

Term 1

4 Laps			Push-Ups (1 min) Mod X 2		
Male	Female	Score	Male	Female	Score
<5:30	<6:00	5	41<	21<	5
5:31-6:00	6:01-6:30	4	34-40	16-20	4
6:01-6:30	6:31-7:00	3	24-33	12-15	3
6:31-7:00	7:01-7:30	2	17-23	8-11	2
7:01<	7:31<	1	>14	>7	1

Sit-Ups (1 min)			Burpees (1 min)		
Male	Female	Score	Male	Female	Score
59<	44<	5	56<	31<	5
50-58	38-43	4	38-43	22-30	4
38-49	31-37	3	31-37	13-21	3
29-37	21-30	2	21-30	9-12	2
>28	>20	1	>20	>8	1

Term 2

Beep Test			10 M Shuttle Run		
Male	Female	Score	Male	Female	Score
10<	7.5<	5	<10.9	<11.6	5
8-9.5	6-7	4	11-11.2	11.7-12	4
7-7.5	4.5-5.5	3	11.3-11.7	12.1-12.7	3
4.5-5.5	3-4	2	11.8-12.7	12.8-13.2	2
>5	>2.5	1	>12.8	>13.3	1

Wall Toss			Standing Long Jump		
Male	Female	Score	Male	Female	Score
45<	40<	5	213<	189<	5
40-44	34-39	4	206-212	181-188	4
30-39	28-33	3	199-205	162-180	3
25-29	22-27	2	166-198	145-161	2
>24	>21	1	>165	>144	1

Term 3

12 Minute Run			Vertical Leap		
Male	Female	Score	Male	Female	Score
>8	>7	5	>60 cm	>50 cm	5
7-7.5	6-6.5	4	59-55 cm	49-45 cm	4
6-6.5	5-5.5	3	54-50 cm	44-40 cm	3
5-5.5	4-4.5	2	49-45 cm	39-35 cm	2
<4.5	<3.5	1	<44 cm	<34 cm	1

Illinois Agility			50 M Dash		
Male	Female	Score	Male	Female	Score
<17	<18	5	<7.5	<8	5
17.1-18	18.1-19	4	7.6-8	8.1-8.5	4
18.1-19	19.1-20	3	8.1-8.5	8.6-9	3
19.1-20	20.1-21	2	8.6-9	9.1-9.5	2
>20.1	>21.1	1	>9.1	>9.6	1