

Fitness Gram Fitness Assessment Chart

Middle Schools

		Boys						Girls			
Age		Push-up						Age		Push-up	
	N	PP	P	AD				N	PP	P	AD
10	1-2	3-6	7-20	21-up			10	1-2	3-6	7-15	16-up
11	1-2	3-7	8-20	21-up			11	1-2	3-6	7-15	16-up
12	1-2	3-9	10-20	21-up			12	1-2	3-6	7-15	16-up
13	1-2	3-11	12-25	26-up			13	1-2	3-6	7-15	16-up
14	1-2	3-13	14-30	31-up			14	1-2	3-6	7-15	16-up

		Boys						Girls			
		Curl-up						Age		Curl-up	
	N	PP	P	AD				N	PP	P	AD
10	1-5	6-11	12-24	25-up			10	1-5	6-11	12-26	27-up
11	1-6	7-14	15-28	29-up			11	1-6	7-14	15-29	30-up
12	1-8	9-17	18-36	37-up			12	1-8	9-17	18-32	33-up
13	1-9	10-20	21-40	41-up			13	1-8	9-17	18-32	33-up
14	1-11	12-23	24-45	46-up			14	1-8	9-17	18-32	33-up

		Boys						Girls			
Age		Mile Run						Age		Mile Run	
	N	PP	P	AD				N	PP	P	AD
10	14:01- up	14:00-11:31	11:30-9:00	8:59-better			10	15:01- up	15:00-12:31	12:30-9:30	9:29-better
11	13:31- up	13:30-11:01	11:00-8:30	8:29-better			11	14:31- up	14:30-12:01	12:00-9:00	8:59-better
12	12:59- up	13:00-10:31	10:30-8:00	7:59-better			12	14:31- up	14:30-12:01	12:00-9:00	8:59-better
13	12:29- up	12:30-10:01	10:00-7:30	7:29-better			13	14:01- up	14:00-11:31	11:30-9:00	8:59-better
14	11:59- up	12:00-9:31	9:30-7:00	6:59-better			14	13:31- up	13:30-11:01	11:00-8:30	8:29-better

		Boys						Girls			
Age		Sit & Reach						Age		Sit & Reach	
	N	PP	P	AD				N	PP	P	AD
10	1 - 4	5 - 8	9 - 12	13 - up			10	1 - 5	6 - 9	10 - 14	15 - up
11	1 - 4	5 - 8	9 - 12	13 - up			11	1 - 5	6 - 9	10 - 14	15 - up
12	1 - 4	5 - 8	9 - 12	13 - up			12	1 - 5	6 - 9	10 - 14	15 - up
13	1 - 4	5 - 8	9 - 12	13 - up			13	1 - 5	6 - 9	10 - 14	15 - up
14	1 - 4	5 - 8	9 - 12	13 - up			14	1 - 5	6 - 9	10 - 14	15 - up