**6th Grade Fitness Testing Scoring Scale**

**PS: I can achieve a healthy level of fitness.**

**LT: I can achieve a healthy level of abdominal strength**

**and endurance.**

**Sit-ups**

**Girls Boys**

**Fall** 42 = 4 47 = 4

**32 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 37 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

31↓= 2 36↓= 2

26 ↓ = 1 31 ↓ = 1

**Spring** 45 = 4 50 = 4

**35 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 40 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

34↓=2 39↓=2

29 ↓ = 1 34 ↓ = 1

**LT: I can achieve a healthy level of upper body**

**strength and endurance.**

**Flexed Arm Hang**

**Girls Boys**

**Fall** 15 sec = 4 30sec = 4

**7 sec = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 11 sec = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

6 sec ↓ = 2 10 sec ↓ = 2

4 sec ↓ = 1 7 sec ↓ = 1

**Spring** 15 sec = 4 30 sec = 4

**7 sec = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 12 sec = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

6 sec ↓ = 2 11 sec ↓ = 2

4 sec ↓ = 1 8 sec ↓ = 1

**Pull-Ups**

**Girls Boys**

**Fall** 3 = 4 6 = 4

**1 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 2 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

0 = 1 1 = 2

0 = 1

**Spring** 2 = 4 7 = 4

**1 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 2 = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

0 = 1 1 = 2

0 = 1

\*If a pull up cannot be completed the flex arm hang must be assessed

**LT: I can achieve a healthy level of flexibility.**

**Sit and Reach**

**Girls Boys**

**Fall** 34cm = 4 31cm = 4

**29cm = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 25cm = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

28cm↓ = 2 24 cm↓= 2

23cm ↓= 1 19cm ↓= 1

**Spring** **36cm = 4 31cm = 4**

**30cm = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 26cm = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

29cm ↓= 2 25cm↓ = 2

24cm ↓ = 1 20cm ↓ = 1

**LT: I can achieve a healthy level of cardiovascular**

**endurance.**

**Mile**

**Girls Boys**

**Fall** 9:02 ↓min = 4 7:32 ↓ min = 4

**12:00 min =3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 11:00 min =3**  C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf

12:01↑ min =2 11:01↑=2

13:01 min ↑ =1 12:01 min ↑ =1

**Spring** 8:23 ↓ min = 4 7:11 ↓ min= 4

**12:00 min =3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 10:30 min =3** C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf

12:01↑=2 10:31↑=2

13:01 min ↑ =1 11:31 min ↑ =1

**Pacer**

**Girls Boys**

**Fall** 41 laps = 4 72 laps = 4

**15 laps =3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 23 laps =3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

14 laps ↓ =2 22 laps↓ =2

11 laps↓ =1 17 laps↓ =1

**Spring** 41 laps = 4 72 laps = 4

**23 laps = 3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf 32 laps =3 C:\Documents and Settings\jgunnels\Local Settings\Temporary Internet Files\Content.IE5\GAX1IXBM\MC900384020[1].wmf**

18 laps ↓ =2 31 laps ↓ =2

17 laps↓ =1 25 laps↓ =1