

Girls

West Virginia Standards for Healthy Fitness Zone

Age	One-mile run min:sec.	20 Meter Pacer #laps	15 Meter Pacer #laps	Walk test & VO Max ml/kg/min	Percent Fat	Body Mass Index	Curl-up #complete
9	Time standard not recommended	Lap count standards not recommended	Lap count standards not recommended	Not recommended	32-17	23-13.5	9-22
10	12:30-9:30	15-41	19-54	40-48	32-17	23.5-16.6	12-26
11	12:00-9:00	15-41	19-54	39-47	32-17	24-16.9	15-29
12	12:00-9:00	23-41	19-54	38-46	32-17	24.5-16.9	18-32
13	11:30-9:00	23-41	30-67	37-45	32-17	24.5-17.5	18-32
14	11:00-8:30	23-41	30-67	36-44	32-17	25-17.5	18-32
15	10:30-8:00	23-41	42-67	35-43	32-17	25-17.5	18-35
16	10:00-8:00	32-61	42-80	35-43	32-17	25-17.5	18-35
17	10:00-8:00	32-61	54-80	35-43	32-17	26-17.5	18-35
17+	10:00-8:00	32-61	54-94	35-43	32-17	27.3-18.0	18-35

Girls

West Virginia Standards for Healthy Fitness Zone

Age	Trunk Lift Inches	Push-up #complete	Modified Pull- up #complete	Flexed arm hang Seconds	Back saver Sit & reach** inches	Shoulder Stretch
9	6-12	6-12	4-11	4-10	9	Passing = Touching Fingertips Together Behind The Back
10	9-12	7-15	4-13	4-10	10	
11	9-12	7-15	4-13	6-12	10	
12	9-12	7-15	4-13	7-12	10	
13	9-12	7-15	4-13	8-12	10	
14	9-12	7-15	4-13	8-12	12	
15	9-12	7-15	4-13	8-12	12	
16	9-12	7-15	4-13	8-12	12	
17	9-12	7-15	4-13	8-12	12	
17+	9-12	7-15	4-13	8-12	12	

Boys							
West Virginia Standards for Healthy Fitness Zone							
Age	One-mile run min:sec.	20 Meter Pacer #laps	15 Meter Pacer #laps	Walk test & VO Max ml/kg/min	Percent Fat	Body Mass Index	Curl up #complete
9	Time standard not recommended	Lap count standards not recommended	Lap count standards not recommended	Not recommended	25-10	20-13.7	9-24
10	11:30-9:00	23-61	30-80	42-52	25-10	21-15.3	12-24
11	11:00-8:30	23-72	30-80	42-52	25-10	21-15.8	15-28
12	10:30-8:00	32-72	42-94	42-52	25-10	22-16.0	18-36
13	10:00-7:30	41-72	54-108	42-52	25-10	23-16.6	21-40
14	9:30-7:00	41-83	54-108	42-52	25-10	24.5-17.5	24-45
15	9:00-7:00	51-94	67-123	42-52	25-10	25-18.1	24-47
16	8:30-7:00	61-94	80-123	42-52	25-10	26.5-18.5	24-47
17	8:30-7:00	61-94	80-138	42-52	25-10	27-18.8	24-47
17+	8:30-7:00	61-94	94-138	42-52	25-10	27.8-19.0	24-47

Boys						
West Virginia Standards for Healthy Fitness Zone						
Age	Trunk Lift Inches	Push-up #complete	Modified Pull- up #complete	Flexed arm hang Seconds	Back saver Sit & reach** inches	Shoulder Stretch
9	6-12	6-15	5-11	4-10	8	Passing = Touching Fingertips Together Behind The Back
10	9-12	7-20	5-15	4-10	8	
11	9-12	8-20	6-17	6-13	8	
12	9-12	10-20	7-20	6-13	8	
13	9-12	12-25	8-22	12-17	8	
14	9-12	14-30	9-25	15-20	8	
15	9-12	16-35	10-27	15-20	8	
16	9-12	18-35	12-30	15-20	8	
17	9-12	18-35	14-30	15-20	8	
17+	9-12	18-35	14-30	15-20	8	