

Sharon Public Schools Fitness Testing Standards

"Remember to always do your personal best. Challenge yourself, not others"

Upper Body Strength Tests

AGE	PUSH-UPS		PULL-UPS		ARM HANG	
	Fitness	Challenge	Fitness	Challenge	Fitness	Challenge
8	5	17	1	2	3 s	8 s
9	6	18	1	3	4 s	9 s
10	7	19	1	4	5 s	10 s
11	8	20	1	5	6 s	11 s
12	9	21	1	6	7 s	12 s

"Fitness is not a destination. It's a lifelong journey"

Abdominal Strength Test

Flexibility Tests

AGE	CURL-UPS		SIT & REACH		TRUNK LIFT	
	Fitness	Challenge	Fitness	Challenge	Fitness	Challenge
8	6	30	8 in	12 in	6 in	12 in
9	9	35	8 in	12 in	6 in	12 in
10	12	40	8 in	12 in	9 in	12 in
11	15	45	8 in	12 in	9 in	12 in
12	18	50	8 in	12 in	9 in	12 in

"Don't ever give up. One day you'll look back and be glad you didn't"

Cardiovascular Endurance Tests

Speed & Agility Test

AGE	MILE RUN		P.A.C.E.R.		SHUTTLE RUN	
	Fitness	Challenge	Fitness	Challenge	Fitness	Challenge
8	13:30	10:00	15	30	14 s	12 s
9	13:00	9:30	15	35	13.5 s	11.5 s
10	12:30	9:00	15	40	13 s	11 s
11	12:00	8:30	15	45	12.5 s	10.5 s
12	11:30	8:00	15	50	12 s	10 s

"If it doesn't challenge you, it won't change you"