

Park Brook Physical Fitness Testing Standards

MILE RUN

Scores	1	2	3	4
Grade	Does not Meet	Partially Meets	Meets	Exceeds
1	↑14:01	12:01-14:00	10:31-12:00	10:30↓
2	↑13:31	11:31-13:30	10:31-11:30	10:30↓
3	↑13:01	11:01-13:00	9:31-11:00	9:30↓
4	↑12:31	10:31-12:30	9:01-10:30	9:00↓
5	↑12:01	10:01-12:00	8:31-10:00	8:30↓



PACER RUN

Scores	1	2	3	4
Grade	Does not Meet	Partially Meets	Meets	Exceeds
1	0-6	7-14	15-22	23↑
2	0-9	10-21	22-31	32↑
3	0-11	12-22	23-32	33↑
4	0-17	15-24	25-34	35↑
5	0-17	18-29	30-39	40↑

SIT & REACH

Scores	1	2	3	4
Grade	Does not Meet	Partially Meets	Meets	Exceeds
1	0-7	8	9	10↑
2	0-7	8	9	10↑
3	0-7	8	9	10↑
4	0-7	8	9	10↑
5	0-8	9	10	11↑

SIT-UP

Scores	1	2	3	4
Grade	Does not Meet	Partially Meets	Meets	Exceeds
1	0-4	5-9	10-14	15↑
2	0-6	7-14	15-21	22↑
3	0-7	8-17	18-25	26↑
4	0-8	9-18	19-28	29↑
5	0-11	12-21	22-31	32↑

PUSH-UP

Scores	1	2	3	4
Grade	Does not Meet	Partially Meets	Meets	Exceeds
1	0-3	4-6	7-9	10↑
2	0-4	5-9	10-14	15↑
3	0-5	6-10	11-16	17↑
4	0-7	8-12	13-19	20↑
5	0-9	10-14	15-21	22↑

Focus on Fitness