

YINGHUA ACADEMY FITNESS TESTING STANDARDS

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

GIRLS: 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	5-8
7		8-11	2-3	1-2	2-3	5-11	6-8
8	14:00- 13:01	9-13	4-5	2	3-4	6-14	6-8
9	13:55- 12:51	10-14	5-8	2-3	3-4	7-17	6-8
10	13:45- 12:31	11-15	8-11	2-4	4-6	8-19	6-8
11	13:35- 12:01	12-15	10-14	3-5	5-6	9-19	7-9
12	13:30- 12:01	15-22	11-17	4-6	5-6	10-20	7-9
13	13:15- 11:31	16-24	12-17	5-7	5-7	11-21	7-9
14	13:00- 11:01	17-27	13-17	5-7	6-8	12-23	7-9
15	12:45- 10:31	18-31	14-17	6-8	6-9	13-24	8-11

GIRLS: 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	9-10
7		12-18	4-15	3-6	4-7	12-22	9-10
8	13:10- 11:00	14-20	6-20	3-7	5-8	15-25	9-10
9	12:50- 10:50	15-25	9-22	4-8	6-10	18-28	9-11
10	12:30- 10:30	18-30	12-25	5-9	7-11	20-30	9-11
11	12:00- 10:10	20-35	15-28	6-10	7-12	20-32	10-11
12	12:00- 10:00	23-40	18-30	7-11	7-14	21-33	10-11
13	11:30- 9:40	25-42	21-35	8-12	8-15	22-35	10-12
14	11:00- 9:30	28-45	24-40	8-12	9-18	24-38	10-12
15	10:30- 9:00	32-50	25-45	9-13	10-20	25-40	12

GIRLS: 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	11
7		19-30	16-25	7-13	8-11	11
8	10:59- 9:00	21-32	21-30	8-15	9-15	11-12
9	10:49-8:50	26-35	23-35	9-20	11-16	12
10	10:29-8:40	31-40	26-35	10-22	12-20	12
11	10:09-8:30	36-45	29-40	11-24	13-22	12-13
12	9:59-8:25	41-48	31-45	12-25	15-25	12-13
13	9:39-8:15	43-50	36-50	13-26	16-26	12-13
14	9:29-8:00	46-55	41-55	13-28	19-28	12-14
15	8:59-7:55	51-59	46-60	14-30	21-32	13-14

GIRLS: 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	13-20	11-20	12-14
7		31-42	31-35	14-25	12-22	12-14
8	8:59-8:05	33-45	31-45	16-30	16-25	13
9	8:49-8:00	36-50	36-50	21-35	17-30	13-14
10	8:39-7:55	41-55	36-55	23-38	21-35	13-15
11	8:29-7:50	46-60	41-60	25-40	23-40	14-15
12	8:24-7:40	49-65	46-65	26-45	26-42	14-15
13	8:14-7:35	51-70	51-70	27-50	27-45	14-15
14	7:59-7:25	56-75	56-70	29-60	29-48	15
15	7:54-7:20	60-80	61-70	31-60	33-50	15