

# Girls | 9th-12th Grade

## Pacer - 15M

1	2	3	4	5	6	7	8	9	10	11	12	13	14	16	19	20	24	26	27	28	37	47	53	54	60	67	68+
1 - Beginning								1.5 B-D					2-Developing			2.5 D-P				3- Proficient			3.5 P-E		4- Exceeding		

## Pacer - 20M

1	2	3	4	5	6	7	8	9	10	11	13	15	16	19	22	23	27	31	37	38	47	51	52+
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+	
1 - Beginning		1.5 B-D	Developing		1.5 D-	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- Pr	3.5 P-E		4 - Exceeding	

## Shoulder Stretch

0 T - 0 T	0 T - 1 T	0 T - 1 C	1 T - 1 T	1 T - 1 C	1 C - 1 C	T = touch, C = clasp (4 fingers)
1 - Begin	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	11	12	13	14	15	16	17	18	20	22	25	28	29	30	32	33+
1 - Beginning					1.5 B-D			2-Developing					2.5 D-P			3- Proficient			3.5 P-E		4-Exceeding					