

Loomis Union School District
Healthy Fitness Zone
Grade Break Down for Grades 5-8*

Points	Grade	PACER	Mile	Curl-Ups	Push-Ups
		5th Grade Boys HFZ 23-61	5th Grade Boys HFZ 9:00-11:00	5th Grade Boys HFZ 12-24	5th Grade Boys HFZ 7-20
10	A+	62+	8:59 or less	25	21+
9.5	A	48-61	9:00-10:00	21-24	16-20
8.5	B	36-47	10:01-11:00	17-20	11-15
7.5	C	23-35	11:01-11:30	12-16	7-10
6.5	D	11-22	11:31-14:59	6-11	3-6
5.5	F	0-10	15:00 +	0-5	0-2
Points	Grade	5th Grade Girls HFZ 7-41	5th Grade Girls HFZ 9:30-12:30	5th Grade Girls HFZ 12-26	5th Grade Girls HFZ 7-15
		42+	9:29 or less	27+	16+
9.5	A	30-41	9:30-10:30	22-26	13-15
8.5	B	18-29	10:31-11:30	17-21	10-12
7.5	C	7-17	11:31-12:30	12-16	7-9
6.5	D	4-6	12:31-14:59	6-11	4-6
5.5	F	0-3	15:00+	0-5	0-3

Points	Grade	Pacer	Mile	Curl-Ups	Push-Ups
		6th Grade Boys HFZ 23-72	6th Grade Boys HFZ 8:30-11:00	6th Grade Boys HFZ 15-28	6th Grade Boys HFZ 8-20
10	A+	73+	8:29 or less	29+	21+
9.5	A	57-72	8:30-9:00	25-28	16-20
8.5	B	40-56	9:01-10:00	21-24	12-15
7.5	C	23-39	10:01-11:00	15-20	8-11
6.5	D	11-22	11:01-14:59	9-14	4-7
5.5	F	0-10	15:00 +	0-8	0-3
Points	Grade	6th Grade Girls HFZ 15-41	6th Grade Girls HFZ 9:00-12:00	6th Grade Girls HFZ 12-29	6th Grade Girls HFZ 7-15
		42+	8:59 or less	30+	16+
9.5	A	33-41	9:00-10:00	25-29	13-15
8.5	B	24-32	10:01-11:00	20-24	10-12
7.5	C	15-23	11:01-12:00	15-19	7-9
6.5	D	7-14	12:01-14:59	8-14	4-6
5.5	F	0-6	15+	0-7	0-3

Points	Grade	PACER	Mile	Curl-Ups	Push-Ups
		7th Grade Boys HFZ 32-72	7th Grade Boys HFZ 8:00-10:30	7th Grade Boys HFZ 18-36	7th Grade Boys HFZ 10-20
10	A+	73+	7:59 or less	37+	21 +
9.5	A	60-72	8:00-8:30	31-36	17-20
8.5	B	46-59	8:31-9:30	25-30	13-16
7.5	C	32-45	9:31-10:30	18-24	10-12
6.5	D	15-31	10:31-14:59	10-17	6-9
5.5	F	0-15	15:00+	0-10	0-5
Points	Grade	7th Grade Girls HFZ 15-41	7th Grade Girls HFZ 9:00-12:00	7th Grade Girls HFZ 18-32	7th Grade Girls HFZ 7-15
		42+	8:59 or less	33+	16 +
9.5	A	33-41	9:00-10:00	28-32	13-15
8.5	B	24-32	10:01-11:00	23-27	10-12
7.5	C	15-23	11:01-12:00	18-22	7-9
6.5	D	7-14	12:01-14:59	10-17	4-6
5.5	F	0-6	15+	0-9	0-3

Points	Grade	Pacer	Mile	Curl-Ups	Push-Ups
		8th Grade Boys HFZ 41-83	8th Grade Boys HFZ 7:30-10:00	8th Grade Boys HFZ 21-40	8th Grade Boys HFZ 12-25
10	A+	84+	7:29 or less	41+	26 +
9.5	A	70-83	7:30-8:00	35-40	22-25
8.5	B	57-69	8:01-9:00	29-34	17-21
7.5	C	41-56	9:01-10:00	21-28	12-16
6.5	D	20-40	10:01-14:59	11-20	5-11
5.5	F	0-19	15+	0-10	0-4
Points	Grade	8th Grade Girls HFZ 23-51	8th Grade Girls HFZ 9:00-11:30	8th Grade Girls HFZ 18-32	8th Grade Girls HFZ 7-15
		52+	8:59 or less	33+	16 +
9.5	A	42-51	9:00-9:30	28-32	13-15
8.5	B	32-41	9:31-10:30	23-27	10-12
7.5	C	23-31	10:31-11:30	18-22	7-9
6.5	D	11-22	11:31-14:59	10-17	4-6
5.5	F	0-10	15+	0-9	0-3

*4th Grade
Participation is required for 4th grade students.
Loomis USD Physical Education Standards are being developed.