97.5	240

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
West Potomac HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	208	200	96.2	229	172	75.1	210	187	89.0	209	200	95.7	206	176	85.4	285
09	Girls	206	196	95.1	228	176	77.2	213	201	94.0	209	198	94.7	208	171	82.2	298
10	Boys	230	218	94.8	249	182	73.1	252	209	83.0	246	243	98.8	248	226	91.1	258
10	Girls	233	216	92.7	253	158	62.5	259	244	94.0	256	247	96.5	259	206	79.5	262
11	Boys	26	24	92.3	27	19	70.4	30	23	77.0	31	28	90.3	29	25	86.2	33
11	Girls	29	27	93.1	31	12	38.7	33	25	76.0	31	30	96.8	33	24	72.7	42
12	Boys	11	6	54.5	4	0	0.0	10	7	70.0	11	8	72.7	11	1	9.1	12
12	Girls	20	13	65.0	14	3	21.4	20	16	80.0	20	17	85.0	20	6	30.0	21
Totals		963	900	93.5	1,035	722	69.8	1,027	912	88.8	1,013	971	95.9	1,014	835	82.3	1,211

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
West Springfield Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	33	29	87.9	33	25	75.8	33	30	91.0	33	30	90.9	33	31	93.9	33
04	Girls	36	31	86.1	37	36	97.3	37	35	95.0	37	35	94.6	37	37	100.0	37
05	Boys	30	30	100.0	31	23	74.2	31	23	74.0	31	28	90.3	31	30	96.8	31
05	Girls	25	23	92.0	25	22	88.0	24	21	88.0	24	24	100.0	25	22	88.0	25
06	Boys	33	31	93.9	33	27	81.8	33	28	85.0	33	33	100.0	33	31	93.9	33
06	Girls	22	22	100.0	21	19	90.5	22	17	77.0	22	22	100.0	22	21	95.5	22
Totals		179	166	92.7	180	152	84.4	180	154	85.6	180	172	95.6	181	172	95.0	181

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
West Springfield HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	153	147	96.1	266	225	84.6	253	220	87.0	231	190	82.3	274	243	88.7	279
09	Girls	146	142	97.3	242	210	86.8	232	220	95.0	223	180	80.7	252	240	95.2	259
10	Boys	247	244	98.8	285	167	58.6	268	240	90.0	136	111	81.6	286	225	78.7	315
10	Girls	194	190	97.9	227	177	78.0	234	222	95.0	124	96	77.4	243	218	89.7	260
11	Boys	10	10	100.0	12	6	50.0	9	6	67.0	7	7	100.0	12	11	91.7	19
11	Girls	12	10	83.3	13	8	61.5	11	10	91.0	7	7	100.0	13	12	92.3	16
12	Boys	0	0	0.0	2	1	50.0	1	0	0.0	1	1	100.0	2	1	50.0	2
12	Girls	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	1	1	100.0	2
Totals		763	744	97.5	1,048	795	75.9	1,009	919	91.1	730	593	81.2	1,083	951	87.8	1,152

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Westbriar Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	17	17	100.0	32	27	84.4	33	33	100.0	33	32	97.0	33	32	97.0	33
04	Girls	11	10	90.9	23	23	100.0	23	23	100.0	23	23	100.0	23	22	95.7	23
05	Boys	34	34	100.0	34	28	82.4	34	32	94.0	34	33	97.1	34	29	85.3	34
05	Girls	22	21	95.5	23	23	100.0	23	23	100.0	23	23	100.0	22	22	100.0	23
06	Boys	35	35	100.0	36	34	94.4	36	36	100.0	36	36	100.0	36	32	88.9	36
06	Girls	38	38	100.0	40	39	97.5	40	40	100.0	40	40	100.0	40	35	87.5	40
Totals		157	155	98.7	188	174	92.6	189	187	98.9	189	187	98.9	188	172	91.5	189

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Westfield HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	362	340	93.9	368	300	81.5	367	358	98.0	365	290	79.5	364	304	83.5	372
09	Girls	313	295	94.2	314	273	86.9	319	319	100.0	313	265	84.7	318	282	88.7	323
10	Boys	363	328	90.4	363	262	72.2	368	346	94.0	365	236	64.7	365	318	87.1	375
10	Girls	302	255	84.4	304	217	71.4	308	299	97.0	304	224	73.7	305	239	78.4	318
11	Boys	9	7	77.8	9	7	77.8	9	9	100.0	9	3	33.3	9	9	100.0	11
11	Girls	6	4	66.7	5	0	0.0	6	5	83.0	6	4	66.7	6	3	50.0	9
12	Boys	2	2	100.0	2	1	50.0	3	3	100.0	2	2	100.0	2	2	100.0	8
12	Girls	0	0	0.0	0	0	0.0	1	1	100.0	0	0	0.0	0	0	0.0	1
Totals		1,357	1,231	90.7	1,365	1,060	77.7	1,381	1,340	97.0	1,364	1,024	75.1	1,369	1,157	84.5	1,417

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Westgate Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	24	24	100.0	24	20	83.3	25	24	96.0	25	24	96.0	24	11	45.8	25
04	Girls	31	31	100.0	31	31	100.0	32	30	94.0	32	29	90.6	32	7	21.9	33
05	Boys	19	19	100.0	19	15	78.9	19	19	100.0	19	18	94.7	19	5	26.3	19
05	Girls	20	19	95.0	20	20	100.0	21	19	91.0	20	20	100.0	20	7	35.0	21
06	Boys	23	19	82.6	24	17	70.8	25	23	92.0	25	24	96.0	24	10	41.7	25
06	Girls	18	18	100.0	18	18	100.0	18	18	100.0	18	18	100.0	18	3	16.7	18
Totals		135	130	96.3	136	121	89.0	140	133	95.0	139	133	95.7	137	43	31.4	141

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Westlawn Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	67	52	77.6	67	24	35.8	67	64	96.0	67	55	82.1	67	59	88.1	67
04	Girls	34	30	88.2	34	34	100.0	34	32	94.0	33	32	97.0	34	33	97.1	35
05	Boys	37	29	78.4	38	29	76.3	38	34	90.0	37	34	91.9	37	30	81.1	39
05	Girls	49	40	81.6	49	47	95.9	49	48	98.0	49	48	98.0	49	40	81.6	49
06	Boys	40	34	85.0	40	17	42.5	40	38	95.0	40	39	97.5	40	36	90.0	40
06	Girls	52	41	78.8	52	46	88.5	53	53	100.0	52	48	92.3	53	45	84.9	53
Totals		279	226	81.0	280	197	70.4	281	269	95.7	278	256	92.1	280	243	86.8	283

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Weyanoke Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	39	36	92.3	39	33	84.6	39	36	92.0	39	36	92.3	39	37	94.9	41
04	Girls	40	38	95.0	40	40	100.0	41	40	98.0	37	37	100.0	40	39	97.5	41
05	Boys	39	36	92.3	39	35	89.7	39	38	97.0	39	39	100.0	39	34	87.2	39
05	Girls	34	32	94.1	34	32	94.1	34	32	94.0	34	34	100.0	34	32	94.1	34
Totals		152	142	93.4	152	140	92.1	153	146	95.4	149	146	98.0	152	142	93.4	155

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
White Oaks Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	58	51	87.9	58	42	72.4	59	55	93.0	58	36	62.1	59	53	89.8	60
04	Girls	53	51	96.2	52	52	100.0	53	51	96.0	53	33	62.3	53	40	75.5	53
05	Boys	79	76	96.2	78	60	76.9	82	80	98.0	83	54	65.1	83	58	69.9	83
05	Girls	68	65	95.6	68	63	92.6	69	68	99.0	69	42	60.9	69	60	87.0	69
06	Boys	78	78	100.0	78	57	73.1	78	76	97.0	77	59	76.6	78	65	83.3	78
06	Girls	79	78	98.7	81	79	97.5	81	80	99.0	81	62	76.5	80	63	78.8	81
Totals		415	399	96.1	415	353	85.1	422	410	97.2	421	286	67.9	422	339	80.3	424

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Whitman MS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
07	Boys	255	250	98.0	254	193	76.0	262	260	99.0	262	253	96.6	252	210	83.3	266
07	Girls	233	230	98.7	229	184	80.3	239	238	100.0	237	237	100.0	233	194	83.3	243
08	Boys	232	227	97.8	230	163	70.9	236	223	95.0	233	233	100.0	233	221	94.8	239
08	Girls	217	213	98.2	217	171	78.8	220	209	95.0	220	219	99.5	217	205	94.5	221
Totals		937	920	98.2	930	711	76.5	957	930	97.2	952	942	98.9	935	830	88.8	969

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Willow Springs Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	67	67	100.0	68	64	94.1	69	63	91.0	69	69	100.0	68	66	97.1	69
04	Girls	53	53	100.0	52	52	100.0	53	48	91.0	53	53	100.0	53	49	92.5	53
05	Boys	55	55	100.0	55	51	92.7	54	46	85.0	54	54	100.0	55	49	89.1	57
05	Girls	61	61	100.0	58	58	100.0	59	54	92.0	59	59	100.0	59	53	89.8	61
06	Boys	51	51	100.0	48	45	93.8	49	45	92.0	50	50	100.0	51	47	92.2	51
06	Girls	59	59	100.0	58	58	100.0	59	55	93.0	59	59	100.0	59	58	98.3	59
Totals		346	346	100.0	339	328	96.8	343	311	90.7	344	344	100.0	345	322	93.3	350

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Wolftrap Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	40	38	95.0	41	39	95.1	41	39	95.0	41	36	87.8	41	38	92.7	41
04	Girls	42	36	85.7	42	41	97.6	43	42	98.0	43	39	90.7	43	30	69.8	43
05	Boys	50	44	88.0	49	49	100.0	50	49	98.0	50	46	92.0	50	43	86.0	50
05	Girls	49	47	95.9	48	48	100.0	49	49	100.0	49	48	98.0	49	42	85.7	49
06	Boys	37	37	100.0	37	34	91.9	37	37	100.0	37	36	97.3	37	31	83.8	37
06	Girls	43	40	93.0	43	43	100.0	43	42	98.0	43	43	100.0	43	36	83.7	43
Totals		261	242	92.7	260	254	97.7	263	258	98.1	263	248	94.3	263	220	83.7	263

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Woodburn Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	32	32	100.0	32	21	65.6	32	31	97.0	32	29	90.6	32	29	90.6	32
04	Girls	27	25	92.6	28	28	100.0	27	27	100.0	27	21	77.8	27	21	77.8	28
05	Boys	24	18	75.0	24	18	75.0	24	24	100.0	24	23	95.8	24	21	87.5	24
05	Girls	32	27	84.4	33	32	97.0	33	33	100.0	33	32	97.0	32	27	84.4	33
06	Boys	44	30	68.2	45	26	57.8	45	45	100.0	44	40	90.9	45	30	66.7	45
06	Girls	34	23	67.6	34	33	97.1	34	34	100.0	33	33	100.0	34	27	79.4	34
Totals		193	155	80.3	196	158	80.6	195	194	99.5	193	178	92.2	194	155	79.9	196

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Woodlawn Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	39	26	66.7	39	27	69.2	41	41	100.0	38	31	81.6	40	34	85.0	41
04	Girls	30	19	63.3	29	28	96.6	29	29	100.0	29	24	82.8	30	21	70.0	31
05	Boys	37	29	78.4	44	29	65.9	44	44	100.0	35	28	80.0	25	17	68.0	45
05	Girls	35	19	54.3	43	31	72.1	43	43	100.0	30	19	63.3	25	21	84.0	43
06	Boys	39	34	87.2	39	27	69.2	39	38	97.0	32	29	90.6	39	35	89.7	39
06	Girls	31	24	77.4	32	27	84.4	32	32	100.0	25	23	92.0	32	31	96.9	32
Totals		211	151	71.6	226	169	74.8	228	227	99.6	189	154	81.5	191	159	83.2	231

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Woodley Hills Elementary**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
04	Boys	42	39	92.9	43	33	76.7	43	43	100.0	42	42	100.0	43	43	100.0	43
04	Girls	41	37	90.2	43	43	100.0	43	43	100.0	43	43	100.0	43	42	97.7	43
05	Boys	46	41	89.1	47	37	78.7	48	46	96.0	48	48	100.0	48	47	97.9	48
05	Girls	45	43	95.6	44	44	100.0	45	45	100.0	44	44	100.0	45	44	97.8	45
06	Boys	40	40	100.0	41	33	80.5	41	37	90.0	40	40	100.0	41	39	95.1	41
06	Girls	42	42	100.0	44	43	97.7	44	44	100.0	43	43	100.0	44	41	93.2	44
Totals		256	242	94.5	262	233	88.9	264	258	97.7	260	260	100.0	264	256	97.0	264

**Fairfax County Public Schools
Virginia Wellness Fitness Report
School Grade Summary - 2009-2010
Woodson HS**

Grade	Gender	Abdominal Strength			Aerobic Capacity			Flexibility			Trunk Extensor Strength			Upper Body Strength			Enrolled Students
		Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	Tested	Met WZ	% Passing	
09	Boys	288	284	98.6	290	272	93.8	291	284	98.0	290	218	75.2	290	255	87.9	291
09	Girls	256	253	98.8	260	237	91.2	259	252	97.0	257	216	84.0	257	243	94.6	260
10	Boys	247	242	98.0	240	182	75.8	256	248	97.0	248	194	78.2	246	217	88.2	256
10	Girls	228	226	99.1	219	180	82.2	235	231	98.0	228	196	86.0	227	214	94.3	236
11	Boys	7	7	100.0	7	5	71.4	8	8	100.0	8	5	62.5	8	6	75.0	9
11	Girls	3	3	100.0	3	3	100.0	3	3	100.0	3	3	100.0	3	3	100.0	5
12	Boys	1	1	100.0	1	1	100.0	1	1	100.0	1	0	0.0	1	1	100.0	1
Totals		1,030	1,016	98.6	1,020	880	86.3	1,053	1,027	97.5	1,035	832	80.4	1,032	939	91.0	1,058