













# CONNECTICUT PHYSICAL FITNESS ASSESSMENT

## STANDARDS FOR HEALTH-RELATED FITNESS ZONES

Girls	One-Mile Run/Jog/Walk			Sit-and-Reach			90° Push-Ups			Curl-Ups		
												
Age												
8	> 12:30	12:30 - 10:00	< 10:00	0-8	9	-	0-4	5-13	> 13	0-5	6-20	> 20
9	> 12:30	12:30 - 9:30	< 9:30	0-8	9	-	0-5	6-15	> 15	0-8	9-22	> 22
10	> 12:30	12:30 - 9:30	< 9:30	0-8	9	-	0-6	7-15	> 15	0-11	12-26	> 26
11	> 12:00	12:00 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-14	15-29	> 29
12	> 12:00	12:00 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32
13	> 11:30	11:30 - 9:00	< 9:00	0-9	10	-	0-6	7-15	> 15	0-17	18-32	> 32



= Needs Improvement Zone



= Health Fitness Zone



= High Fitness Performance Zone