

FITNESS TEST GRADING

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

FEMALES

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				

MALES

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: 21.0 ~ 15.8	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: 22.0 ~ 16.0	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: 23.0 ~ 16.6	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: 25.5 ~ 17.5	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			