

Core 4 Fitness Test

Mile Run Boys

Grade	Exemplary	Proficient	Satisfactory	Needs Improvement
6 th	≤8:00	8:01-9:30	9:31-11:00	>11:00
7 th	≤7:30	7:31-9:30	9:31-10:30	>10:30
8 th	≤7:00	7:01-8:00	8:01-9:00	>9:00

Curl Ups Boys

Grade	Exemplary	Proficient	Satisfactory	Needs Improvement
6 th	≥32	25-31	19-24	≤18
7 th	≥32	25-31	19-24	≤18
8 th	≥32	25-31	19-24	≤18

Push Ups Boys

Grade	Exemplary	Proficient	Satisfactory	Needs Improvement
6 th	≥20	13-19	7-12	≤6
7 th	≥25	14-24	9-13	≤8
8 th	≥30	19-29	13-18	≤12

Sit and Reach Boys

Grade	Pass	Fail
6 th	≥8	<8
7 th	≥8	<8
8 th	≥8	<8

Core 4 Fitness Test

Mile Run Girls

Grade	Exemplary	Proficient	Satisfactory	Needs Improvement
6 th	≤9:00	9:01- 11:30	11:31- 12:30	>12:30
7 th	≤9:00	9:01- 11:00	11:01- 12:00	>12:00
8 th	≤8:30	8:31- 10:30	10:31- 11:30	>11:30

Curl Ups Girls

Grade	Exemplary	Proficient	Satisfactory	Needs Improvement
6 th	≥20	15-19	9-14	<9
7 th	≥25	18-24	11-17	<11
8 th	≥30	23-29	15-22	<15

Push Ups Girls

Grade	Exemplary	Proficient	Satisfactory	Needs Improvement
6 th	≥15	10-14	6-9	<6
7 th	≥15	10-14	6-9	<6
8 th	≥15	10-14	6-9	<6

Sit and Reach Girls

Grade	Pass	Fail
6 th	≥10	<10
7 th	≥10	<10
8 th	≥10	<10