

ONE MILE RUN-WALK FOR GIRLS

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

AGE

PERCENT	10	11	12	13	14	15	16	17+
100	6:26	7:07	6:22	5:42	5:00	5:51	5:58	6:20
95	8:07	8:06	7:35	7:21	7:20	7:25	7:26	7:22
90	8:49	8:40	8:00	7:49	7:43	7:52	7:55	7:58
85	9:19	9:02	8:23	8:13	7:59	8:08	8:23	8:15
80	9:38	9:22	8:52	8:29	8:20	8:24	8:39	8:34
75	10:08	9:44	9:15	8:49	8:36	8:40	8:50	8:52
70	10:19	10:04	9:36	9:09	8:50	8:55	9:11	9:15
65	10:42	10:24	10:05	9:30	9:09	9:09	9:25	9:33
60	10:52	10:42	10:26	9:50	9:27	9:23	9:48	9:51
55	11:00	11:00	10:44	10:07	9:51	9:37	10:09	10:08
50	11:22	11:17	11:05	10:23	10:06	9:58	10:31	10:22
45	11:40	11:36	11:23	10:57	10:25	10:18	10:58	10:48
40	11:58	12:00	11:47	11:20	10:51	10:40	11:15	11:05
35	12:08	12:21	12:01	11:40	11:10	11:00	11:44	11:20
30	12:30	12:42	12:24	12:00	11:36	11:20	12:08	12:00
25	13:00	13:09	12:46	12:29	11:52	11:48	12:42	12:11
20	13:29	13:44	13:35	13:01	12:18	12:19	13:23	12:40
15	14:00	14:16	14:12	14:10	12:56	13:33	14:16	13:03
10	14:30	14:44	14:39	14:49	14:10	14:13	16:03	14:01
5	15:43	16:07	16:00	16:10	15:44	15:17	18:00	15:14
0	24:00	21:02	24:54	20:45	20:04	24:07	21:00	28:50

CURL-UP FOR GIRLS

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	61	67	62	72	72	74	77	67
95	45	48	50	52	53	55	53	53
90	42	44	47	50	49	51	49	47
85	40	42	45	46	47	48	45	44
80	38	40	43	44	45	46	43	41
75	37	39	41	42	43	44	41	40
70	35	37	40	42	42	41	40	38
65	34	35	39	40	41	40	38	37
60	32	35	38	40	40	39	37	36
55	32	33	36	38	39	37	36	35
50	30	32	35	37	37	36	35	34
45	29	31	34	36	36	35	34	33
40	28	30	32	35	35	34	33	31
35	27	29	31	33	34	32	32	30
30	26	28	30	31	32	31	30	30
25	25	27	29	30	31	30	30	28
20	23	25	27	28	30	28	27	25
15	21	24	25	26	28	26	25	25
10	19	20	23	23	25	23	23	22
5	14	16	20	19	20	20	19	19
0	0	2	0	0	0	0	0	0

RIGHT ANGLE PUSH-UPS FOR GIRLS

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	21	30	25	25	25	34	32	29
90	21	20	21	22	21	23	26	28
85	20	19	20	21	20	20	24	25
80	19	18	20	17	19	20	22	22
75	19	17	17	17	15	20	20	20
70	17	17	15	15	12	18	19	19
65	17	16	12	14	11	18	16	18
60	14	15	11	13	10	16	15	17
55	14	12	10	12	10	15	13	16
50	13	11	10	11	10	15	12	16
45	11	9	10	10	9	15	12	15
40	10	8	8	10	8	13	12	15
35	10	8	7	8	5	11	11	14
30	9	7	5	7	5	11	10	12
25	8	7	5	6	5	11	8	11
20	8	6	3	5	5	10	5	9
15	7	4	2	4	3	7	4	7
10	4	2	1	3	2	5	3	5
5	1	1	1	2	1	2	1	2

SIT AND REACH FOR GIRLS

Percentile Scores Based on Age/Test Scores in Centimeters

AGE

PERCENT	10	11	12	13	14	15	16	17+
99	41	41	46	49	49	49	48	47
95	35	37	40	43	44	46	46	44
90	34	36	38	40	42	44	43	43
85	33	34	36	38	40	43	42	42
80	32	33	35	37	39	42	41	41
75	31	32	34	36	38	41	39	40
70	30	31	33	35	36	40	38	40
65	29	30	32	33	36	39	37	39
60	29	30	32	32	35	37	36	37
55	28	29	31	31	34	37	35	36
50	28	29	30	31	33	36	34	35
45	27	28	29	30	32	34	33	34
40	27	27	28	29	31	33	33	33
35	26	26	27	27	30	32	32	33
30	25	25	26	26	29	32	31	32
25	24	24	25	24	28	31	30	31
20	22	23	23	23	26	30	28	29
15	21	22	22	22	24	28	26	28
10	19	20	20	20	23	25	23	26
5	16	16	15	17	18	19	14	22