



Trinity Classical Academy
Physical Education

FITNESSGRAM Healthy Fitness Zone Standards

The principal mission of FITNESSGRAM from The Cooper Institute <http://www.cooperinstitute.org/fitnessgram> is to promote lifelong physical activity among youth. Trinity Classical Academy has a long-term view of physical education in which lifelong habits of physical activity is the primary goal. Developing health related fitness and improving skill related fitness are important in physical education, but we frame these objectives in a broader goal aimed at providing your child with knowledge, attitudes, and skills to be active for a lifetime.

BOYS FITNESSGRAM Healthy Fitness Zone (HFZ) Standards

AGE	PACER # of Laps	Push-Ups	Curl-Ups	Back Saver Sit & Reach	Shoulder Stretch	Trunk Lift inches
5	Participation in run. Lap count standards not recommended	3 – 8	2 – 10	8	Passing = touching fingertips together behind the back	6 – 12
6		3 – 8	2 – 10	8		6 – 12
7		4 – 10	4 – 14	8		6 – 12
8		5 – 13	6 – 20	8		6 – 12
9		6 – 15	9 – 24	8		6 – 12
10	23 - 61	7 – 20	12 – 24	8		9 - 12
11	23 - 72	8 – 20	15 – 28	8		9 - 12
12	32 - 72	10 – 20	18 – 36	8		9 - 12
13	41 - 72	12 – 25	21 - 40	8		9 - 12
14	41 - 83	14 – 30	24 – 45	8		9 - 12
15	51 - 94	16 - 35	24 - 47	8		9 - 12

GIRLS FITNESSGRAM Healthy Fitness Zone (HFZ) Standards

AGE	PACER # of Laps	Push-Ups	Curl-Ups	Back Saver Sit & Reach	Shoulder Stretch	Trunk Lift inches
5	Participation in run. Lap count standards not recommended	3 – 8	2 – 10	9	Passing = touching fingertips together behind the back	6 – 12
6		3 – 8	2 – 10	9		6 – 12
7		4 – 10	4 – 14	9		6 – 12
8		5 – 13	6 – 20	9		6 – 12
9		6 – 15	9 – 22	9		6 – 12
10	15 - 41	7 - 15	12 – 26	9		9 - 12
11	15 – 41	7 - 15	15 – 29	10		9 - 12
12	23 – 41	7 - 15	18 – 32	10		9 - 12
13	23 – 51	7 - 15	18 – 32	10		9 - 12
14	23 - 51	7 - 15	18 – 32	10		9 - 12
15	23 - 51	7 - 15	18 - 35	12		9 - 12

Number on left is the lower end of Healthy Fitness Zone (HFZ); number on right is upper end of Healthy Fitness Zone

Needs Improvement	Good	Better
Not in HFZ	In HFZ	