

Folsom Middle School

6th Grade Fitness Testing Scales

Boys

1 Mile Run

10	=	8:30 or Less
9	=	8:31 - 9:30
8	=	9:31 - 10:30
7	=	10:31 - 11:30
6	=	11:31 - 15:00

Push-Ups

10	=	25 or More
9	=	20 - 24
8	=	15 - 19
7	=	10 - 14
6	=	1 - 9

Shuttle Run

10	=	10.5 or Less
9	=	10.6 - 11.0
8	=	11.1 - 11.5
7	=	11.6 - 12.0
6	=	12.1 - 13.0

Sit & Reach

10	=	25 or More
9	=	20 - 24
8	=	15 - 19
7	=	10 - 14
6	=	1 - 9

Sit-Ups

10	=	40 or More
9	=	35 - 39
8	=	30 - 34
7	=	25 - 29
6	=	1 - 24

Girls

1 Mile Run

10	=	9:00 or Less
9	=	9:01 - 10:00
8	=	10:01 - 11:00
7	=	11:01 - 12:00
6	=	12:01 - 15:00

Push-Ups

10	=	20 or More
9	=	15 - 19
8	=	10 - 14
7	=	6 - 9
6	=	1 - 5

Shuttle Run

10	=	11.0 or Less
9	=	11.1 - 11.5
8	=	11.6 - 12.0
7	=	12.1 - 12.5
6	=	12.6 - 13.0

Sit & Reach

10	=	30 or More
9	=	25 - 29
8	=	20 - 24
7	=	15 - 19
6	=	1 - 14

Sit-Ups

10	=	35 or More
9	=	30 - 35
8	=	25 - 29
7	=	20 - 24
6	=	1 - 19

A score of 0 will be given for any test that is not completed!