

Male Scoring Chart

Student: _____

Date: _____

Age Group	Performance Grade	Points	Standing Broad Jump Distance (cm)	Verticle Jump Distance (cm)	Push up. Reps performed in 1 min	Bodyweight Squat. Reps performed in 1 min	Wall Sit - max time (min:sec)	Plank - max time (min:sec)	2 min Shuttle Run. Lengths Completed.	Kneeling Med. Ball Toss Distance (ft) (5kg ball)
< 16	A	5	> 232	> 60	> 40	> 46	> 2:28	> 1:40	> 21	> 16
	B	4	223 - 232	53 - 60	31 - 39	39 - 46	2:08 - 2:28	1:25 - 1:40	19 - 21	14 - 16
	C	3	212 - 222	45 - 52	21 - 30	31 - 38	1:48 - 2:07	1:10 - 1:24	16 - 18	11 - 13
	D	2	203 - 212	37 - 44	11 - 20	23 - 30	1:28 - 1:47	0:55 - 1:09	13 - 15	8 - 10
	E	1	193 - 202	31 - 42	10	15 - 22	1:08 - 1:27	0:45	10 - 12	7 - 9

16 - 18	A	5	> 251	> 76	> 56	> 62	> 3:00	> 2:00	> 29	> 21
	B	4	242 - 251	69 - 76	47 - 56	55 - 62	2:40 - 3:00	1:45 - 2:00	26 - 29	19 - 21
	C	3	232 - 241	61 - 68	35 - 46	47 - 54	2:20 - 2:39	1:30 - 1:44	22 - 25	16 - 18
	D	2	222 - 231	53 - 60	25 - 34	39 - 46	2:00 - 2:19	1:15 - 1:29	18 - 21	13 - 15
	E	1	212 - 221	45 - 52	15 - 24	31 - 38	1:40 - 1:59	1:00 - 1:14	14 - 17	10 - 14

19 - 29	A	5	>242	> 70	> 52	> 58	> 2:52	> 1:55:00	> 27	> 20
	B	4	233 - 242	63 - 70	43 - 52	51 - 58	2:32 - 2:52	1:40 - 1:55	24 - 27	18 - 20
	C	3	223 - 232	55 - 62	33 - 42	43 - 50	2:12 - 2:31	1:25 - 1:39	20 - 23	15 - 17
	D	2	213 - 222	47 - 54	23 - 32	35 - 42	1:52 - 2:11	1:10 - 1:24	16 - 19	12 - 14
	E	1	203 - 212	59 - 46	13 - 22	27 - 34	1:32 - 1:51	1:00 - 1:09	12 - 15	9 - 12

30 - 34	A	5	> 233	> 64	> 48	> 54	> 2:44	> 1:50:00	> 25	> 19
	B	4	224 - 233	57 - 64	39 - 48	47 - 54	2:22 - 2:44	1:35 - 1:50	22 - 25	17 - 19
	C	3	214 - 223	49 - 56	29 - 38	39 - 46	2:02 - 2:21	1:20 - 1:34	18 - 21	14 - 16
	D	2	204 - 213	41 - 48	19 - 28	31 - 38	1:42 - 2:01	1:05 - 1:19	14 - 17	11 - 13
	E	1	194 - 203	33 - 40	10 - 18	23 - 30	1:22 - 1:41	1:00 - 1:05	12 - 13	10

35+	A	5	> 224	> 58	> 44	> 50	> 2:36	> 1:45	> 23	> 18
	B	4	215 - 224	51 - 58	35 - 44	43 - 50	2:16 - 2:36	1:30 - 1:45	20 - 23	16 - 18
	C	3	205 - 214	43 - 50	25 - 34	35 - 42	1:56 - 2:15	1:15 - 1:29	16 - 19	13 - 15
	D	2	195 - 204	35 - 42	15 - 24	27 - 34	1:36 - 1:55	1:01 - 1:14	12 - 15	10 - 12
	E	1	185 - 194	27 - 34	10 - 14	19 - 26	1:16 - 1:35	1:00	10 - 12	9

Total Points:

Notes	
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Baseline Requirement	Minimum of a C Performance Grade in all 8 test and a total of 24 or more points
Test Requirement	Minimum 20% increase in Points from Baseline Standard

Female Scoring Chart

Student: _____

Date: _____

Age Group	Performance Grade	Points	Standing Broad Jump Distance (cm)	Verticle Jump Distance (cm)	Push up. Reps performed in 1 min	Bodyweight Squat. Reps performed in 1 min	Wall Sit - max time (min:sec)	Plank - max time (min:sec)	2 min Shuttle Run. Lengths Completed	Kneeling Med. Ball Toss Distance (ft) (3kg ball)
< 16	A	5	> 202	> 52	> 30	> 40	> 2:20	> 1:40	> 19	> 16
	B	4	193 - 202	45 - 52	21 - 30	33 - 40	2:00 - 2:20	1:25 - 1:40	17 - 19	14 - 16
	C	3	182 - 192	37 - 44	15 - 20	25 - 32	1:40 - 1:59	1:10 - 1:24	14 - 16	11 - 13
	D	2	173 - 181	29 - 36	11 - 14	17 - 24	1:20 - 1:39	0:55 - 1:09	11 - 13	8 - 10
	E	1	163 - 172	21 - 28	10	16	1:00 - 1:19	0:45	10	7 - 9

16 - 18	A	5	> 221	> 68	> 46	> 56	> 2:52	> 2:00	> 27	> 21
	B	4	212 - 251	61 - 68	37 - 46	49 - 56	2:32 - 2:52	1:45 - 2:00	24 - 27	19 - 21
	C	3	202 - 211	53 - 60	27 - 36	41 - 48	2:12 - 2:31	1:30 - 1:44	20 - 23	16 - 18
	D	2	192 - 201	45 - 52	17 - 26	33 - 40	1:52 - 2:11	1:15 - 1:29	16 - 19	13 - 15
	E	1	182 - 191	37 - 44	10 - 16	25 - 32	1:32 - 1:51	1:00 - 1:14	12 - 15	10 - 14

19 - 29	A	5	> 212	> 62	> 42	> 52	> 2:44	> 1:55:00	> 25	> 20
	B	4	203 - 212	55 - 62	34 - 42	45 - 52	2:24 - 2:44	1:40 - 1:55	22 - 25	18 - 20
	C	3	193 - 202	47 - 54	24 - 33	37 - 44	2:04 - 2:23	1:25 - 1:39	18 - 21	15 - 17
	D	2	183 - 192	39 - 46	14 - 23	29 - 36	1:44 - 2:03	1:10 - 1:24	14 - 17	12 - 14
	E	1	173 - 182	31 - 38	10 - 13	21 - 28	1:24 - 1:43	1:00 - 1:09	12 - 13	9 - 12

30 - 34	A	5	> 203	> 56	> 38	> 48	> 2:36	> 1:50:00	> 23	> 19
	B	4	194 - 203	49 - 56	29 - 38	41 - 48	2:14 - 2:36	1:35 - 1:50	20 - 23	17 - 19
	C	3	184 - 193	41 - 48	19 - 28	33 - 40	1:54 - 2:13	1:20 - 1:34	16 - 19	14 - 16
	D	2	174 - 183	33 - 40	11 - 18	25 - 32	1:34 - 1:54	1:05 - 1:19	12 - 15	11 - 13
	E	1	164 - 173	25 - 32	10	20 - 24	1:14 - 1:33	1:00 - 1:05	10 - 12	10

35+	A	5	> 194	> 50	> 34	> 44	> 2:28	> 1:45	> 21	> 18
	B	4	185 - 194	43 - 50	25 - 34	37 - 44	2:08 - 2:28	1:30 - 1:45	19 - 21	16 - 18
	C	3	175 - 184	35 - 42	15 - 24	29 - 36	1:48 - 2:09	1:15 - 1:29	16 - 18	13 - 15
	D	2	165 - 174	27 - 34	11 - 14	21 - 28	1:28 - 1:47	1:01 - 1:14	13 - 15	10 - 12
	E	1	155 - 164	19 - 26	10	20	1:08 - 1:27	1:00	10 - 12	9

Total Points:

Notes	
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Baseline Standard	Minimum of a C Performance Grade in all 8 test and a total of 24 or more points
Test Requirement	Minimum 20% increase in Points from Baseline Standard