

California Fitness Standards

Please note that the standards in the chart below are *averages* for each age.

Boys					AGE	Girls				
Mile Time	Curl-Ups	Trunk Lift	Push-ups	Sit & Reach		Mile Time	Curl-Ups	Trunk Lift	Push-ups	Sit & Reach
11:30	12	9	7	8	10	12:30	12	9	7	9
11:00	15	9	8	8	11	12:00	15	9	7	10
10:30	18	9	10	8	12	12:00	18	9	7	10
10:00	21	9	12	8	13	11:30	18	9	7	10
9:30	24	9	14	8	14	11:00	18	9	7	10
9:00	24	9	16	8	15	10:30	18	9	7	12

There are six components to the Physical Fitness Test administered in March:

1. Mile-run
2. Curl-ups
3. Trunk-lift
4. Push-ups
5. Sit & reach
6. Body mass index

The body mass index is calculated using each student's height and weight. A healthy diet, good eating habits and regular physical activity at home will have a huge impact on this component.

The P.E. Department is currently conducting a pretest. By the beginning of October, students will be aware of their results and know what their focus should be.