

Cosumnes Oaks Physical Education

Wolfpack Fitness Testing Grades

20 Point Scale (Updated 3/7/2011)

*** Note: Fitnessgram marks are equal to a "C" grade on most Wolfpack Fitness tests ***

Mile Run Girls			Mile Run Boys			Shuttle Girls			Shuttle Boys		
Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.
7:15 or less	20	A+	6:00 or less	20	A+	9.3 or <	20	A+	8.0 or <	20	A+
7:16-7:40	19	A	6:01-6:30	19	A	9.4-9.5	19	A	8.1-8.4	19	A
7:41-8:00	18	A-	6:31-7:00	18	A-	9.6-9.9	18	A-	8.5-8.8	18	A-
8:01-8:45	17	B	7:01-7:45	17	B	10.0-10.2	17	B	8.9-9.2	17	B
8:46-9:30	16	B-	7:46-8:30	16	B-	10.3-10.5	16	B-	9.3-9.6	16	B-
9:31-10:15	15	C	8:31-9:15	15	C	10.6-11.0	15	C	9.7-10.0	15	C
10:16-11:00	14	C-	9:16-10:00	14	C-	11.1-11.5	14	C-	10.1-10.4	14	C-
11:01-12:30	13	D	10:01-11:00	13	D	11.6-11.9	13	D	10.5-10.9	13	D
12:31-14:00	12	D-	11:01-12:30	12	D-	12.0-12.4	12	D-	11.0-11.4	12	D-
14:01-15:00	10	F	12:31-13:45	10	F	12.5-13.0	10	F	11.5-12.0	10	F
15:01-16:00	5	F-	13:46-15:00	5	F-	13.1-13.9	5	F-	12.1-12.9	5	F-
16:01 +	0	F--	15:01 +	0	F--	14.0 or >	0	F--	13.0 or >	0	F--

20m Pacers Girls			20m Pacers Boys			Push Ups Girls			Push Ups Boys			Curl Ups Girls		
Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.
70+	20	A+	100+	20	A+	20+	20	A+	40+	20	A+	66+	20	A+
60-69	19	A	90-99	19	A	18 - 19	19	A	35 - 39	19	A	59 - 65	19	A
50-59	18	A-	80-89	18	A-	15 - 17	18	A-	30 - 34	18	A-	52 - 58	18	A-
40-49	17	B	70-79	17	B	12 - 14	17	B	24 - 29	17	B	46 - 51	17	B
30-39	16	B-	56-69	16	B-	10 - 11	16	B-	20 - 23	16	B-	39 - 45	16	B-
23-29	15	C	42-55	15	C	8 - 9	15	C	17 - 19	15	C	32 - 38	15	C
18-22	14	C-	28-41	14	C-	5 - 7	14	C-	14 - 16	14	C-	26 - 31	14	C-
14-17	13	D	22-27	13	D	3 - 4	13	D	10 - 13	13	D	20 - 25	13	D
10-13	12	D-	15-21	12	D-	2	12	D-	5 - 9	12	D-	15 - 19	12	D-
6-9	10	F	9-14	10	F	1	10	F	1 - 4	10	F	10 - 14	10	F
1-5	5	F-	1-8	5	F-	0	5	F-	0	5	F-	0 - 9	5	F-
No Att.	0	F--	No Att.	0	F--	No Att.	0	F--	No Att.	0	F--	No Att.	0	F--

Sit & Reach Girls			Sit & Reach Boys			Vert. Jump Girls			Vert. Jump Boys			Curl Ups Boys		
Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.	Mark	Points	Gr.
48 +	20	A+	40 +	20	A+	22 +	20	A+	29+	20	A+	72 +	20	A+
45 - 47	19	A	36 - 39	19	A	20 - 21	19	A	27 - 28	19	A	66 - 71	19	A
42 - 44	18	A-	32 - 35	18	A-	19	18	A-	25 - 26	18	A-	60 - 65	18	A-
38 - 41	17	B	28 - 31	17	B	17 - 18	17	B	23 - 24	17	B	54 - 59	17	B
34 - 37	16	B-	25 - 27	16	B-	15 - 16	16	B-	21 - 22	16	B-	48 - 53	16	B-
30 - 33	15	C	20 - 24	15	C	13 - 14	15	C	19 - 20	15	C	40 - 47	15	C
25 - 29	14	C-	16 - 19	14	C-	11 - 12	14	C-	16 - 18	14	C-	34 - 39	14	C-
20 - 24	13	D	13 - 15	13	D	8 - 10	13	D	13 - 15	13	D	27 - 33	13	D
13 - 19	12	D-	9 - 12	12	D-	5 - 7	12	D-	10 - 12	12	D-	20 - 26	12	D-
6 - 12	10	F	3 - 8	10	F	3 - 4	10	F	5 - 9	10	F	6 - 19	10	F
1 - 5	5	F-	1 - 2	5	F-	1 - 2	5	F-	1 - 4	5	F-	0 - 5	5	F-

No Att. 0 F--

No Att. 0 F--

No Att. 0 F--

No Att. 0 F--

No Att. 0 F--