**BOYS**

|  |  |  |
| --- | --- | --- |
|  | Push-Ups | Curl-Ups |
| Grade | **10** | **11** | **12** | **13** | **14** | **15** | **10** | **11** | **12** | **13** | **14** | **15** |
| 40 | ≤2 | ≤3 | ≤5 | ≤6 | ≤6 | ≤7 | 0 | 0 | ≤2 | ≤3 | ≤3 | ≤3 |
| 50 | 3 | 4 | 6 | 8 | 8 | 10 | 2 | 3 | 5 | 6 | 7 | 7 |
| 60 | 4 | 5 | 7 | 9 | 10 | 12 | 5 | 6 | 8 | 9 | 10 | 10 |
| 70 | 5 | 6 | 8 | 10 | 12 | 14 | 8 | 9 | 12 | 13 | 15 | 15 |
| 80 | 6 | 7 | 9 | 11 | 13 | 15 | 10 | 12 | 15 | 17 | 18 | 18 |
| 90 | **7** | **8** | **10** | **12** | **14** | **16** | **12** | **15** | **18** | **21** | **24** | **24** |
| 91 | 8 | 9 | 11 | 13 | 16 | 18 | 13 | 16 | 19 | 23 | 26 | 26 |
| 92 | 9 | 10 | 12 | 14 | 18 | 20 | 15 | 18 | 20 | 25 | 28 | 28 |
| 93 | 10 | 11 | 13 | 15 | 20 | 22 | 16 | 20 | 22 | 27 | 30 | 30 |
| 94 | 11 | 12 | 14 | 16 | 22 | 24 | 17 | 21 | 24 | 29 | 32 | 32 |
| 95 | 12 | 14 | 15 | 17 | 24 | 25 | 18 | 22 | 26 | 30 | 35 | 35 |
| 96 | 14 | 15 | 16 | 18 | 25 | 26 | 20 | 24 | 28 | 32 | 38 | 38 |
| 97 | 15 | 16 | 17 | 20 | 26 | 28 | 21 | 25 | 30 | 34 | 40 | 40 |
| 98 | 16 | 17 | 18 | 22 | 27 | 30 | 22 | 26 | 32 | 36 | 42 | 42 |
| 99 | 18 | 18 | 19 | 24 | 28 | 33 | 23 | 27 | 34 | 38 | 44 | 45 |
| 100 | **20** | **20** | **20** | **25** | **30** | **35** | **24** | **28** | **36** | **40** | **45** | **47** |

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| --- | --- | --- |
|  | Modified Pull-Up | Pacer Test |
| Grade | **10** | **11** | **12** | **13** | **14** | **15** | **10** | **11** | **12** | **13** | **14** | **15** |
| 40 | 0 | ≤1 | ≤2 | ≤3 | ≤4 | ≤5 | 0 | 0 | ≤2 | ≤5 | ≤5 | ≤7 |
| 50 | 1 | 2 | 3 | 4 | 5 | 6 | 5 | 5 | 7 | 10 | 10 | 15 |
| 60 | 2 | 3 | 4 | 5 | 6 | 7 | 10 | 10 | 14 | 18 | 18 | 24 |
| 70 | 3 | 4 | 5 | 6 | 7 | 8 | 14 | 14 | 20 | 25 | 25 | 33 |
| 80 | 4 | 5 | 6 | 7 | 8 | 9 | 18 | 18 | 26 | 34 | 34 | 42 |
| 90 | **5** | **6** | **7** | **8** | **9** | **10** | **23** | **23** | **32** | **41** | **41** | **51** |
| 91 | 6 | 7 | 8 | 9 | 10 | 11 | 27 | 27 | 36 | 45 | 45 | 55 |
| 92 | 7 | 8 | 9 | 10 | 11 | 12 | 31 | 31 | 40 | 50 | 50 | 60 |
| 93 | 8 | 9 | 10 | 11 | 12 | 14 | 35 | 35 | 44 | 54 | 54 | 64 |
| 94 | 9 | 10 | 11 | 12 | 14 | 16 | 39 | 40 | 48 | 58 | 58 | 68 |
| 95 | 10 | 11 | 12 | 14 | 16 | 18 | 43 | 45 | 52 | 62 | 62 | 72 |
| 96 | 11 | 12 | 14 | 16 | 18 | 20 | 47 | 50 | 56 | 66 | 66 | 76 |
| 97 | 12 | 14 | 15 | 18 | 20 | 22 | 51 | 55 | 60 | 70 | 70 | 82 |
| 98 | 13 | 15 | 16 | 20 | 22 | 24 | 55 | 60 | 64 | 75 | 75 | 86 |
| 99 | 14 | 16 | 18 | 21 | 24 | 25 | 59 | 66 | 68 | 79 | 79 | 90 |
| 100 | **15** | **17** | **20** | **22** | **25** | **27** | **61** | **72** | **72** | **83** | **83** | **94** |
|  | **Mile Run** | **Sit & Reach** |
| Grade | **10** | **11** | **12** | **13** | **14** | **15** | **10** | **11** | **12** | **13** | **14** | **15** |
| 40 | 14:00+ | 13:30+ | 13:00+ | 12:30+ | 12:00+ | 11:30+ | ≤3 | ≤3 | ≤3 | ≤3 | ≤3 | ≤3 |
| 50 | 13:30 | 13:00 | 12:30 | 12:00 | 11:30 | 11:00 | 4 | 4 | 4 | 4 | 4 | 4 |
| 60 | 13:00 | 12:30 | 12:00 | 11:30 | 11:00 | 10:30 | 5 | 5 | 5 | 5 | 5 | 5 |
| 70 | 12:30 | 12:00 | 11:30 | 11:00 | 10:30 | 10:00 | 6 | 6 | 6 | 6 | 6 | 6 |
| 80 | 12:00 | 11:30 | 11:00 | 10:30 | 10:00 | 9:30 | 7 | 7 | 7 | 7 | 7 | 7 |
| 90 | **11:30** | **11:00** | **10:30** | **10:00** | **9:30** | **9:00** | **8** | **8** | **8** | **8** | **8** | **8** |
| 91 | 11:15 | 10:45 | 10:15 | 9:45 | 9:15 | 9:15 | - | - | - | - | - | - |
| 92 | 11:00 | 10:30 | 10:00 | 9:30 | 9:00 | 9:00 | - | - | - | - | - | - |
| 93 | 10:45 | 10:15 | 9:45 | 9:15 | 8:45 | 8:45 | - | - | - | - | - | - |
| 94 | 10:30 | 10:00 | 9:30 | 9:00 | 8:30 | 8:30 | - | - | - | - | - | - |
| 95 | 10:15 | 9:45 | 9:15 | 8:45 | 8:15 | 8:15 | 9 | 9 | 9 | 9 | 9 | 9 |
| 96 | 10:00 | 9:30 | 9:00 | 8:30 | 8:00 | 8:00 | - | - | - | - | - | - |
| 97 | 9:45 | 9:15 | 8:45 | 8:15 | 7:45 | 7:45 | - | - | - | - | - | - |
| 98 | 9:30 | 9:00 | 8:30 | 8:00 | 7:30 | 7:30 | - | - | - | - | - | - |
| 99 | 9:15 | 8:45 | 8:15 | 7:45 | 7:15 | 7:15 | - | - | - | - | - | - |
| 100 | **9:00** | **8:30** | **8:00** | **7:30** | **7:00** | **7:00** | **10** | **10** | **10** | **10** | **10** | **10** |

**GIRLS**

|  |  |  |
| --- | --- | --- |
|  | Push-Ups | Curl-Ups |
| Grade | **10** | **11** | **12** | **13** | **14** | **15** | **10** | **11** | **12** | **13** | **14** | **15** |
| 40 | ≤2 | ≤2 | ≤2 | ≤2 | ≤2 | ≤2 | ≤7 | ≤7 | ≤8 | ≤8 | ≤8 | ≤8 |
| 50 | 3 | 3 | 3 | 3 | 3 | 3 | 8 | 8 | 10 | 10 | 10 | 10 |
| 60 | 4 | 4 | 4 | 4 | 4 | 4 | 9 | 9 | 12 | 12 | 12 | 12 |
| 70 | 5 | 5 | 5 | 5 | 5 | 5 | 10 | 10 | 14 | 14 | 14 | 14 |
| 80 | 6 | 6 | 6 | 6 | 6 | 6 | 11 | 12 | 16 | 16 | 16 | 16 |
| 90 | **7** | **7** | **7** | **7** | **7** | **7** | **12** | **15** | **18** | **18** | **18** | **18** |
| 91 | - | - | - | - | - | - | 13 | 17 | 19 | 19 | 19 | 19 |
| 92 | 8 | 8 | 8 | 8 | 8 | 8 | 14 | 19 | 20 | 20 | 20 | 20 |
| 93 | - | - | - | - | - | - | 15 | 20 | 22 | 22 | 22 | 22 |
| 94 | 9 | 9 | 9 | 9 | 9 | 9 | 17 | 21 | 24 | 24 | 24 | 24 |
| 95 | 10 | 10 | 10 | 10 | 10 | 10 | 18 | 23 | 25 | 25 | 25 | 25 |
| 96 | 11 | 11 | 11 | 11 | 11 | 11 | 20 | 25 | 26 | 26 | 26 | 27 |
| 97 | 12 | 12 | 12 | 12 | 12 | 12 | 22 | 26 | 27 | 27 | 27 | 29 |
| 98 | 13 | 13 | 13 | 13 | 13 | 13 | 24 | 27 | 28 | 28 | 28 | 31 |
| 99 | 14 | 14 | 14 | 14 | 14 | 14 | 25 | 28 | 30 | 30 | 30 | 33 |
| 100 | **15** | **15** | **15** | **15** | **15** | **15** | **26** | **29** | **32** | **32** | **32** | **35** |
|  | **Modified Pull-Ups** | **Pacer Test** |
| Grade | **10** | **11** | **12** | **13** | **14** | **15** | **10** | **11** | **12** | **13** | **14** | **15** |
| 40 | 0 | 0 | 0 | 0 | 0 | 0 | ≤2 | ≤5 | ≤5 | ≤7 | ≤7 | ≤7 |
| 50 | - | - | - | - | - | - | 3 | 7 | 7 | 11 | 11 | 12 |
| 60 | 1 | 1 | 1 | 1 | 1 | 1 | 4 | 9 | 9 | 14 | 14 | 17 |
| 70 | 2 | 2 | 2 | 2 | 2 | 2 | 5 | 11 | 11 | 17 | 17 | 22 |
| 80 | 3 | 3 | 3 | 3 | 3 | 3 | 6 | 13 | 13 | 20 | 20 | 27 |
| 90 | **4** | **4** | **4** | **4** | **4** | **4** | **7** | **15** | **15** | **23** | **23** | **32** |
| 91 | - | - | - | - | - | - | 11 | 18 | 18 | 26 | 26 | 35 |
| 92 | 5 | 5 | 5 | 5 | 5 | 5 | 15 | 21 | 21 | 29 | 29 | 37 |
| 93 | 6 | 6 | 6 | 6 | 6 | 6 | 19 | 24 | 24 | 32 | 32 | 40 |
| 94 | 7 | 7 | 7 | 7 | 7 | 7 | 23 | 27 | 27 | 35 | 35 | 42 |
| 95 | 8 | 8 | 8 | 8 | 8 | 8 | 27 | 30 | 30 | 38 | 38 | 44 |
| 96 | 9 | 9 | 9 | 9 | 9 | 9 | 31 | 33 | 33 | 41 | 41 | 45 |
| 97 | 10 | 10 | 10 | 10 | 10 | 10 | 34 | 36 | 36 | 44 | 44 | 47 |
| 98 | 11 | 11 | 11 | 11 | 11 | 11 | 36 | 38 | 38 | 46 | 46 | 49 |
| 99 | 12 | 12 | 12 | 12 | 12 | 12 | 38 | 40 | 40 | 48 | 48 | 50 |
| 100 | **13** | **13** | **13** | **13** | **13** | **13** | **41** | **41** | **41** | **51** | **51** | **51** |

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| --- | --- | --- |
|  | Mile Run | Sit & Reach |
| Grade | **10** | **11** | **12** | **13** | **14** | **15** | **10** | **11** | **12** | **13** | **14** | **15** |
| 40 | 15:00+ | 14:30+ | 14:30+ | 14:00+ | 13:30+ | 13:00+ | ≤4 | ≤5 | ≤5 | ≤5 | ≤5 | ≤7 |
| 50 | 14:30 | 14:00 | 14:00 | 13:30 | 13:00 | 12:30 | 5 | 6 | 6 | 6 | 6 | 8 |
| 60 | 14:00 | 13:30 | 13:30 | 13:00 | 12:30 | 12:00 | 6 | 7 | 7 | 7 | 7 | 9 |
| 70 | 13:30 | 13:00 | 13:00 | 12:30 | 12:00 | 11:30 | 7 | 8 | 8 | 8 | 8 | 10 |
| 80 | 13:00 | 12:30 | 12:30 | 12:00 | 11:30 | 11:00 | 8 | 9 | 9 | 9 | 9 | 11 |
| 90 | **12:30** | **12:00** | **12:00** | **11:30** | **11:00** | **10:30** | **9** | **10** | **10** | **10** | **10** | **12** |
| 91 | 12:15 | 11:45 | 11:45 | 11:15 | 10:45 | 10:15 | - | - | - | - | - | - |
| 92 | 12:00 | 11:30 | 11:30 | 11:00 | 10:30 | 10:00 | - | - | - | - | - | - |
| 93 | 11:45 | 11:15 | 11:15 | 10:45 | 10:15 | 9:45 | - | - | - | - | - | - |
| 94 | 11:30 | 11:00 | 11:00 | 10:30 | 10:00 | 9:30 | - | - | - | - | - | - |
| 95 | 11:15 | 10:45 | 10:45 | 10:15 | 9:45 | 9:15 | 10 | 11 | 11 | 11 | 11 | 13 |
| 96 | 11:00 | 10:30 | 10:30 | 10:00 | 9:30 | 9:00 | - | - | - | - | - | - |
| 97 | 10:45 | 10:15 | 10:15 | 9:45 | 9:15 | 8:45 | - | - | - | - | - | - |
| 98 | 10:30 | 10:00 | 10:00 | 9:30 | 9:00 | 8:30 | - | - | - | - | - | - |
| 99 | 10:00 | 9:30 | 9:30 | 9:15 | 8:45 | 8:15 | - | - | - | - | - | - |
| 100 | **9:30** | **9:00** | **9:00** | **9:00** | **8:30** | **8:00** | **11** | **12** | **12** | **12** | **12** | **14** |