

Physical Fitness Testing Rubrics for PST

BOYS

PACER

LAPS COMPLETED	POINTS
70 OR MORE	4
69-35	3
34 OR LESS	2

CURL-UPS

# COMPLETED	POINTS
56 OR MORE	4
55-35	3
34 OR LESS	2

PUSH-UPS

# COMPLETED	POINTS
45 OR MORE	4
44-25	3
24 OR LESS	2

Physical Fitness Testing Rubrics for PST

GIRLS

PACER

LAPS COMPLETED	POINTS
50 OR MORE	4
49-25	3
24 OR LESS	2

CURL-UPS

# COMPLETED	POINTS
48 OR MORE	4
47-27	3
26 OR LESS	2

PUSH-UPS

# COMPLETED	POINTS
25 OR MORE	4
24-11	3
10 OR LESS	2