

ONE-MILE RUN/WALK FOR BOYS

Percentile Scores Based on Age/Test Scores in Minutes and Seconds

AGE

PERCENT	10	11	12	13	14	15	16	17+
100	6:24	6:29	6:03	5:40	4:30	4:42	4:49	4:46
95	7:10	6:56	6:43	6:25	6:01	5:50	5:40	5:35
90	7:39	7:17	6:57	6:39	6:13	6:07	5:56	5:57
85	7:57	7:32	7:11	6:50	6:26	6:20	6:08	6:06
80	8:08	7:45	7:25	7:00	6:33	6:29	6:18	6:14
75	8:19	8:00	7:41	7:11	6:45	6:38	6:25	6:23
70	8:37	8:14	7:56	7:20	6:59	6:48	6:33	6:32
65	8:59	8:27	8:05	7:29	7:09	6:57	6:44	6:40
60	9:11	8:45	8:14	7:41	7:19	7:06	6:50	6:50
55	9:29	9:01	8:25	7:55	7:29	7:16	6:58	6:57
50	9:48	9:20	8:40	8:06	7:44	7:30	7:10	7:04
45	10:10	9:46	8:58	8:17	7:59	7:39	7:20	7:14
40	10:32	10:07	9:11	8:35	8:13	7:52	7:35	7:24
35	10:58	10:25	9:40	8:54	8:30	8:08	7:53	7:35
30	11:14	10:54	10:00	9:10	8:48	8:29	8:09	7:52
25	11:40	11:25	10:22	9:23	9:10	8:49	8:37	8:06
20	12:15	12:00	10:52	10:02	9:35	9:05	8:56	8:25
15	13:07	12:29	11:30	10:39	10:18	9:34	9:22	8:56
10	13:50	13:08	12:11	11:43	11:22	10:10	10:17	9:23
5	14:47	14:35	13:14	12:47	12:11	11:25	11:49	10:15
0	23:00	23:32	23:05	24:12	18:10	21:44	20:15	16:49

CURL-UP FOR BOYS

Percentile Scores Based on Age/Test in No. of Curl-ups in 60 seconds

AGE

PERCENT	10	11	12	13	14	15	16	17+
100	64	68	67	76	79	81	77	73
95	51	51	57	59	62	62	62	61
90	48	49	53	55	58	59	58	57
85	45	47	50	53	56	57	56	55
80	43	45	48	51	54	55	53	53
75	41	43	47	50	52	53	51	51
70	40	42	45	48	51	51	50	50
65	40	40	44	46	49	50	48	48
60	38	39	43	45	48	49	48	46
55	36	38	42	43	47	47	46	45
50	35	37	40	42	45	45	45	44
45	34	36	39	41	44	44	44	43
40	33	35	38	40	42	43	42	41
35	32	34	37	39	41	41	40	40
30	30	32	35	38	40	40	40	40
25	30	31	34	36	39	38	38	38
20	28	29	32	34	37	36	37	36
15	25	27	30	32	35	35	35	35
10	23	25	27	30	33	32	31	32
5	19	20	25	26	28	29	27	27
0	4	0	7	0	0	0	6	1

RIGHT ANGLE PUSH-UPS FOR BOYS

Percentile Scores Based on Age/Test Scores in # of Push-ups every 3 sec.

AGE

PERCENT	10	11	12	13	14	15	16	17+
95	30	31	42	51	47	50	59	60
90	25	30	34	41	41	44	46	56
85	22	27	31	39	40	42	44	53
80	21	26	30	35	37	40	41	50
75	20	24	28	35	32	37	40	46
70	18	23	25	31	30	35	36	44
65	18	20	24	30	28	34	34	43
60	16	19	20	28	25	32	32	41
55	14	16	20	26	24	31	30	40
50	14	15	18	24	24	30	30	37
45	13	15	17	21	22	30	29	35
40	12	14	15	20	21	27	28	34
35	12	12	15	20	20	25	25	30
30	11	10	13	16	18	25	25	30
25	11	10	12	16	18	24	25	27
20	10	8	10	12	15	21	23	25
15	8	5	9	11	13	20	22	23
10	7	3	7	9	11	18	20	21
5	4	1	4	4	7	15	15	20

SIT AND REACH FOR BOYS

Percentile Scores Based on Age/Test Scores in Centimeters

AGE

PERCENT	10	11	12	13	14	15	16	17+
99	37	39	52	41	43	47	45	48
95	33	34	35	36	39	41	42	45
90	31	32	32	34	37	39	40	43
85	30	31	31	33	36	37	38	41
80	29	30	30	32	34	36	37	40
75	28	29	29	30	33	34	36	40
70	28	28	29	29	31	33	35	38
65	27	27	28	28	30	32	34	37
60	26	26	27	27	30	32	32	36
55	26	26	27	27	29	31	31	35
50	25	25	26	26	28	30	30	34
45	24	24	25	25	27	29	29	33
40	23	23	24	24	26	28	28	32
35	22	23	23	23	25	27	27	31
30	21	22	22	22	24	26	26	30
25	20	21	21	20	23	24	25	28
15	18	18	18	18	21	22	21	25
10	17	16	16	15	18	19	18	23
5	12	12	13	12	15	13	11	15