

Folsom Middle School

8th Grade Fitness Testing Scales

Boys

2 Mile Run

10	=	16:00 or Less
9	=	16:01 - 18:00
8	=	18:01 - 20:00
7	=	20:01 - 22:00
6	=	22:01 - 28:00

Push-Ups

10	=	35 or More
9	=	30 - 34
8	=	25 - 29
7	=	20 - 24
6	=	1 - 19

Shuttle Run

10	=	9.5 or Less
9	=	9.6 - 10.0
8	=	10.1 - 10.5
7	=	10.6 - 11.0
6	=	11.1 - 13.0

Sit & Reach

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

Sit-Ups

10	=	50 or More
9	=	45 - 49
8	=	40 - 44
7	=	35 - 39
6	=	1 - 34

Girls

2 Mile Run

10	=	18:00 or Less
9	=	18:01 - 20:00
8	=	20:01 - 22:00
7	=	22:01 - 24:00
6	=	24:01 - 30:0

Push-Ups

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

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	=	35 or More
9	=	30 - 34
8	=	25 - 29
7	=	20 - 24
6	=	1 - 19

Sit-Ups

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

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