

## CUSD Standards for Healthy Fitness Zones / 85%tile Grades 4 to 12

### BOYS

Age	1 Mile Run		Curl-up		Back Saver Sit & Reach		Pull-up		Modified Pull-up*		Trunk Lift	
	# Low	# High	# Low	# High	#	Max	# Low	# High	# Low	# High	# Low	# High
8	11:00	10:41	10	20	8	16	1	2	6	13	6	12
9	10:00	9:30	14	24	8	16	1	2	6	13	6	12
10	9:45	9:00	14	24	8	16	1	2	6	13	6	12
11	9:30	8:30	18	28	8	16	1	3	6	13	9	12
12	9:00	8:00	26	36	8	16	1	3	7	13	9	12
13	8:30	7:30	30	40	8	16	2	4	8	13	9	12
14	8:15	7:00	35	45	8	16	2	5	10	14	9	12
15	7:50	7:00	37	47	8	16	3	7	12	14	9	12
16	7:30	7:00	37	47	8	16	5	8	13	15	9	12
17	7:30	7:00	37	47	8	16	5	8	15	15	9	12
17+	7:30	7:00	37	47	8	16	5	8	15	15	9	12

### GIRLS

Age	1 Mile Run		Curl-up		Back Saver Sit & Reach		Pull-up		Modified Pull-up*		Trunk Lift	
	# Low	# High	# Low	# High	#	Max	# Low	# High	# Low	# High	# Low	# High
8	12:00	10:50	10	20	9	16	1	2	4	6	6	12
9	11:15	10:07	12	22	9	16	1	2	4	6	6	12
10	11:00	9:30	16	26	9	16	1	2	4	6	6	12
11	10:30	9:00	19	29	10	16	1	2	6	6	9	12
12	10:00	9:00	22	32	10	16	1	2	5	6	9	12
13	10:00	9:00	22	32	10	16	1	2	4	6	9	12
14	10:00	8:30	22	32	10	16	1	2	5	6	9	12
15	10:00	8:00	25	35	12	16	1	2	5	6	9	12
16	10:00	8:00	25	35	12	16	1	2	5	6	9	12
17	10:00	8:00	25	35	12	16	1	2	6	6	9	12
17+	10:00	8:00	25	35	12	16	1	2	8	6	9	12

\*85th %tile Modified Pull-Ups norms reflect data collected from Spring 2006.