













CONNECTICUT PHYSICAL FITNESS ASSESSMENT

STANDARDS FOR HEALTH-RELATED FITNESS ZONES

Boys	One-Mile Run/Jog/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
Age												
8	> 12:30	12:30 - 10:00	< 10:00	0-7	8	-	0-4	5-13	> 13	0-5	6-20	> 20
9	> 12:00	12:00 - 9:30	< 9:30	0-7	8	-	0-5	6-15	> 15	0-8	9-24	> 24
10	> 11:30	11:30 - 9:00	< 9:00	0-7	8	-	0-6	7-20	> 20	0-11	12-24	> 24
11	> 11:00	11:00 - 8:30	< 8:30	0-7	8	-	0-7	8-20	> 20	0-14	15-28	> 28
12	> 10:30	10:30 - 8:00	< 8:00	0-7	8	-	0-9	10-20	> 20	0-17	18-36	> 36
13	> 10:00	10:00 - 7:30	< 7:30	0-7	8	-	0-11	12-25	> 25	0-20	21-40	> 40



= Needs Improvement Zone



= Health Fitness Zone



= High Fitness Performance Zone