

YINGHUA ACADEMY FITNESS TESTING STANDARDS

Our goal is to have all students strive for the “Healthy Zone” or higher.

BOYS: ACTIVE ZONE							
ACTIVELY WORKING TOWARD THE HEALTHY ZONE							
AGE	MILE (Time)	PACER (Lengths)	CURL UPS (Number)	FLEX ARM HANG (Seconds)	PUSH UPS (Number)	Modified PUSH UPS (Number)	BACK SAVER SIT & REACH (Inches)
6		7-9	1	1	2	4-9	4-7
7		8-11	2-3	1-2	2-3	5-11	5-7
8	14:00-13:01	9-13	4-5	2	3-4	6-15	5-7
9	13:45-12:45	10-14	5-8	2-3	3-5	7-18	5-7
10	13:20-11:31	14-22	8-11	2-4	4-6	8-21	5-7
11	12:50-11:01	15-22	10-14	3-9	5-7	12-22	5-7
12	12:30-10:31	20-31	11-17	3-5	5-9	16-26	5-7
13	12:10-10:01	25-40	13-20	5-11	6-11	21-30	5-7
14	12:00-9:31	30-40	14-23	7-14	7-13	24-35	5-7
15	11:30-9:01	35-50	15-27	8-15	9-15	30-39	5-7

BOYS: HEALTHY ZONE							
AGE	MILE (Time)	PACER (Lengths)	CURL UPS (Number)	FLEX ARM HANG (Seconds)	PUSH UPS (Number)	Modified PUSH UPS (Number)	BACK SAVER SIT & REACH (Inches)
6		10-15	2-9	2-5	3-6	10-24	8
7		12-18	4-15	3-7	4-8	12-25	8
8	13:00-11:00	14-25	6-20	3-10	5-10	16-25	8
9	12:45-10:30	15-30	9-22	4-12	6-12	19-28	8
10	11:30-10:00	23-33	12-25	5-15	7-15	22-32	8
11	11:00-9:30	23-38	15-28	7-18	8-18	23-33	8
12	10:30-9:00	32-42	18-30	10-20	10-20	27-37	8
13	10:00-8:45	41-51	21-35	12-20	12-22	31-40	8
14	9:30-8:30	41-55	24-40	15-22	14-25	36-42	8
15	9:00-8:15	51-61	28-45	16-22	16-30	40-50	8

BOYS: FITNESS ZONE

AGE	MILE (Time)	PACER (Lengths)	CURL UPS (Number)	FLEX ARM HANG (Seconds)	PUSH UPS (Number)	BACK SAVER SIT & REACH (Inches)
6		16-25	10-15	6-12	7-10	9
7		19-30	16-25	8-14	9-15	9
8	10:59-9:00	26-35	21-30	11-16	11-20	9
9	10:29-8:30	31-40	23-32	13-24	13-22	9-10
10	9:59-8:15	34-44	26-35	16-26	16-25	9-10
11	9:29-8:00	39-50	26-40	19-29	19-28	9-10
12	8:59-7:50	43-55	31-45	21-30	21-30	9-10
13	8:44-7:40	52-60	36-50	21-32	16-32	9-10
14	8:29-7:30	56-65	41-55	23-35	26-35	9-10
15	8:14-7:10	62-70	46-60	23-40	31-40	9-10

BOYS: ATHLETIC ZONE

AGE	MILE (Time)	PACER (Lengths)	CURL UPS (Number)	FLEX ARM HANG (Seconds)	PUSH UPS (Number)	BACK SAVER SIT & REACH (Inches)
6		26-40	16-30	13-25	11-20	10
7		31-45	26-35	14-30	16-25	10-11
8	8:59-7:50	36-55	31-45	17-35	21-30	10-11
9	8:29-7:35	41-60	33-50	25-45	23-35	11-12
10	8:19-7:20	45-65	36-55	27-50	26-40	11-12
11	7:59-7:00	51-70	41-60	30-55	29-45	11-12
12	7:49-6:45	56-75	46-65	31-60	31-48	11-12
13	7:39-6:30	61-85	51-70	33-65	32-52	11-12
14	7:29-6:15	66-90	56-70	36-70	36-55	11-13
15	7:09-6:00	71-95	61-70	41-70	41-60	11-13