


FITNESS TEST STANDARDS



<u>PUSH-UPS</u>				
<u>AGE</u>	<u>NEEDS IMPROVEMENT</u>	<u>GOOD FITNESS</u>	<u>BETTER FITNESS</u>	<u>BEST FITNESS</u>
6--7	<5	5	7	10+
7--8	<7	7	10	13+
8--9	<8	8	11	15+
9--10	<10	10	15	20+
10--11	<10	10	15	20+
11--12	<10	10	15	20+

<u>PACER</u>				
<u>AGE</u>	<u>NEEDS IMPROVEMENT</u>	<u>GOOD FITNESS</u>	<u>BETTER FITNESS</u>	<u>BEST FITNESS</u>
6--7	<7	7	15	23+
7--8	<15	15	23	32+
8--9	<15	15	23	32+
9--10	<23	23	32	41+
10--11	<23	23	32	41+
11--12	<32	32	41	51+



<u>CURL-UPS</u>				
<u>AGE</u>	<u>NEEDS IMPROVEMENT</u>	<u>GOOD FITNESS</u>	<u>BETTER FITNESS</u>	<u>BEST FITNESS</u>
6--7	<7	7	11	14+
7--8	<10	10	15	20+
8--9	<12	12	18	24+
9--10	<12	12	18	24+
10--11	<22	22	24	28+
11--12	<25	25	28	36+

<u>MILE RUN</u>				
<u>AGE</u>	<u>NEEDS IMPROVEMENT</u>	<u>GOOD FITNESS</u>	<u>BETTER FITNESS</u>	<u>BEST FITNESS</u>
6--7	>13:30	13:30	11:30	10:30
7--8	>12:30	12:30	11:00	10:00
8--9	>12:00	12:00	10:30	9:30
9--10	>11:30	11:30	10:00	9:00
10--11	>11:00	11:00	9:30	8:30
11--12	>10:30	10:30	9:00	8:00

<u>SIT & REACH</u>				
<u>AGE</u>	<u>PASS</u>			
6--7	9			
7--8	9			
8--9	9			
9--10	9			
10--11	10			
11--12	10			