

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

BOYS																		
Age	1 Mile Run			Curl-up			Back Saver			Modified Pull-up*			Trunk Lift					
	# Low	# High	85%tile	# Low	# High	Max	#	Max	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max
8	11:00	10:41	8:22	10	20	50	8	16	1	2	6	6	13	18	30	6	12	18
9	10:00	9:30	8:00	14	24	50	8	16	1	2	6	7	13	19	30	6	12	18
10	9:45	9:00	7:40	14	24	50	8	16	1	2	6	11	13	19	30	9	12	18
11	9:30	8:30	7:30	18	28	60	8	16	1	3	6	11	13	20	30	9	12	18
12	9:00	8:00	6:57	26	36	60	8	16	1	3	7	11	13	21	30	9	12	18
13	8:30	7:30	6:33	30	40	60	8	16	2	4	8	11	13	21	30	9	12	18
14	8:15	7:00	6:13	35	45	60	8	16	2	5	10	11	14	21	30	9	12	18
15	7:50	7:00	6:18	37	47	65	8	16	3	7	12	11	14	21	30	9	12	18
16	7:30	7:00	6:12	37	47	65	8	16	5	8	13	12	15	22	30	9	12	18
17	7:30	7:00	6:28	37	47	65	8	16	5	8	15	14	15	22	30	9	12	18
17+	7:30	7:00	6:28	37	47	65	8	16	5	8	15	14	15	22	30	9	12	18

GIRLS																		
Age	1 Mile Run			Curl-up			Back Saver			Modified Pull-up*			Trunk Lift					
	# Low	# High	85%tile	# Low	# High	Max	#	Max	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max
8	12:00	10:50	9:45	10	20	50	9	16	1	2	4	6	13	16	30	6	12	18
9	11:15	10:07	9:08	12	22	50	9	16	1	2	4	6	13	16	30	6	12	18
10	11:00	9:30	8:50	16	26	50	9	16	1	2	4	6	13	19	30	9	12	18
11	10:30	9:00	8:36	19	29	50	10	16	1	2	6	6	13	19	30	9	12	18
12	10:00	9:00	8:05	22	32	50	10	16	1	2	5	6	13	19	30	9	12	18
13	10:00	9:00	8:01	22	32	50	10	16	1	2	4	6	13	19	30	9	12	18
14	10:00	8:30	7:54	22	32	50	10	16	1	2	5	6	13	19	30	9	12	18
15	10:00	8:00	8:10	25	35	60	12	16	1	2	5	6	13	19	30	9	12	18
16	10:00	8:00	8:13	25	35	60	12	16	1	2	5	6	13	19	30	9	12	18
17	10:00	8:00	8:28	25	35	60	12	16	1	2	6	6	13	19	30	9	12	18
17+	10:00	8:00	8:28	25	35	60	12	16	1	2	8	6	13	19	30	9	12	18

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

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