

## FITNESS TESTING

### Eighth grade TEST

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

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

### Seventh grade TEST

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

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

### Sixth grade TEST

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

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