



YINGHUA PE GOAL SETTING STANDARDS

JUMP ROPE: ONE MINUTE SPEED CHALLENGE

Total Jumps in a minute.

	GRADE 2 Jumps in a row	GRADE 3	GRADE 4	GRADE 5	GRADE 6	GRADE 7	GRADE 8
WOW!	50 & UP	90 & UP	100 & UP	110 & UP	120 & UP	125 & UP	130 & UP
EXPECTED	<u>25</u> -49	<u>60</u> -89	<u>80</u> -99	<u>90</u> -109	<u>100</u> -119	<u>110</u> -124	<u>115</u> -129
NOT YET	2-24	5-59	20-79	30-89	40-99	50-109	60-109

JUMP ROPE: THREE MINUTE ACCURACY CHALLENGE

How many misses in 3 minutes of jumping.

	GRADE 3 1 Minute	GRADE 4 2 minutes	GRADE 5	GRADE 6	GRADE 7	GRADE 8
WOW!	0-3	0-3	0-4	0-3	0-2	0-2
EXPECTED	4-7	4-6	5-8	4-7	3-6	3-5
NOT YET	>8	>7	>9	>8	>7	>6

CONTINUOUS JOG CHALLENGE

Jog continuously without stopping or walking.

	GRADE 2	GRADE 3	GRADE 4	GRADE 5	GRADE 6	GRADE 7	GRADE 8
FITNESS ZONE	7 Minutes	8 Minutes	10 Minutes	11 Minutes	12 Minutes	13 Minutes	14 Minutes
HEALTHY ZONE	5-6:59	6-7:59	7-9:59	8-10:59	9-11:59	10-12:59	10-13:59
ACTIVE ZONE	2:30-4:59	3-5:59	5-6:59	5:30-7:59	6-8:59	7-9:59	7-9:59
PRACTICE	<2:29	<3	<5	<5:29	<6	<7	<7