

# Park Brook Physical Fitness Testing Standards

## MILE RUN

| Scores | 1             | 2            | 3           | 4       |
|--------|---------------|--------------|-------------|---------|
| Grade  | Does not Meet | Partly Meets | Meets       | Exceeds |
| 1      | >14:00        | 12:01-14:00  | 10:31-12:00 | <10:31  |
| 2      | >13:30        | 11:31-13:30  | 10:31-11:30 | <10:31  |
| 3      | >13:00        | 11:01-13:00  | 9:31-11:00  | <9:31   |
| 4      | >12:30        | 10:31-12:30  | 9:01-10:30  | <9:01   |
| 5      | >12:00        | 10:01-12:00  | 8:31-10:00  | <8:31   |



## PACER RUN

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

## SIT & REACH

| Scores | 1             | 2            | 3     | 4       |
|--------|---------------|--------------|-------|---------|
| Grade  | Does not Meet | Partly Meets | Meets | Exceeds |
| 1      | <8            | 8            | 9     | >9      |
| 2      | <8            | 8            | 9     | >9      |
| 3      | <8            | 8            | 9     | >9      |
| 4      | <8            | 8            | 9     | >9      |
| 5      | <9            | 9            | 10    | >11     |

## SIT-UP

| Scores | 1             | 2            | 3     | 4       |
|--------|---------------|--------------|-------|---------|
| Grade  | Does not Meet | Partly Meets | Meets | Exceeds |
| 1      | <5            | 5-9          | 10-14 | >14     |
| 2      | <7            | 7-14         | 15-21 | >21     |
| 3      | <8            | 8-17         | 18-25 | >25     |
| 4      | <9            | 9-18         | 19-28 | >28     |
| 5      | <12           | 12-21        | 22-31 | >31     |

## PUSH-UP

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

**Focus on Fitness**