

Physical Fitness Testing Rubrics for 8<sup>th</sup>

BOYS

PACER

LAPS COMPLETED	POINTS
60 OR MORE	4
59-25	3
24 OR LESS	2

CURL-UPS

# COMPLETED	POINTS
46 OR MORE	4
45-25	3
24 OR LESS	2

PUSH-UPS

# COMPLETED	POINTS
35 OR MORE	4
34-15	3
14 OR LESS	2

Physical Fitness Testing Rubrics for 8<sup>th</sup>

GIRLS

PACER

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

CURL-UPS

# COMPLETED	POINTS
38 OR MORE	4
37-17	3
16 OR LESS	2

PUSH-UPS

# COMPLETED	POINTS
15 OR MORE	4
14-6	3
5 OR LESS	2