

# Mile Time Rubric by Grade and Gender

## 6<sup>th</sup> Grade

	4	3	2	1
<b>Boys</b>	11:00 or less	11:01 to 11:30	11:31 to 12:00	12:01 and higher
<b>Girls</b>	12:00 or less	12:01 to 12:30	12:31 to 13:00	13:01 and higher

## 7<sup>th</sup> Grade

	4	3	2	1
<b>Boys</b>	10:30 or less	10:31 to 11:00	11:01 to 11:30	11:31 and higher
<b>Girls</b>	12:00 or less	12:01 to 12:30	12:31 to 13:00	13:01 and higher

## 8<sup>th</sup> Grade

	4	3	2	1
<b>Boys</b>	10:00 or less	10:01 to 10:30	10:31 to 11:00	11:01 and higher
<b>Girls</b>	11:30 or less	11:31 to 12:00	12:01 to 12:30	12:31 and higher

## Push Ups Rubric by Grade and Gender

### **6<sup>th</sup> Grade**

	4	3	2	1
<b>Boys</b>	8 or more	7 or 6	5 or 4	3 or less
<b>Girls</b>	7 or more	6 or 5	4 or 3	2 or less

### **7<sup>th</sup> Grade**

	4	3	2	1
<b>Boys</b>	10 or more	9 or 8	7 or 6	5 or less
<b>Girls</b>	7 or more	6 or 5	4 or 3	2 or less

### **8<sup>th</sup> Grade**

	4	3	2	1
<b>Boys</b>	12 or more	11 or 10	9 or 8	7 or less
<b>Girls</b>	7 or more	6 or 5	4 or 3	2 or less

## Sit Ups Rubric by Grade and Gender

### **6<sup>th</sup> Grade**

	4	3	2	1
<b>Boys</b>	15 or more	14 to 10	9 to 5	4 or less
<b>Girls</b>	15 or more	14 to 10	9 to 5	4 or less

### **7<sup>th</sup> Grade**

	4	3	2	1
<b>Boys</b>	18 or more	17 to 13	12 to 8	7 or less
<b>Girls</b>	18 or more	17 to 13	12 to 8	7 or less

### **8<sup>th</sup> Grade**

	4	3	2	1
<b>Boys</b>	21 or more	20 to 16	15 to 11	10 or less
<b>Girls</b>	18 or more	17 to 13	12 to 8	7 or less

## Trunk Lift Rubric by Grade and Gender

### All Ages and Gender

	4	3	2	1
<b>Boys</b>	9 to 12 inches	8 inches	7 inches	6 or less
<b>Girls</b>	9 to 12 inches	8 inches	7 inches	6 or less

## Shoulder Stretch Rubric by Grade and Gender

### All Ages and Gender

	4	3	2	1
<b>Boys &amp; Girls</b>	Touch finger tips behind back for both left <b>and</b> right sides	Touch finger tips behind back for only left <b>or</b> right side	Unable to perform <b>either</b> left or right finger tip touch	Did not attempt