

Health Fitness Award Standards

Age	Partial* Curl-Ups (#)	One-Mile Run (min:sec)	Distance Options**		V-Sit Reach (inches)	Sit and Reach (centimeters)	Right Angle Push-Ups (#)	Pull-Ups (#)	BMI (range)
			(min:sec) 1/4 mile	(min:sec) 1/2 mile					
BOYS									
6	12	13:00	2:30		1	21	3	1	13.3-19.5
7	12	12:00	2:20		1	21	4	1	13.3-19.5
8	15	11:00		4:45	1	21	5	1	13.4-20.5
9	15	10:00		4:35	1	21	6	1	13.7-21.4
10	20	9:30			1	21	7	1	14.0-22.5
11	20	9:00			1	21	8	2	14.0-23.7
12	20	9:00			1	21	9	2	14.8-24.1
13	25	8:00			1	21	10	2	15.4-24.7
14	25	8:00			1	21	12	3	16.1-25.4
15	30	7:30			1	21	14	4	16.6-26.4
16	30	7:30			1	21	16	5	17.2-26.8
17	30	7:30			1	21	18	6	17.7-27.5
GIRLS									
6	12	13:00	2:50		2	23	3	1	13.1-19.6
7	12	12:00	2:40		2	23	4	1	13.1-19.6
8	15	11:00		5:35	2	23	5	1	13.2-20.7
9	15	10:00		5:25	2	23	6	1	13.5-21.4
10	20	10:00			2	23	7	1	13.8-22.5
11	20	10:00			2	23	7	1	14.1-23.2
12	20	10:30			2	23	8	1	14.7-24.2
13	25	10:30			3	25	7	1	15.5-25.3
14	25	10:30			3	25	7	1	16.2-25.3
15	30	10:00			3	25	7	1	16.6-26.5
16	30	10:00			3	25	7	1	16.8-26.5
17	30	10:00			3	25	7	1	17.1-26.9

Criterion standards listed above adapted from Amateur Athletic Union Physical Fitness Program; AAHPERD Physical Best; Cooper Institute for Aerobic Research, Fitnessgram; Corbin, C. & Lindsey, R., *Fitness for Life*, 4th edition; and YMCA Youth Fitness Test.

**Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. **Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.