

# Folsom Middle School

## 7th Grade Fitness Testing Scales

### Boys

#### 1.5 Mile Run

10	=	13:00 or Less
9	=	13:01 - 15:00
8	=	15:01 - 17:00
7	=	17:01 - 19:00
6	=	19:01 - 25:00

#### Push-Ups

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

#### Shuttle Run

10	=	10.0 or Less
9	=	10.1 - 10.5
8	=	10.6 - 11.0
7	=	11.1 - 11.5
6	=	11.6 - 13.0

#### Sit & Reach

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

#### Sit-Ups

10	=	45 or More
9	=	40 - 44
8	=	35 - 39
7	=	30 - 34
6	=	1 - 29

### Girls

#### 1.5 Mile Run

10	=	14:00 or Less
9	=	14:01 - 16:00
8	=	16:01 - 18:00
7	=	18:01 - 20:00
6	=	20:01 - 26:00

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

#### Sit-Ups

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

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