

FITNESS GRADING GUIDELINES

<u>Mile grading guidelines</u>	<u>%</u>	<u>Mile and a half grading guidelines</u>	<u>%</u>
6:59 and below	100	11:59 mins. and below	100
7:00 min.	95	12 min.	95
8:00 min.	90	13 min.	90
9:00 min.	85	14 min.	85
10:00 min.	80	15 min.	80
11:00 min.	75	16 – 17 min.	75
12:00 min.	65	18 -19 min.	70
13:00 min.	60	20 – 21 min.	65
13:31 and higher	50	22 – 23 min.	55
		24 min. and higher	50

<u>Push up grading guidelines</u>	<u>%</u>
26 or more	100
21 - 25	95
15 - 20	90
10 - 14	85
7 - 9	75
5 - 6	65
3 - 4	55
2 or less	50

<u>Sit up grading guidelines</u>	<u>%</u>
56 or more	100
46 - 55	95
40 - 45	90
35 - 39	85
30 - 34	80
25 - 29	70
20 – 24	60
19 or less	50

<u>Pacer grading guidelines</u>	<u>%</u>
66 or more	100
56 -65	95
46 - 55	90
40 - 45	85
35 - 39	80
30 – 34	75
21 – 29	70
15 – 20	60
13 or below	50

- Teacher reserves the right to adjust any individual or overall grade for effort, improvement or performance