

ONE-MILE RUN/WALK FOR BOYS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds

AGE

PERCENTILE	6	7	8	9	10	11	12	13	14	15	16	17+
100	6:18	7:41	6:30	6:50	6:24	6:29	6:03	5:40	4:30	4:42	4:49	4:46
95	8:54	8:31	8:00	7:48	7:10	6:56	6:43	6:25	6:01	5:50	5:40	5:35
90	9:41	8:56	8:28	8:14	7:39	7:17	6:57	6:39	6:13	6:07	5:56	5:57
85	10:15	9:22	8:48	8:31	7:57	7:32	7:11	6:50	6:26	6:20	6:08	6:06
80	10:32	9:43	9:00	8:47	8:08	7:45	7:25	7:00	6:33	6:29	6:18	6:14
75	10:53	10:02	9:23	9:04	8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23
70	11:17	10:20	9:38	9:12	8:37	8:14	7:56	7:20	6:59	6:48	6:33	6:32
65	11:41	10:34	9:56	9:30	8:59	8:27	8:05	7:29	7:09	6:57	6:44	6:40
60	12:00	10:55	10:15	9:47	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50
55	12:20	11:19	10:39	10:07	9:29	9:01	8:25	7:55	7:29	7:16	6:58	6:57
50	12:36	11:40	11:05	10:30	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04
45	13:00	11:56	11:27	10:46	10:10	9:46	8:58	8:17	7:59	7:39	7:20	7:14
40	13:39	12:17	11:55	11:03	10:32	10:07	9:11	8:35	8:13	7:52	7:35	7:24
35	14:11	12:50	12:08	11:20	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35
30	14:48	13:23	12:30	11:44	11:14	10:54	10:00	9:10	8:48	8:29	8:09	7:52
25	15:12	13:49	12:54	12:08	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06
20	15:34	14:16	13:23	12:33	12:15	12:00	10:52	10:02	9:35	9:05	8:56	8:25
15	16:30	15:00	14:10	12:59	13:07	12:29	11:30	10:39	10:18	9:34	9:22	8:56
10	17:25	16:12	14:57	13:52	13:50	13:08	12:11	11:43	11:22	10:10	10:17	9:23
5	18:12	17:43	16:08	15:01	14:47	14:35	13:14	12:47	12:11	11:25	11:49	10:15
0	22:05	21:20	22:40	19:40	23:00	23:32	23:05	24:12	18:10	21:44	20:15	16:49

ONE MILE RUN-WALK FOR GIRLS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds

AGE

PERCENTILE	6	7	8	9	10	11	12	13	14	15	16	17+
100	8:36	8:04	8:00	6:11	6:26	7:07	6:22	5:42	5:00	5:51	5:58	6:20
95	10:06	9:30	9:10	8:21	8:07	8:06	7:35	7:21	7:20	7:25	7:26	7:22
90	10:29	10:05	9:45	9:07	8:49	8:40	8:00	7:49	7:43	7:52	7:55	7:58
85	11:20	10:36	10:02	9:30	9:19	9:02	8:23	8:13	7:59	8:08	8:23	8:15
80	11:37	10:55	10:20	10:03	9:38	9:22	8:52	8:29	8:20	8:24	8:39	8:34
75	12:00	11:17	10:55	10:22	10:08	9:44	9:15	8:49	8:36	8:40	8:50	8:52
70	12:12	11:25	11:20	10:45	10:19	10:04	9:36	9:09	8:50	8:55	9:11	9:15
65	12:20	11:45	11:38	10:58	10:42	10:24	10:05	9:30	9:09	9:09	9:25	9:33
60	12:31	12:20	11:53	11:13	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51
55	12:45	12:39	12:10	11:32	11:00	11:00	10:44	10:07	9:51	9:37	10:09	10:08
50	13:12	12:56	12:30	11:52	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22
45	13:56	13:21	12:46	12:13	11:40	11:36	11:23	10:57	10:25	10:18	10:58	10:48
40	14:14	13:44	13:07	12:24	11:58	12:00	11:47	11:20	10:51	10:40	11:15	11:05
35	14:45	14:04	13:31	12:48	12:08	12:21	12:01	11:40	11:10	11:00	11:44	11:20
30	15:09	14:32	13:56	13:19	12:30	12:42	12:24	12:00	11:36	11:20	12:08	12:00
25	15:27	14:55	14:21	13:44	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11
20	16:10	15:12	14:53	14:07	13:29	13:44	13:35	13:01	12:18	12:19	13:23	12:40
15	16:45	16:00	15:19	14:57	14:00	14:16	14:12	14:10	12:56	13:33	14:16	13:03
10	17:36	16:35	15:45	15:40	14:30	14:44	14:39	14:49	14:10	14:13	16:03	14:01
5	19:00	17:27	16:55	16:58	15:43	16:07	16:00	16:10	15:44	15:17	18:00	15:14
0	21:40	22:19	20:40	24:00	24:00	21:02	24:54	20:45	20:04	24:07	21:00	28:50

CURL-UP FOR BOYS

Percentile Scores Based on Age/Test in No. of Curl-ups in 60 seconds

PERCENTILE	AGE											
	6	7	8	9	10	11	12	13	14	15	16	17+
100	53	56	58	60	64	68	67	76	79	81	77	73
95	40	42	47	48	51	51	57	59	62	62	62	61
90	37	38	42	44	48	49	53	55	58	59	58	57
85	33	36	40	41	45	47	50	53	56	57	56	55
80	31	34	38	40	43	45	48	51	54	55	53	53
75	28	33	37	38	41	43	47	50	52	53	51	51
70	26	31	36	37	40	42	45	48	51	51	50	50
65	25	31	35	35	40	40	44	46	49	50	48	48
60	24	30	34	34	38	39	43	45	48	49	48	46
55	23	29	32	33	36	38	42	43	47	47	46	45
50	22	28	31	32	35	37	40	42	45	45	45	44
45	21	26	30	31	34	36	39	41	44	44	44	43
40	20	25	29	30	33	35	38	40	42	43	42	41
35	19	24	28	29	32	34	37	39	41	41	40	40
30	17	22	26	27	30	32	35	38	40	40	40	40
25	16	21	25	26	30	31	34	36	39	38	38	38
20	14	20	23	24	28	29	32	34	37	36	37	36
15	13	18	20	22	25	27	30	32	35	35	35	35
10	10	15	18	20	23	25	27	30	33	32	31	32
5	7	12	14	16	19	20	25	26	28	29	27	27
0	0	1	0	1	4	0	7	0	0	0	6	1

CURL-UP FOR GIRLS

Percentile Scores Based on Age/Test in No. of Curl-ups in 60 seconds

PERCENTILE	AGE											
	6	7	8	9	10	11	12	13	14	15	16	17+
100	55	55	59	62	61	67	62	72	72	74	77	67
95	36	42	43	45	45	48	50	52	53	55	53	53
90	33	36	40	41	42	44	47	50	49	51	49	47
85	32	34	38	39	40	42	45	46	47	48	45	44
80	31	32	36	38	38	40	43	44	45	46	43	41
75	30	31	35	36	37	39	41	42	43	44	41	40
70	28	30	33	35	35	37	40	42	42	41	40	38
65	27	29	31	34	34	35	39	40	41	40	38	37
60	25	27	30	32	32	35	38	40	40	39	37	36
55	24	26	30	31	32	33	36	38	39	37	36	35
50	23	25	29	30	30	32	35	37	37	36	35	34
45	21	24	28	30	29	31	34	36	36	35	34	33
40	20	23	27	29	28	30	32	35	35	34	33	31
35	20	22	25	27	27	29	31	33	34	32	32	30
30	19	21	24	26	26	28	30	31	32	31	30	30
25	17	20	23	25	25	27	29	30	31	30	30	28
20	16	19	22	23	23	25	27	28	30	28	27	25
15	14	17	20	20	21	24	25	26	28	26	25	25
10	11	15	18	19	19	20	23	23	25	23	23	22
5	7	10	12	13	14	16	20	19	20	20	19	19
0	0	0	0	0	0	2	0	0	0	0	0	0

SIT AND REACH FOR BOYS

Percentile Scores Based on Age/Test Scores in Centimeters

PERCENTILE	AGE												
	5	6	7	8	9	10	11	12	13	14	15	16	17+
99	36	37	38	38	37	37	39	52	41	43	47	45	48
95	32	34	33	34	34	33	34	35	36	39	41	42	45
90	31	32	31	32	32	31	32	32	34	37	39	40	43
85	30	31	30	31	31	30	31	31	33	36	37	38	41
80	29	30	29	30	30	29	30	30	32	34	36	37	40
75	29	29	28	29	29	28	29	29	30	33	34	36	40
70	28	28	27	28	28	28	28	29	29	31	33	35	38
65	27	28	27	27	28	27	27	28	28	30	32	34	37
60	26	27	26	27	27	26	26	27	27	30	32	32	36
55	26	26	25	26	26	26	26	27	27	29	31	31	35
50	25	26	25	25	25	25	25	26	26	28	30	30	34
45	25	25	24	25	25	24	24	25	25	27	29	29	33
40	24	24	24	24	24	23	23	24	24	26	28	28	32
35	23	24	23	23	23	22	23	23	23	25	27	27	31
30	23	23	22	23	22	21	22	22	22	24	26	26	30
25	22	22	22	22	22	20	21	21	20	23	24	25	28
15	21	20	19	20	20	18	18	18	18	21	22	21	25
10	19	18	18	18	18	17	16	16	15	18	19	18	23
5	17	16	16	16	16	12	12	13	12	15	13	11	15

SIT AND REACH FOR GIRLS

Percentile Scores Based on Age/Test Scores in Centimeters

PERCENTILE	AGE												
	5	6	7	8	9	10	11	12	13	14	15	16	17+
99	37	38	37	39	39	41	41	46	49	49	49	48	47
95	34	34	34	36	35	35	37	40	43	44	46	46	44
90	32	33	33	34	34	34	36	38	40	42	44	43	43
85	31	32	32	33	33	33	34	36	38	40	43	42	42
80	31	31	31	32	32	32	33	35	37	39	42	41	41
75	30	30	31	31	31	31	32	34	36	38	41	39	40
70	29	29	30	30	30	30	31	33	35	36	40	38	40
65	28	29	29	30	30	29	30	32	33	36	39	37	39
60	28	28	29	29	29	29	30	32	32	35	37	36	37
55	27	27	28	28	28	28	29	31	31	34	37	35	36
50	27	27	27	28	28	28	29	30	31	33	36	34	35
45	26	26	27	27	27	27	28	29	30	32	34	33	34
40	25	25	26	26	26	27	27	28	29	31	33	33	33
35	25	25	26	25	25	26	26	27	27	30	32	32	33
30	24	24	25	24	24	25	25	26	26	29	32	31	32
25	23	23	24	23	23	24	24	25	24	28	31	30	31
20	23	22	23	22	22	22	23	23	23	26	30	28	29
15	22	22	22	21	21	21	22	22	22	24	28	26	28
10	20	20	20	19	20	19	20	20	20	23	25	23	26
5	18	18	16	17	17	16	16	15	17	18	19	14	22

RIGHT ANGLE PUSH-UPS FOR BOYS

Percentile Scores Based on Age/Test Scores in # of Push-ups every 3 sec.

PERCENTILE	AGE											
	6	7	8	9	10	11	12	13	14	15	16	17+
95	12	19	21	22	30	31	42	51	47	50	59	60
90	11	17	19	20	25	30	34	41	41	44	46	56
85	9	14	17	18	22	27	31	39	40	42	44	53
80	9	13	15	17	21	26	30	35	37	40	41	50
75	7	12	14	17	20	24	28	35	32	37	40	46
70	7	11	13	15	18	23	25	31	30	35	36	44
65	7	10	12	15	18	20	24	30	28	34	34	43
60	7	9	11	13	16	19	20	28	25	32	32	41
55	7	8	10	12	14	16	20	26	24	31	30	40
50	7	8	9	12	14	15	18	24	24	30	30	37
45	5	8	9	11	13	15	17	21	22	30	29	35
40	5	7	8	10	12	14	15	20	21	27	28	34
35	5	6	8	9	12	12	15	20	20	25	25	30
30	4	5	7	8	11	10	13	16	18	25	25	30
25	4	5	7	8	11	10	12	16	18	24	25	27
20	3	4	6	7	10	8	10	12	15	21	23	25
15	2	3	6	5	8	5	9	11	13	20	22	23
10	2	3	4	5	7	3	7	9	11	18	20	21
5	0	2	2	3	4	1	4	4	7	15	15	20

RIGHT ANGLE PUSH-UPS FOR GIRLS

Percentile Scores Based on Age/Test Scores in # of Push-ups every 3 sec.

PERCENTILE	AGE											
	6	7	8	9	10	11	12	13	14	15	16	17+
95	12	19	21	22	21	30	25	25	25	34	32	29
90	11	17	19	20	21	20	21	22	21	23	26	28
85	9	14	17	18	20	19	20	21	20	20	24	25
80	9	13	15	17	19	18	20	17	19	20	22	22
75	7	12	14	17	19	17	17	17	15	20	20	20
70	7	11	13	15	17	17	15	15	12	18	19	19
65	7	10	12	15	17	16	12	14	11	18	16	18
60	6	9	11	13	14	15	11	13	10	16	15	17
55	6	8	10	12	14	12	10	12	10	15	13	16
50	6	8	9	12	13	11	10	11	10	15	12	16
45	5	8	9	11	11	9	10	10	9	15	12	15
40	5	7	8	10	10	8	8	10	8	13	12	15
35	5	6	8	9	10	8	7	8	5	11	11	14
30	4	5	7	8	9	7	5	7	5	11	10	12
25	4	5	7	8	8	7	5	6	5	11	8	11
20	3	4	6	7	8	6	3	5	5	10	5	9
15	2	3	6	5	7	4	2	4	3	7	4	7
10	2	3	4	5	4	2	1	3	2	5	3	5
5	0	2	2	3	1	1	1	2	1	2	1	2

SHUTTLE RUN FOR BOYS

Percentile Scores Based on Age/Test Scores in Seconds and Tenths

PERCENTILE	AGE											
	6	7	8	9	10	11	12	13	14	15	16	17+
100	11.0	8.3	8.0	8.1	7.4	7.0	7.5	8.0	6.6	6.3	6.5	6.9
95	11.7	10.8	10.4	10.4	9.8	9.5	9.4	9.0	8.8	8.5	8.4	8.5
90	12.0	11.2	10.9	10.6	10.0	9.9	9.6	9.3	9.0	8.8	8.6	8.6
85	12.1	11.5	11.1	10.9	10.3	10.0	9.8	9.5	9.1	9.0	8.7	8.7
80	12.3	11.7	11.2	11.0	10.5	10.2	9.9	9.6	9.3	9.1	8.9	8.9
75	12.4	12.0	11.4	11.1	10.7	10.4	10.0	9.8	9.4	9.2	8.9	8.9
70	12.5	12.2	11.5	11.3	10.8	10.5	10.1	9.9	9.5	9.3	9.0	9.0
65	12.8	12.4	11.8	11.5	11.0	10.6	10.3	10.0	9.6	9.4	9.1	9.1
60	13.0	12.5	11.9	11.6	11.2	10.8	10.4	10.1	9.7	9.5	9.2	9.2
55	13.1	12.7	12.0	11.8	11.3	11.0	10.5	10.1	9.8	9.5	9.3	9.3
50	13.3	12.8	12.2	11.9	11.5	11.1	10.6	10.2	9.9	9.7	9.4	9.4
45	13.5	13.0	12.3	12.0	11.6	11.2	10.7	10.3	10.0	9.8	9.5	9.5
40	13.7	13.2	12.5	12.2	11.8	11.4	10.8	10.4	10.1	9.9	9.6	9.6
35	13.8	13.3	12.7	12.5	12.0	11.5	11.0	10.6	10.2	10.0	9.7	9.6
30	14.0	13.5	13.0	12.8	12.2	11.7	11.1	10.7	10.3	10.1	9.8	9.8
25	14.3	13.8	13.3	13.0	12.4	12.0	11.2	10.8	10.5	10.2	10.0	9.9
20	14.5	14.0	13.6	13.3	12.7	12.2	11.4	11.0	10.7	10.4	10.1	10.1
15	14.8	14.5	13.8	13.6	13.1	12.6	11.6	11.1	11.0	10.7	10.3	10.3
10	15.2	14.9	14.2	14.1	13.6	13.0	12.0	11.4	11.3	11.0	10.6	10.6
5	16.0	15.4	15.0	14.5	14.5	13.5	12.4	12.0	12.0	11.8	11.1	11.1
0	19.5	25.0	18.0	18.8	16.9	16.8	16.1	16.4	19.9	19.8	23.0	23.0

SHUTTLE RUN FOR GIRLS

Percentile Scores Based on Age/Test Scores in Seconds and Tenths

AGE

PERCENTILE	6	7	8	9	10	11	12	13	14	15	16	17+
100	9.1	9.5	8.3	8.3	7.2	7.1	7.7	9.0	8.0	8.3	6.4	7.6
95	12.0	11.5	11.2	10.4	10.1	10.0	10.0	9.8	9.6	9.5	9.6	9.5
90	12.2	11.9	11.5	10.8	10.6	10.3	10.2	10.0	9.9	9.8	10.0	9.9
85	12.4	12.1	11.8	11.1	10.8	10.5	10.4	10.2	10.1	10.0	10.1	10.0
80	12.7	12.3	12.0	11.3	11.1	10.6	10.5	10.4	10.3	10.1	10.2	10.2
75	13.0	12.5	12.1	11.5	11.3	10.8	10.7	10.5	10.5	10.3	10.4	10.3
70	13.0	12.6	12.2	11.7	11.4	11.0	10.8	10.6	10.6	10.4	10.5	10.4
65	13.3	12.8	12.4	11.9	11.6	11.1	10.9	10.8	10.8	10.6	10.6	10.6
60	13.4	13.0	12.6	12.1	11.8	11.2	11.0	10.9	10.9	10.7	10.7	10.7
55	13.6	13.1	12.8	12.2	11.9	11.4	11.2	11.0	11.0	10.8	10.8	10.9
50	13.8	13.2	12.9	12.5	12.1	11.5	11.3	11.1	11.2	11.0	10.9	11.0
45	14.0	13.5	13.0	12.7	12.2	11.7	11.4	11.2	11.3	11.1	11.0	11.1
40	14.1	13.6	13.3	12.9	12.4	11.9	11.5	11.4	11.4	11.2	11.2	11.2
35	14.5	13.9	13.5	13.0	12.6	12.1	11.7	11.5	11.6	11.4	11.4	11.3
30	14.7	14.0	13.7	13.2	12.8	12.2	11.9	11.6	11.7	11.5	11.5	11.5
25	14.8	14.3	13.9	13.4	13.1	12.5	12.1	11.8	11.9	11.7	11.7	11.7
20	15.0	14.5	14.3	13.7	13.3	12.8	12.3	12.0	12.1	11.9	11.9	11.9
15	15.3	14.9	14.8	14.0	13.7	13.0	12.5	12.4	12.5	12.2	12.2	12.1
10	15.5	15.4	15.2	14.6	14.2	13.4	12.9	12.8	12.9	12.6	12.6	12.7
5	16.1	16.4	16.2	15.6	15.0	14.0	13.4	13.4	14.0	13.2	13.2	13.2
0	19.8	29.1	20.5	20.5	17.8	20.6	16.1	19.8	21.4	16.6	15.4	19.8