

L.O. FITNESS ASSESSMENT LEVELS (6th Grade)

<u>AB. / CORE STRENGTH</u>		<u>STRENGTH</u>	<u>AEROBIC FITNESS</u>
Rubric Score			
1	<u>(Sit-ups)</u> Level 1: Less than 10	<u>Push-ups(Chest/Shoulder)</u> Level 1: 0	<u>Continuous Jog</u> Level 1: Less than 4 minutes
	Level 2: 11 – 19	Level 2: 1 – 2	Level 2: 4 min.
	Level 3: 20 – 24	Level 3: 3 – 4	Level 3: 8 min.
	Level 4: 25 – 29	Level 4: 5 – 7	Level 4: 10 min.
3	Level 5: 30 – 34	Level 5: 8 – 9	Level 5: 12 min.
	Level 6: 35 – 39	Level 6: 10 – 12	Level 6: 15 min.
4	Level 7: 40 – 45	Level 7: 13 – 14	Level 7: 18 min.
	Level 8: 46 – 49	Level 8: 15 – 17	Level 8: 20 min.
	Level 9: 50 – 54	Level 9: 18 – 19	Level 9: 23 min.
	Level 10: 55 – 59	Level 10: 20 – 24	Level 10: 25 min.
	Level 11: 60 – 64	Level 11: 25 – 29	Level 11: 28 min.
	Level 12: 65 or more	Level 12: 30 or more	Level 12: 30 min.
Rubric Score			
1	<u>(Plank) (sec)</u> Level 1: 0-20	<u>Mod. Pull-ups(Back/Arm)</u> Level 1: 0-1	<u>Pacer (Beep Test)</u> Level 1: 0-12
	Level 2: 21-40	Level 2: 2	Level 2: 13-14
2	Level 3: 41-60	Level 3: 3	Level 3: 15-19
	Level 4: 1:01-1:20	Level 4: 4-6	Level 4: 20-27
3	Level 5: 1:21-1:40	Level 5: 7-9	Level 5: 28-35
	Level 6: 1:41-2:00	Level 6: 10-12	Level 6: 36-44
4	Level 7: 2:01-2:10	Level 7: 13	Level 7: 45-54
	Level 8: 2:11-2:20	Level 8: 14	Level 8: 55-65
	Level 9: 2:21-2:30	Level 9: 15	Level 9: 66-73
	Level 10: 2:31-2:40	Level 10: 16	Level 10: 74-81
	Level 11: 2:41-2:50	Level 11: 17	Level 11: 82-89
	Level 12: 2:51 or more	Level 12: 18+	Level 12: 90+
Rubric Score			
1		<u>Single Leg Squat</u> Level 1: 1-2	<u>SPEED & POWER</u> <u>20 (Yard Sprint) seconds</u> Level 1: 5.5-20
		Level 2: 3-4	Level 2: 4.8-5.49
2		Level 3: 5-6	Level 3: 4.6-4.79
		Level 4: 7-8	Level 4: 4.4-4.59
3		Level 5: 9-10	Level 5: 4.2-4.39
		Level 6: 11-12	Level 6: 4.0-4.19
4		Level 7: 13-14	Level 7: 3.8-3.99
		Level 8: 15-16	Level 8: 3.6-3.79
		Level 9: 17	Level 9: 3.4-3.59
		Level 10: 18	Level 10: 3.2-3.39
		Level 11: 19	Level 11: 3.0-3.19
		Level 12: 20 or more	Level 12: 3.18 or below