

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

L.O. FITNESS ASSESSMENT LEVELS (7th Grade)