

# L.O. FITNESS ASSESSMENT LEVELS (8<sup>th</sup> Grade)

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