

## FITNESS GRADING GUIDELINES

<b>Mile grading guidelines</b>	<b>%</b>
7 minutes and below	100
8-9 minutes	90
10 minutes	85
11-12 minutes	75
13 minutes	65
14 minutes	55
15 minutes and higher	50

<b>Mile and a half grading guidelines</b>	<b>%</b>
12 minutes and below	100
13-14 minutes	90
15-16 minutes	85
17-19 minutes	75
20-22 minutes	65
23 minutes	55
24 and higher	50

<b>Push up grading guidelines</b>	<b>%</b>
20 and more	100
15-19	90
10-14	85
7-9	75
5-6	65
3-4	55
2 or less	50

<b>Sit up grading guidelines</b>	<b>%</b>
56 or more	100
46-55	90
40-45	85
30-39	75
25-29	65
20-24	55
19 or less	50

<b>Pacer grading guidelines</b>	<b>%</b>
50 or more	100
40-49	90
30-39	80
20-29	70
10-19	60
9 or below	50

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