

FITNESS TESTING

Sixth grade TEST (Age 12)

	STANDARD	%ILE	PTS	Pacer	Mile	Sit & Reach	Sit-ups	Push-ups
B O Y S	Peak	85th	10	72	7:10	10.5	50	20
	Exceeds	70th	9	49	8:30	9.5	45	15
	Meets	50th	8	32	9:46	8.5	40	9
	Approaching	35th	7	21	10:55	7.5	37	5
	Below	15th	6	14	12:01	6	30	1

	STANDARD	%ILE	PTS	Pacer	Mile	Sit & Reach	Sit-ups	Push-ups
G I R L S	Peak	85th	10	41	9:04	11.5	45	15
	Exceeds	70th	9	25	10:27	10	40	12
	Meets	50th	8	15	11:15	9	35	8
	Approaching	35th	7	10	13:00	8	31	4
	Below	15th	6	7	14:44	7	25	1

Seventh grade TEST (Age 13)

	STANDARD	%ILE	PTS	Pacer	Mile	Sit & Reach	Sit-ups	Push-ups
B O Y S	Peak	85th	10	83	6:37	11	53	25
	Exceeds	70th	9	60	7:49	9.5	48	18
	Meets	50th	8	41	9:04	8.5	42	10
	Approaching	35th	7	27	10:15	7.5	39	5
	Below	15th	6	18	11:19	6.5	32	1

	STANDARD	%ILE	PTS	Pacer	Mile	Sit & Reach	Sit-ups	Push-ups
G I R L S	Peak	85th	10	51	8:22	12	46	15
	Exceeds	70th	9	35	9:31	10.5	42	11
	Meets	50th	8	23	10:40	9.5	37	7
	Approaching	35th	7	14	12:01	8.5	33	3
	Below	15th	6	9	13:30	7.5	26	1

Eighth grade TEST (Age 14)

	STANDARD	%ILE	PTS	Pacer	Mile	Sit & Reach	Sit-ups	Push-ups
B O Y S	Peak	85th	10	83	6:37	11	56	30
	Exceeds	70th	9	60	7:49	9.5	51	22
	Meets	50th	8	41	9:04	8.5	45	12
	Approaching	35th	7	27	10:15	7.5	41	6
	Below	15th	6	18	11:19	6.5	35	1

	STANDARD	%ILE	PTS	Pacer	Mile	Sit & Reach	Sit-ups	Push-ups
G I R L S	Peak	85th	10	51	8:22	12	47	15
	Exceeds	70th	9	35	9:31	10.5	42	11
	Meets	50th	8	23	10:40	9.5	37	7
	Approaching	35th	7	14	12:01	8.5	34	3
	Below	15th	6	9	13:30	7.5	28	1