

Boys | 9th-12th Grade

Pacer - 15M

1	3	5	7	9	11	13	15	17	18	21	23	25	26	31	36	41	42	51	53	54	65	79	80	95	105	106+
1 - Beginning									1.5 B-D				2-Developing				2.5 D-P			3- Proficient			3.5 P-E			4- Exceeding

Pacer - 20M

1	3	7	8	15	19	20	23	27	31	32	39	40	41	43	47	51	55	59	60	63	67	71	75	79	81	82+
1 - Beginning		1.5 B-D				2-Developing				2.5 D-P				3 - Proficient					3.5 P-E					4 - Exceeding		

Push-Ups

0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26+
1 - Beginning		1.5 B-D		2- Developing			2.5 D-P						3 - Proficient				3.5 P-E							4- Exceeding		

Sit and Reach

0	1	2	3	4	5	6	7	8	9	10	11	12+
1 - Beginning		1.5 B-D		2-Developing		2.5 D-P		3-Proficient		3.5 P-E		4- Exceeding

Shoulder Stretch

OT - OT	OT - IT	OT - IC	IT - IT	IT - IC	IC - IC	T = touch, C = clasp (4 fingers)
Beginning	2-Developing	2.5 D-P	3-Proficient	3.5 - P-E	4 - Exceeding	

Curl-Ups

0	1	2	3	4	5	6	7	8	9	10	12	14	15	18	20	21	22	24	26	28	29	32	34	36	38	40	41+
1 - Beginning						1.5 B-D			2- Developing				2.5 D-P			3- Proficient				3.5 P-E				4-Exceeding			