

State Physical Education Testing Information for Lorena Middle School Boys and Girls

Who will be tested? ALL 5TH, 6TH, 7TH & 8TH Grade Boys and Girls

Test format-FITNESSGRAM–developed by the Cooper Institute

SPECIFIC TEST TO BE IMPLEMENTED:

- ONE MILE RUN
- BODY MASS INDEX (BASED ON HEIGHT AND WEIGHT)
- CURL-UPS
- TRUNK LIFT
- 90 DEGREE PUSH-UPS
- SHOULDER STRETCH

RESULTS WILL BE REPORTED TO THE STATE.
PARENTS WILL RECEIVE AN INDIVIDUAL REPORT FOR THEIR CHILD.

TESTING WILL BE DONE IN APRIL.

BOYS

FITNESS STANDARDS FOR HEALTHY FITNESS ZONE

LHFZ-LOWER END OF ZONE UHFZ-UPPER END OF ZONE

ONE MILE RUN

AGE	LHFZ	UHFZ
10	11:30	9:00
11	11:00	8:30
12	10:30	8:00
13	10:00	7:30
14	9:30	7:00
15	9:00	7:00
16	8:30	7:00

BODY MASS INDEX
(BASED ON HT. & WT.)

AGE	LHFZ	UHFZ
10	21	14.0
11	21	14.3
12	22	14.6
13	23	15.1
14	24.5	15.6
15	25	16.2
16	26.5	16.6

CURL-UP

# COMPLETED		
AGE	LHFZ	UHFZ
10	12	24
11	15	28
12	18	36
13	21	40
14	24	45
15	24	47
16	24	47

TRUNK LIFT
(INCHES)

AGE	LHFZ	UHFZ
10	9	12
11	9	12
12	9	12
13	9	12
14	9	12
15	9	12
16	9	12

90 DEGREE PUSH-UP
COMPLETED

AGE	LHFZ	UHFZ
10	7	20
11	8	20
12	10	20
13	12	25
14	14	30
15	16	35
16	18	35

SHOULDER STRETCH
(TOUCH FINGERS
BEHIND BACK)

ALL AGES			
LEFT		RIGHT	
YES	NO	YES	NO

GIRLS

FITNESS STANDARDS FOR HEALTHY FITNESS ZONE

LHFZ-LOWER END OF ZONE UHFZ-UPPER END OF FITNESS ZONE

ONE MILE RUN

AGE	LHFZ	UHFZ
10	12:30	9:30
11	12:00	9:00
12	12:00	9:00
13	11:30	9:00
14	11:00	8:30
15	10:30	8:00
16	10:00	8:00

BODY MASS INDEX (BASED ON HT. & WT.)

AGE	LHFZ	UHFZ
10	23.5	13.7
11	24	14.0
12	24.5	14.5
13	24.5	14.9
14	25	15.4
15	25	16.0
16	25	16.4

CURL-UP

# COMPLETED		
AGE	LHFZ	UHFZ
10	12	26
11	15	29
12	18	32
13	18	32
14	18	32
15	18	35
16	18	35

TRUNK LIFT (INCHES)

AGE	LHFZ	UHFZ
10	9	12
11	9	12
12	9	12
13	9	12
14	9	12
15	9	12
16	9	12

90 DEGREE PUSH-UP # COMPLETED

AGE	LHFZ	UHFZ
10	7	15
11	7	15
12	7	15
13	7	15
14	7	15
15	7	15
16	7	15

SHOULDER STRETCH (TOUCH FINGERS BEHIND BACK)

ALL AGES			
LEFT		RIGHT	
YES	NO	YES	NO