

Physical Fitness Testing Rubrics for 7<sup>th</sup>

BOYS

PACER

LAPS COMPLETED	POINTS
40 OR MORE	4
39-15	3
14 OR LESS	2

CURL-UPS

# COMPLETED	POINTS
36 OR MORE	4
35-15	3
14 OR LESS	2

PUSH-UPS

# COMPLETED	POINTS
25 OR MORE	4
24-5	3
4 OR LESS	2

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GIRLS

PACER

LAPS COMPLETED	POINTS
30 OR MORE	4
29-6	3
5 OR LESS	2

CURL-UPS

# COMPLETED	POINTS
28 OR MORE	4
27-7	3
6 OR LESS	2

PUSH-UPS

# COMPLETED	POINTS
10 OR MORE	4
9-5	3
4 OR LESS	2