

Fitness Standards by Grade



Gr. 3

Cardiovascular Fitness Abdominal Strength Arm Strength Flexibility

Minutes Continuous Jog Sit-ups Straight Arm Body Lifts V-sit Inches

Fall: 3:00 27 32 0

Spring: 4:00 31 36 0

Gr. 2

Cardiovascular Fitness Abdominal Strength Arm Strength Flexibility

Minutes Continuous Jog Sit-ups Straight Arm Body Lifts V-sit Inches

Fall: 2:30 22 26 0

Spring: 3:30 28 30 0

Gr. 1

Cardiovascular Fitness Abdominal Strength Arm Strength Flexibility

Minutes Continuous Jog Sit-ups Straight Arm Body Lifts V-sit Inches

Fall: 2:00 20 20 0

Spring: 3:00 24 24 0