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|  | **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 | Touchingfingertipstogetherbehindthe backon **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 | Touchingfingertipstogetherbehindthe backon **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 |