

# Grade 5 - Fitness Test Guidelines

## Muscular Strength and Endurance

### **Curl Ups**

	<b>Girls</b>	<b>Boys</b>
Not There Yet	0 - 11	0 - 11
Healthy Fitness Range	12 - 26	12 - 24
WOW	> 26	> 24

### **Push Ups**

	<b>Girls</b>	<b>Boys</b>
Not There Yet	0 - 6	0 - 6
Healthy Fitness Range	7 - 15	7 - 20
WOW	> 15	> 20

## Flexibility

### **Sit and Reach**

	<b>Girls</b>	<b>Boys</b>
Not There Yet	0 - 8 in.	0 - 7 in.
Healthy Fitness Range	9 and higher	8 and higher

## Aerobic Capacity

### **20 Meter Pacer Run**

	<b>Girls</b>	<b>Boys</b>
Not There Yet	0 - 14	0 - 22
Healthy Fitness Range	15 - 41	23 - 61
WOW	> 41	> 61