

7th and 8th Grade Grading Rubrics

Mile Run

6:59 min or under	= 100%
7 min	= 95%
8 min	= 90%
9 min	= 85%
10 min	= 80%
11 min	= 75%
12 min	= 65%
13 min	= 55%
14 or over	= 50%

Mile and ½ Run

11:59 or under	= 100%
12-13 min	= 90%
14-15 min	= 85%
16-18 min	= 75%
19-21 min	= 65%
22-23 min	= 55%
24 min or over	= 50%

Push-ups

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%

Presidential Sit-up Test

56 or more	= 100%
46-55	= 90%
40-45	= 85%
30-39	= 75%
25-29	= 65%
20-24	= 55%
19 or less	= 50%

20m Pacer Test

70 or more	= 100%
60-69	= 95%
50-59	= 90%
40-49	= 85%
23-39	= 75%
22 or less	= 60%