

## FITNESS EXPECTATIONS – PHYSICAL EDUCATION DEPARTMENT

- PUSH UPS GOAL: MALE=40 FEMALE=20 with continuous movement**

### 5 Weeks

Male	A=10	B=9	C=8	D=7	F=6
Female	A=5	B=4	C=3	D=2	F=1

### 10 Weeks

Male	A=20	B=18-19	C=16-17	D=14-15	F=13
Female	A=10	B=9	C=8	D=7	F=6

### 15 Weeks

Male	A=30	B=27-29	C=24-26	D=21-23	F=20
Female	A=15	B=13-14	C=12	D=10-11	F=9

### 20 Weeks

Male	A=40	B=36-39	C=32-35	D=28-31	F=27
Female	A=20	B=18-19	C=16-17	D=14-15	F=13

- CURL UPS GOAL: MALE=50 FEMALE=50 in 1 minute**

### 5 Weeks

A=20
B=18-19
C=16-17
D=14-15
F=13

### 10 Weeks

A=30
B=27-29
C=24-26
D=21-23
F=20

### 15 Weeks

A=40
B=36-39
C=32-35
D=28-31
F=27

### 20 Weeks

A=50
B=45-49
C=40-44
D=35-39
F=34

- JUMP ROPE GOAL: MALE=130 FEMALE=130 in 1 minute**

### 5 Weeks

A=100
B=90-99
C=80-89
D=70-79
F=69

### 10 Weeks

A=110
B=99-109
C=88-98
D=77-87
F=76

### 15 Weeks

A=120
B=108-119
C=96-107
D=84-95
F=83

### 20 Weeks

A=130
B=117-129
C=104-116
D=91-103
F=90

- MILE RUN GOAL: MALE=6:30 FEMALE=8:00**

### 5 Weeks 1 Lap

Male	A=1:20	B=1:21-1:30	C=1:31-1:40	D=1:41-1:50	F=1:51
Female	A=1:30	B=1:31-1:40	C=1:41-1:50	D=1:51-2:00	F=2:01

### 10 Weeks 2 Laps

Male	A=3:00	B=3:01-3:15	C=3:16-3:30	D=3:31-3:45	F=3:46
Female	A=3:30	B=3:31-3:45	C=3:46-4:00	D=4:01-4:15	F=4:16

### 15 Weeks 3 Laps

Male	A=4:45	B=4:46-5:15	C=5:16-6:15	D=6:16-6:45	F=6:46
Female	A=5:30	B=5:31-6:00	C=6:01-7:00	D=7:01-7:30	F=7:31

### 20 Weeks 4 Laps

Male	A=6:30	B=6:31-7:10	C=7:11-8:10	D=8:11-9:10	F=9:11
Female	A=8:00	B=8:01-8:40	C=8:41-9:40	D=9:41-10:45	F=10:46

*\*Please be advised that make-up tests will not be given to students who have an unexcused absence or non-participation/non-dress on the day of a particular test. Revised 9/16/13*