

DISTRICT REPORT

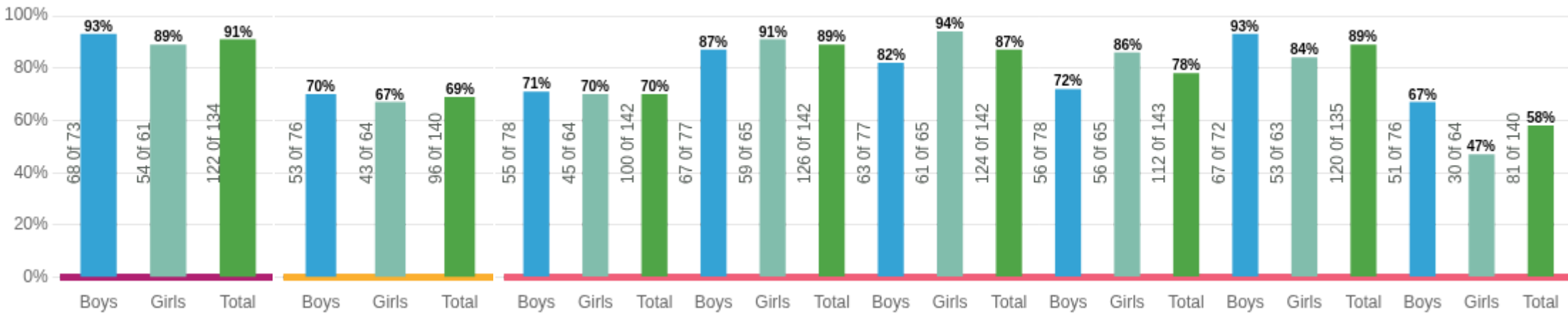
Summary

WOODSIDE ELEMENTARY SCHOOL

06/01/2026

Grades : KG - 12 | Pre, Post | 7/1/2025 to 6/30/2026

✔ STUDENTS IN HEALTHY FITNESS ZONE (HFZ)



Heart Health

Aerobic Capacity

Body Health

Body Composition

Muscle Fitness

Upper Body Strength / Endurance

Muscle Fitness

Abdominal Strength / Endurance

Muscle Fitness

Trunk Extensor Strength

Muscle Fitness

Flexibility

Muscle Fitness

Vertical Jump

Muscle Fitness

HandGrip

⚠ STUDENTS IN NEEDS IMPROVEMENT ZONE (NI)

NI: Needs Improvement

NI-HR: Needs Improvement - Health Risk

VL: Very Lean

For more information please visit cdc.gov/healthyweight

	Heart Health	Body Health	Muscle Fitness					
	Aerobic Capacity	Body Composition	Upper Body Strength / Endurance	Abdominal Strength / Endurance	Trunk Extensor Strength	Flexibility	Vertical Jump	HandGrip
Boys	7% (5 of 73) NI-HR: 7% NI: 0%	30% (23 of 76) NI-HR: 11% NI: 9% VL : 11%	29% (23 of 78)	13% (10 of 77) NI-HR: 4% NI: 9%	18% (14 of 77)	28% (22 of 78)	7% (5 of 72) NI-HR: 4% NI: 3%	33% (25 of 76) NI-HR: 14% NI: 18%
Girls	11% (7 of 61) NI-HR: 2% NI: 10%	33% (21 of 64) NI-HR: 5% NI: 11% VL : 17%	30% (19 of 64)	9% (6 of 65) NI-HR: 3% NI: 6%	6% (4 of 65)	14% (9 of 65)	16% (10 of 63) NI-HR: 16% NI: 0%	53% (34 of 64) NI-HR: 23% NI: 30%
Total	9% (12 of 134) NI-HR: 4% NI: 4%	31% (44 of 140) NI-HR: 8% NI: 10% VL : 14%	30% (42 of 142)	11% (16 of 142) NI-HR: 4% NI: 8%	13% (18 of 142)	22% (31 of 143)	11% (15 of 135) NI-HR: 10% NI: 1%	42% (59 of 140) NI-HR: 19% NI: 24%