# News from Physical Education

In January & February, our 3rd, 4th and 5th graders will be participating in the State Mandated Fitness testing.
This computer generated test and standards were created by The Cooper Institute in Dallas, Texas.
If funding permits, we hope to provide an individual "FITNESSGRAM" report containing your student's scores at the end of the school year.
Below is a range of scores that your student needs to achieve to be in the "Healthy Fitness Zone."

For Girls:

| Age | Pacer run | Curl ups | Trunk Lift | Push ups | Sit & Reach |
|---|---|---|---|---|---|
| 8 | Pass/fail | 6-20 | 6-12 | 5-13 | 9 |
| 9 | Pass/fail | 9-22 | 6-12 | 6-15 | 9 |
| 10 | 7-41 | 12-26 | 9-12 | 7-15 | 9 |
| 11 | 15-41 | 15-29 | 9-12 | 7-15 | 10 |
| 12 | 15-41 | 18-32 | 9-12 | 7-15 | 10 |
| 13 | 23-51 | 18-32 | 9-12 | 7-15 | 10 |

For Boys:

| Age | Pacer run | Curl ups | Trunk lift | Push ups | Sit & Reach |
|---|---|---|---|---|---|
| 8 | Pass/fail | 6-20 | 6-12 | 5-13 | 8 |
| 9 | Pass/fail | 9-24 | 6-12 | 6-15 | 8 |
| 10 | 23-61 | 12-24 | 9-12 | 7-20 | 8 |
| 11 | 23-72 | 15-28 | 9-12 | 8-20 | 8 |
| 12 | 32-72 | 18-36 | 9-12 | 10-20 | 8 |
| 13 | 41-83 | 21-40 | 9-12 | 12-25 | 8 |

For more information feel free to ask. You might be interested in this website. http://www.fitnessgram.net/faqparents/