

**CUSD Standards for Healthy Fitness Zones / 85% tile
Grades K to 3**

BOYS																		
Age	400 Yard (K-1)			800 Yard (2-3)			Curl-up			Back Saver Sit & Reach			Modified Pull-up			Trunk Lift		
	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	Max	#	Max	# Low	# High	85%tile	Max	# Low	# High	Max
5	2:32	2:11	NA	NA	NA	NA	5	10	25	8	16	3	7	NA	15	6	12	18
6	2:25	2:05	1:53	6:14	5:06	4:23	5	10	25	8	16	3	7	12	25	6	12	18
7	2:16	2:00	1:48	5:55	4:48	4:03	7	14	25	8	16	4	9	15	25	6	12	18
8	2:10	1:51	1:41	5:39	4:32	3:47	10	20	30	8	16	6	11	17	30	6	12	18
9	NA	NA	NA	5:14	4:05	3:32	14	24	30	8	16	7	11	20	30	6	12	18
10				4:54	3:45	3:12	14	24	50	8	16	11	13	20	30	9	12	18

GIRLS																		
Age	400 Yard (K-1)			800 Yard (2-3)			Curl-up			Back Saver Sit & Reach			Modified Pull-up			Trunk Lift		
	# Low	# High	85%tile	# Low	# High	85%tile	# Low	# High	Max	#	Max	# Low	# High	85%tile	Max	# Low	# High	Max
5	2:32	2:11	NA	NA	NA	NA	5	10	25	9	16	3	7	NA	15	6	12	18
6	2:25	2:05	1:53	6:24	5:23	4:33	5	10	25	9	16	3	7	11	25	6	12	18
7	2:16	2:00	1:48	6:03	5:01	4:17	7	14	25	9	16	4	9	14	25	6	12	18
8	2:10	1:51	1:41	5:54	4:47	4:10	10	20	30	9	16	6	11	14	25	6	12	18
9	NA	NA	NA	5:36	4:26	3:48	12	22	30	9	16	6	11	15	30	6	12	18
10				5:16	4:06	3:28	16	26	50	9	16	6	13	19	30	9	12	18

Note: 85% tile does not apply to Kindergarten students, only 1st through 3rd grade students.