

STA Health & Physical Education Department Fitness Evaluation Rubrics



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