

FITNESSGRAM STANDARDS

BOYS

AGE	PACER TEST	PUSH UP	SIT & REACH	CURL UP
8	7-50 laps	5-13 push ups	8	6-20 curl ups
9	13-61 laps	6-15 push ups	8	9-24 curl ups
10	23-61 laps	7-20 push ups	8	12-24 curls ups
11	23-72 laps	8-20 push ups	8	15-28 curls ups
12	32-72 laps	10-20 push ups	8	18-36 curls ups

GIRLS

AGE	PACER TEST	PUSH UPS	SIT & REACH	CURL UP
8	5-31 laps	5-13 push ups	9	6-20 curl ups
9	7-41 laps	6-15 push ups	9	9-22 curl ups
10	7-41 laps	7-15 push ups	9	12-26 curls ups
11	15-41 laps	7-15 push ups	10	15-29 curls ups
12	15-41 laps	7-15 push ups	10	18-32 curls ups

The FITNESSGRAM physical fitness assessment is not based on athletic ability, but on good health. No matter what your child grows up to be, they will live happier, more productive lives if they are healthy, and physical fitness is vital to overall health. FITNESSGRAM provides accurate and reliable information about your child's level of physical fitness. The FITNESSGRAM test (and report) includes a number of different assessments because fitness has multiple components. Some students may have good flexibility but need improvement on aerobic fitness. By having a complete report, you and your child will know more about their overall level of physical condition and how it can be improved