

## FITNESS TEST GRADING

Students will be graded based on their gender and age as of March 1, 2016 (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			