



**STA Health & Physical Education Department
Fitness Evaluation Rubrics**



**Grade 9 &10
2018**

Classification	Standard Score	Female & Male Grade 9 & 10	
		Sit-Ups w/ feet anchored # or reps in 1 minute	Push Up Hand- Release
Excellent Above Average Level 4	4+ / 4++ 4 4-	37 – 40 35 33	27-30 25 23
Great Average Level 3	3+ 3 3-	31 29 27	21 19 17
Satisfactory Below Average Level 2	2+ 2 2-	25 23 21	15 13 11
Needs Improvements Level 1	1+ 1 1-	19 17 15	9 7 5
Classification	Standard Score	Female & Male Grades 9 & 10	
		12 minute run/walk	Beep Test
Excellent Above Average Level 4	4+ / 4++ 4 4-	9 laps 8 ½ laps 8 laps	9.5 – 10.0 9.0 8.5
Great Average Level 3	3+ 3 3-	7 laps 6 ½ laps 6 laps	8.0 7.5 7.0
Satisfactory Below Average Level 2	2+ 2 2-	5 ½ laps 5 laps 4 ½ laps	6.5 6.0 5.5
Needs Improvements Level 1	1+ 1 1-	4 laps 3 ½ laps 3 laps	5.0 4.5 4.0
Classification	Standard Score	Female & Males Grades 9 &10	
		Jump Rope Test # of reps in one minute	Hamstring Looseness
Excellent Above Average Level 4	4+ / 4++ 4 4-	140 - 145 revolutions 135 130	Palms touch the floor Level 4
Great Average Level 3	3+ 3 3-	125 120 115	Knuckles touch the floor Level 3
Satisfactory Below Average Level 2	2+ 2 2-	110 105 100	Fingertips touch the floor Level 2
Needs Improvements Level 1	1+ 1 1-	95 90 85	Fingertips touch the feet Level 1