




6TH GRADE FITNESS TESTING

		70%	75%	80%	85%	90%	95%	100%
Push Ups (#)	Boys	< and 4	5-7	8-10	11-15	16-20	21-35	36 and >
	Girls	< and 3	4-6	7-9	10-12	13-15	16-18	19 and >
Sit Ups (# in 1 min)	Boys	< and 18	19-36	37-40	41-43	44-46	47-50	51 and >
	Girls	< and 16	17-31	32-35	36-38	39-41	42-45	46 and >
Sit and Reach (cm)	Boys	< and 12	13-24	25-26	26-27	28-30	31	32 and >
	Girls	< and 13	14-28	29-30	31-32	33	34-36	37 and >

7TH GRADE FITNESS TESTING

		70%	75%	80%	85%	90%	95%	100%
Push Ups (#)	Boys	< and 6	7-9	10-12	13-19	20-25	26-30	31 and >
	Girls	< and 3	4-6	7-9	10-12	13-15	16-18	19 and >
Sit Ups (# in 1 min)	Boys	< and 19	20-39	40-42	43-46	47-49	50-53	54 and >
	Girls	< and 17	18-34	35-37	38-41	42-44	45-46	47 and >
Sit and Reach (cm)	Boys	< and 12	13-25	26	27-28	29-30	31-33	34 and >
	Girls	< and 14	15-29	30-31	32-33	34-35	36-38	39 and >

8TH GRADE FITNESS TESTING

		70%	75%	80%	85%	90%	95%	100%
Push Ups (#)	Boys	< and 8	9-11	12-14	15-24	25-30	31-35	36 and >
	Girls	< and 3	4-6	7-9	10-12	13-15	16-18	19 and >
Sit Ups (# in 1 min)	Boys	< and 20	21-41	42-45	46-49	50-52	53-56	57 and >
	Girls	< and 18	19-36	37	38-41	42-45	46-47	48 and >
Sit and Reach (cm)	Boys	< and 12	13-25	26-28	29-30	31-32	33-36	37 and >
	Girls	< and 15	16-30	31-33	34-35	36-37	38-40	41 and >