FITNESS TEST
GRADE 5

	BOYS				GIRLS			
Fitness Component	1	2	3	4	1	2	3	4
1600 M	11:30+	11:30	10:15	9:00-	12:30+	12:30	11:00	9:30-
30 min.	0-12	12-24	24-29	30	0-12	12-24	24-29	30
Curl-Ups	0-11	12-16	17-23	24	0-11	12-18	19-25	26
Push-Ups	0-6	7-12	13-19	20	0-6	7-10	11-14	15
Flex Arm	0-4	5-7	7-9	10	0-4	5-7	7-9	10
Mod. Pull-ups	0-4	5-6	7-11	12	0-3	4-7	8-11	12
Sit and Reach	0-3	4-5	6-7	8	0-3	4-5	6-8	9
Shoulder Stretch	NN	YN	-	YY	NN	YN	-	YY

FITNESS TEST
GRADE 6

	BOYS				GIRLS			
Fitness Component	1	2	3	4	1	2	3	4
1600 M	11:00+	11:00	9:45	8:30-	16 12:00+	12:00	10:30	9:00-
30 min.	0-12	12-24	24-29	30	30 0-12	12-24	24-29	30
Curl-Ups	0-14	15-20	21-27	28	CU 0-14	15-21	22-28	29
Push-Ups	0-7	8-13	14-19	20	PU 0-6	7-9	10-14	15
Flex Arm	0-5	6-8	9-12	13+	FA 0-5	6-8	9-11	12+
Mod. Pull-ups	0-4	5-9	10-15	16	MPU 0-3	4-7	8-13	14
Sit and Reach	0-3	4-5	6-7	8+	SR 0-3	4-6	7-9	10+
Shoulder Stretch	NN	YN	-	YY	SS NN	YN	-	YY

FITNESS TEST
GRADE 7

	BOYS				GIRLS			
Fitness Component	1	2	3	4	1	2	3	4
1600 M	10:30+	10:30	9:15	8:00-	12:00+	12:00	10:30	9:00-
30 min.	0-12	12-24	24-29	30	0-12	12-24	24-29	30
Curl-Ups	0-17	18-24	25-35	36+	0-17	17-24	25-31	32+
Push-Ups	0-9	10-15	16-19	20+	0-6	7-11	12-14	15+
Flex Arm	0-6	7-10	11-12	13+	0-6	7-9	10-11	12+
Mod. Pull-ups	0-5	6-10	11-17	18+	0-3	4-7	8-13	14+
Sit and Reach	0-3	4-5	6-7	8+	0-3	4-6	7-9	10+
Shoulder Stretch	NN	YN	-	YY	NN	YN	-	YY

FITNESS TEST
GRADE 8

	BOYS				GIRLS			
Fitness Component	1	2	3	4	1	2	3	4
1600 M	10:00+	10:00	9:00	7:30-	11:30+	11;30	10:00	9:00-
30 min.	0-12	12-24	24-29	30	0-12	12-24	24-29	30
Curl-Ups	0-20	21-30	31-40	40+	0-17	18_26	27-31	32
Push-Ups	0-11	12-17	18-24	25+	0-6	7-11	12-14	15+
Flex Arm	0-11	12-14	15-17	18+	0-7	8-10	11-12	13+
Mod. Pull-ups	0-6	7-13	14-20	21+	0-3	4-7	8-13	14+
Sit and Reach	0-3	4-5	6-7	8+	0-3	4-6	7-9	10+
Shoulder Stretch	NN	YN	-	YY	NN	YN	-	YY