Standards for Connecticut Fitness Test

Male Students

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **Mile** | **Curl-Up** | **Push-Up** | **Sit & Reach** |
| **8** | **10:00-12:30** | **6-20** | **5-13** | **8** |
| **9** | **9:30-12:00** | **9-24** | **6-15** | **8** |
| **10** | **9:00-11:30** | **12-24** | **7-20** | **8** |
| **11** | **8:30-11:00** | **15-28** | **8-20** | **8** |
| **12** | **8:00-10:30** | **18-36** | **10-20** | **8** |

Standards for Connecticut Fitness Test

Female Students

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Age** | **Mile** | **Curl-Up** | **Push-Up** | **Sit & Reach** |
| **8** | **10:00-12:30** | **6-20** | **5-13** | **9** |
| **9** | **9:30-12:30** | **9-22** | **6-15** | **9** |
| **10** | **9:30-12:30** | **12-26** | **7-15** | **9** |
| **11** | **9:00-12:00** | **15-29** | **7-15** | **10** |
| **12** | **9:00-12:00** | **18-32** | **7-15** | **10** |