**Boys Physical Fitness Grading Scale Girls Physical Fitness Grading Scale**

**½ MILE Points ½ MILE Points**

≤ 3:30 5 ≤ 4:00 5

3:31-4:15 4 4:01-4:45 4

4:16-5:00 3.5 4:46-5:30 3.5

5:01-5:45 3 5:31-6:15 3

5:46-6:15 2 6:16-7:00 2

≥ 6:16 1 ≥ 7:01 1

**Semester 1 MILE Points Semester 1 MILE Points**

≤ 8:15 5 ≤ 9:00 5

8:16–9:15 4 9:01 – 10:00 4

9:16–10:15 3.5 10:01-11:00 3.5

10:16-11:15 3 11:01–12:00 3

11:16-12:15 2 12:01-13:00 2

≥12:16 1 ≥13:01 1

**Semester 2 MILE Points Semester 2 MILE Points**

≤ 7:45 5 ≤ 8:30 5

7:46–8:45 4 8:31 – 9:30 4

8:46–9:45 3.5 9:31-10:30 3.5

9:46-10:45 3 10:31–11:30 3

10:46-11:45 2 11:31-12:30 2

≥11:46 1 ≥12:31 1

**PACERS Points PACERS Points**

≥ 76 5 ≥ 51 5

75-66 4 50-41 4

65-56 3.5 40-31 3.5

55-46 3 30-23 3

45-36 2 23-12 2

≤35 1 ≤ 11 1

**20-Minute Run Points 20-Minute Run Points**

≥10 5 ≥9 5

9 4 8 4

8 3.5 7 3.5

7 3 6 3

6 2 5 2

≤5 1 ≤4 1

**PUSH-UPS Points PUSH-UPS Points**

≥25 5 ≥20 5

24-21 4 19-16 4

20-17 3.5 15-12 3.5

16-13 3 11-8 3

12-9 2 7-4 2

≤8 1 ≤3 1

**SIT-UPS Points SIT-UPS Points**

≥45 5 ≥45 5

44-40 4 44-40 4

39-35 3.5 39-35 3.5

34-30 3 34-30 3

29-25 2 29-25 2

≤24 1 ≤24 1

\*All no effort/no participation results in zero points on any test.