

**CUSD Standards for Healthy Fitness Zones / 85%tile
Grades 4 to 12**

BOYS																		
Age	1 Mile Run			Curl-up			Back Saver Sit & Reach		Pull-up			Modified Pull-up*				Trunk Lift		
	# Low	# High	85%tile	# Low	# High	Max	#	Max	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max
8	11:00	10:41	8:22	10	20	50	8	16	1	2	6	6	13	18	30	6	12	18
9	10:00	9:30	8:00	14	24	50	8	16	1	2	6	7	13	19	30	6	12	18
10	9:45	9:00	7:40	14	24	50	8	16	1	2	6	11	13	19	30	9	12	18
11	9:30	8:30	7:30	18	28	60	8	16	1	3	6	11	13	20	30	9	12	18
12	9:00	8:00	6:57	26	36	60	8	16	1	3	7	11	13	21	30	9	12	18
13	8:30	7:30	6:33	30	40	60	8	16	2	4	8	11	13	21	30	9	12	18
14	8:15	7:00	6:13	35	45	60	8	16	2	5	10	11	14	21	30	9	12	18
15	7:50	7:00	6:18	37	47	65	8	16	3	7	12	11	14	21	30	9	12	18
16	7:30	7:00	6:12	37	47	65	8	16	5	8	13	12	15	22	30	9	12	18
17	7:30	7:00	6:28	37	47	65	8	16	5	8	15	14	15	22	30	9	12	18
17+	7:30	7:00	6:28	37	47	65	8	16	5	8	15	14	15	22	30	9	12	18

GIRLS																		
Age	1 Mile Run			Curl-up			Back Saver Sit & Reach		Pull-up			Modified Pull-up*				Trunk Lift		
	# Low	# High	85%tile	# Low	# High	# High	#	Max	# Low	# High	85%tile	# Low	# High	85%tile	Max	# Low	# High	Max
8	12:00	10:50	9:45	10	20	50	9	16	1	2	4	6	13	16	30	6	12	18
9	11:15	10:07	9:08	12	22	50	9	16	1	2	4	6	13	16	30	6	12	18
10	11:00	9:30	8:50	16	26	50	9	16	1	2	4	6	13	19	30	9	12	18
11	10:30	9:00	8:36	19	29	50	10	16	1	2	6	6	13	19	30	9	12	18
12	10:00	9:00	8:05	22	32	50	10	16	1	2	5	6	13	19	30	9	12	18
13	10:00	9:00	8:01	22	32	50	10	16	1	2	4	6	13	19	30	9	12	18
14	10:00	8:30	7:54	22	32	50	10	16	1	2	5	6	13	19	30	9	12	18
15	10:00	8:00	8:10	25	35	60	12	16	1	2	5	6	13	19	30	9	12	18
16	10:00	8:00	8:13	25	35	60	12	16	1	2	5	6	13	19	30	9	12	18
17	10:00	8:00	8:28	25	35	60	12	16	1	2	6	6	13	19	30	9	12	18
17+	10:00	8:00	8:28	25	35	60	12	16	1	2	8	6	13	19	30	9	12	18

**CUSD Standards for Healthy Fitness Zones / 85%tile
Grades K to 3**

BOYS																		
Age	Run			# Low	# High	85%tile	# Low	# High	Max	Back Saver Sit & Reach		Modified Pull-up				Trunk Lift		
	# Low	# High	85%tile							#	Max	# Low	# High	85%tile	Max	# Low	# High	Max
5	2:32	2:11	NA	NA	NA	NA	5	10	25	8	16	3	7	NA	15	6	12	18
6	2:25	2:05	1:53	6:14	5:06	4:23	5	10	25	8	16	3	7	12	25	6	12	18
7	2:16	2:00	1:48	5:55	4:48	4:03	7	14	25	8	16	4	9	15	25	6	12	18
8	2:10	1:51	1:41	5:39	4:32	3:47	10	20	30	8	16	6	11	17	30	6	12	18
9	NA	NA	NA	5:14	4:05	3:32	14	24	30	8	16	7	11	20	30	6	12	18
10				4:54	3:45	3:12	14	24	50	8	16	11	13	20	30	9	12	18

GIRLS																		
Age	Run			# Low	# High	85%tile	# Low	# High	Max	Back Saver Sit & Reach		Modified Pull-up				Trunk Lift		
	# Low	# High	85%tile							#	Max	# Low	# High	85%tile	Max	# Low	# High	Max
5	2:32	2:11	NA	NA	NA	NA	5	10	25	9	16	3	7	NA	15	6	12	18
6	2:25	2:05	1:53	6:24	5:23	4:33	5	10	25	9	16	3	7	11	25	6	12	18
7	2:16	2:00	1:48	6:03	5:01	4:17	7	14	25	9	16	4	9	14	25	6	12	18
8	2:10	1:51	1:41	5:54	4:47	4:10	10	20	30	9	16	6	11	14	25	6	12	18
9	NA	NA	NA	5:36	4:26	3:48	12	22	30	9	16	6	11	15	30	6	12	18
10				5:16	4:06	3:28	16	26	50	9	16	6	13	19	30	9	12	18

Note: 85%tile does not apply to Kindergarten students, only 1st through 3rd grade students.