

FITNESS TEST GRADING

Students will be graded based on gender and age as of March 15 of the current school year (when the mandated state fitness occurs).

The Healthy Fitness Zone as determined by FitnessGram is a grade C or higher.

FEMALES

10 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	9:00 ~ 10:00	33 ~ 41+	22 ~ 26+	13 ~ 15	BODY MASS INDEX: HEALTHY FITNESS ZONE: 20.3 - 14.3	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 9+ INCHES
B	10:01 ~ 11:00	24 ~ 32	17 ~ 21	10 ~ 12			
C	11:01 ~ 12:00	15 ~ 23	12 ~ 16	7 ~ 9			
D	12:01+	6 ~ 14	7 ~ 11	4 ~ 6			

11 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	9:00 ~ 10:00	33 ~ 41+	25 ~ 29+	13 ~ 15	BODY MASS INDEX: HEALTHY FITNESS ZONE: 24.0 - 16.9	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 10+ INCHES
B	10:01 ~ 11:00	24 ~ 32	20 ~ 24	10 ~ 12			
C	11:01 ~ 12:00	15 ~ 23	15 ~ 19	7 ~ 9			
D	12:01+	6 ~ 14	10 ~ 14	4 ~ 6			

12 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	9:00 ~ 10:00	36 ~ 41+	28 ~ 32+	13 ~ 15+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 24.5 - 16.9	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 10+ INCHES
B	10:01 ~ 11:00	30 ~ 35	23 ~ 27	10 ~ 12			
C	11:01 ~ 12:00	23 ~ 29	18 ~ 22	7 ~ 9			
D	12:01+	16 ~ 22	13 ~ 17	4 ~ 6			

13 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	6:00 ~ 9:50	43 ~ 51+	28 ~ 32+	13 ~ 15+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 24.5 - 17.5	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 10+ INCHES
B	9:51 ~ 10:40	33 ~ 42	23 ~ 27	10 ~ 12			
C	10:41 ~ 11:30	23 ~ 32	18 ~ 22	7 ~ 9			
D	11:31+	13 ~ 22	13 ~ 17	4 ~ 6			

14 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	6:00 ~ 9:20	43 ~ 51+	28 ~ 32+	13 ~ 15+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 25.0 - 17.5	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 10+ INCHES
B	9:21 ~ 10:10	33 ~ 42	23 ~ 27	10 ~ 12			
C	10:11 ~ 11:00	23 ~ 32	18 ~ 22	7 ~ 9			
D	11:01+	13 ~ 22	13 ~ 17	4 ~ 6			

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MALES

10 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	5:00 ~ 9:20	56 ~ 72+	22 ~ 26+	17 ~ 20+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 19.7 - 14.5	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 8+ INCHES
B	9:21 ~ 10:10	40 ~ 55	17 ~ 21	12 ~ 16			
C	10:11 ~ 11:00	23 ~ 39	12 ~ 16	7 ~ 11			
D	11:01+	7 ~ 22	7 ~ 11	2 ~ 6			

11 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	5:00 ~ 9:20	56 ~ 72+	24 ~ 28+	17 ~ 20+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 20.5 - 14.9	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 8+ INCHES
B	9:21 ~ 10:10	40 ~ 55	20 ~ 23	13 ~ 16			
C	10:11 ~ 11:00	23 ~ 39	15 ~ 19	8 ~ 12			
D	11:01+	7 ~ 22	11 ~ 14	4 ~ 7			

12 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	5:00 ~ 8:50	60 ~ 72+	31 ~ 36+	18 ~ 20+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 21.3 - 15.3	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 8+ INCHES
B	8:51 ~ 9:40	46 ~ 59	25 ~ 30	14 ~ 17			
C	9:41 ~ 10:30	32 ~ 45	18 ~ 24	10 ~ 13			
D	10:31+	18 ~ 31	11 ~ 17	6 ~ 9			

13 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	5:00 ~ 8:20	63 ~ 72+	35 ~ 40+	22 ~ 25+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 22.2 - 15.8	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 8+ INCHES
B	8:21 ~ 9:10	53 ~ 62	28 ~ 34	17 ~ 21			
C	9:11 ~ 10:00	41 ~ 52	21 ~ 27	12 ~ 16			
D	10:01+	29 ~ 40	14 ~ 20	7 ~ 11			

14 YEAR OLD							
	ONE MILE RUN	PACER TEST	CURL-UPS	PUSH-UPS	HEIGHT & WEIGHT	TRUNK LIFT	SIT AND REACH
A	5:00 ~ 7:50	70 ~ 83+	39 ~ 45+	26 ~ 30+	BODY MASS INDEX: HEALTHY FITNESS ZONE: 23.0 - 16.4	HEALTHY FITNESS ZONE: 9 - 12 INCHES	HEALTHY FITNESS ZONE: 8+ INCHES
B	7:51 ~ 8:40	56 ~ 69	32 ~ 38	20 ~ 25			
C	8:41 ~ 9:30	41 ~ 55	24 ~ 31	14 ~ 19			
D	9:31+	26 ~ 40	16 ~ 23	8 ~ 13			