|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Aerobic Capacity**  **Cardiorespiratory Endurance** | | **Abdominal Strength and Endurance** | **Upper Body Strength and Endurance** | | | | **Flexibility** | |
| **Females**  **Age** | **PACER**  **20m**  converted from VO2max | **PACER**  **15m**  converted from VO2max | **Cadence**  **Curl Up**  # completed up to max of 75 | **Cadence 90°**  **Push Up**  # completed up to max of 75 | **Modified Pull-Up**  # completed up to max of 75 | | **Back Saver**  **Sit & Reach**  # of inches up to a max of 12 | | **Shoulder Stretch** | |
| **8** | VO2max standards not available for students ages 5 - 9 | | ≥6 | ≥5 | ≥4 | | 9 | | Touching  fingertips  together  behind  the back  on **both** the right and left sides | |
| **9** | ≥9 | ≥6 | ≥4 | | 9 | |
| **10** | ≥17 | ≥21 | ≥12 | ≥7 | ≥4 | | 9 | |
| **11** | ≥20 | ≥25 | ≥15 | ≥7 | ≥4 | | 10 | |
| **12** | ≥23 | ≥30 | ≥18 | ≥7 | ≥4 | | 10 | |
| **13** | ≥25 | ≥32 | ≥18 | ≥7 | ≥4 | | 10 | |
| **14** | ≥27 | ≥35 | ≥18 | ≥7 | ≥4 | | 10 | |
| **15** | ≥30 | ≥39 | ≥18 | ≥7 | ≥4 | | 12 | |
| **16** | ≥32 | ≥42 | ≥18 | ≥7 | ≥4 | | 12 | |
| **17** | ≥35 | ≥46 | ≥18 | ≥7 | ≥4 | | 12 | |
| **17+** | ≥38 | ≥49 | ≥18 | ≥7 | ≥4 | | 12 | |
|  | **Aerobic Capacity**  **Cardiorespiratory Endurance** | | **Abdominal Strength and Endurance** | **Upper Body Strength and Endurance** | | **Flexibility** | | | |
| **Males**  **Age** | **PACER**  **20m**  converted from VO2max | **PACER**  **15m**  converted from VO2max | **Cadence**  **Curl Up**  # completed up to max of 75 | **Cadence 90°**  **Push Up**  # completed up to max of 75 | **Modified Pull-Up**  # completed up to max of 75 | | **Back Saver**  **Sit & Reach**  # of inches up to a max of 12 | | **Shoulder Stretch** | |
| **8** | VO2max standards not available for students ages 5 - 9 | | ≥6 | ≥5 | ≥4 | | 8 | | Touching  fingertips  together  behind  the back  on **both** the right and left sides | |
| **9** | ≥9 | ≥6 | ≥5 | | 8 | |
| **10** | ≥17 | ≥21 | ≥12 | ≥7 | ≥5 | | 8 | |
| **11** | ≥20 | ≥25 | ≥15 | ≥8 | ≥6 | | 8 | |
| **12** | ≥23 | ≥30 | ≥18 | ≥10 | ≥7 | | 8 | |
| **13** | ≥29 | ≥38 | ≥21 | ≥12 | ≥8 | | 8 | |
| **14** | ≥36 | ≥47 | ≥24 | ≥14 | ≥9 | | 8 | |
| **15** | ≥42 | ≥54 | ≥24 | ≥16 | ≥10 | | 8 | |
| **16** | ≥47 | ≥61 | ≥24 | ≥18 | ≥12 | | 8 | |
| **17** | ≥50 | ≥65 | ≥24 | ≥18 | ≥14 | | 8 | |
| **17+** | ≥54 | ≥70 | ≥24 | ≥18 | ≥14 | | 8 | |