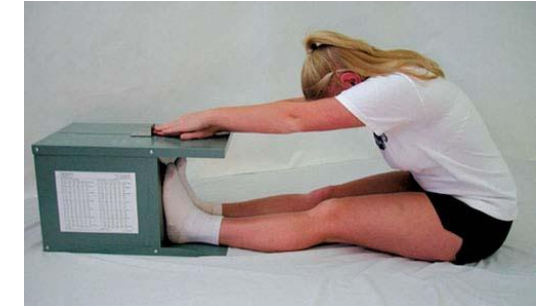


Fitness Standards for Girls in Physical Education



Test	Levels	5 years old	6 years old	7 years old	8 years old	9 years old	10 years old	11 years old
Sit Ups	50th percentile	23	23	25	29	30	30	32
	65th percentile		27	29	31	34	34	35
	85th percentile		32	34	38	39	40	42
Half-Mile	50th percentile		5:40	5:40	5:35	5:25	5:25	
	65th percentile		4:52	4:42	4:56	4:50		
	85th percentile		4:00	3:50	3:58	3:53		
One Mile	50th percentile	13:00	13:00	12:00	11:00	10:00	10:00	10:00
	65th percentile		12:20	11:45	10:38	9:50	9:42	9:24
	85th percentile		11:20	10:36	10:02	9:30	9:19	9:02
Push-Ups	50th percentile		3	4	5	6	7	8
	65th percentile		6	8	9	12	14	15
	85th percentile		9	14	17	18	20	19
Sit & Reach	50th percentile	9	9	9	9	9	9	9
	65th percentile	11	11.5	11.5	12	12	11.5	12
	85th percentile	12	12.5	12.5	13	13	13	13.5

Fitness Standards for Boys in Physical Education



Test	Levels	5 years old	6 years old	7 years old	8 years old	9 years old	10 years old	11 years old
Sit Ups	50th percentile	22	22	28	31	32	35	37
	65th percentile		25	31	35	35	40	40
	85th percentile		33	36	40	41	45	47
Half-Mile	50th percentile		5:00	4:50	4:45	4:35	4:35	
	65th percentile		4:42	4:40	4:22	4:14		
	85th percentile		3:50	3:46	3:30	3:30		
One Mile	50th percentile	13:00	13:00	12:00	11:00	10:00	9:30	9:00
	65th percentile		11:41	10:34	9:56	9:30	8:59	8:27
	85th percentile		10:15	9:22	8:48	8:31	7:57	7:32
Push-Ups	50th percentile		3	4	5	6	7	8
	65th percentile		7	8	9	12	14	15
	85th percentile		9	14	17	18	22	27
Sit & Reach	50th percentile	8.5	8.5	8.5	8.5	8.5	8.5	8.5
	65th percentile	10.5	11	10.5	10.5	11	10.5	10.5
	85th percentile	11.5	12.5	11.5	12.5	12.5	11.5	12.5