

# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRAD	E VI AND VII I	BOYS & GRIL	S ATHLETICS	PHYSICAL FI	TNESS COMP	ONENTS		
	MUSCULAF	RPOWER	AGIL	.ITY	STREN	IGTH	S	PEED	ENDU	JRANCE
MARKS	STANDING. [DISTANCE		{TIMING IN SEC}		PUSH-UPS {I MODIFIED P FOR GIRLS	,	50 MTS TII	MING IN {SEC}.		MTS TIMING INTS}
	BOYS	BOYS GIRLS BOYS GIRLS		BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	
5	1.79	1.64	10.4	11.0	15	10	7.3	7.7	4:45.00	2:50.00
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	4:50.00	2:55.00
3	1.65	1.46	11.0	11.6	8	6	7.6	8.3	5:05.00	3:05.00
2	1.58	1.39	11.3	11.9	6	3	7.9	8.6	5:10.00	3:10.00
1	1.51	1.29	11.7	12.2	3	1	8.3	8.9	5:10.00	3:15.00

	GRADE VIII	TO X BOYS &	GRILS ATHLET	FICS PHYSICA	L FITNESS COI	MPONENTS				
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SI	PEED	ENDL	JRANCE
	STANDING [DISTANC			RUN 10X 6 6 IN SEC}	PUSH-UPS { MODIFIED I		50 MTS TIN	AING IN {SEC}.	1000/600 MTS TIMING {MINTS}	
MARKS					FOR GIRLS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.25	1.80	9.4	10.0	20	10	7.0	7.3	4:40.00	2:45.00
4	2.15	1.75	9.7	10.3	15	8	7.1	7.5	4:50.00	2:50.00
3	2.10	1.70	10.0	10.6	10	6	7.3	7.7	5:00.00	2:55.00
2	2.05	1.65	10.3	11.9	6	3	7.5	7.9	5:10.00	3:05.00
1	1.70	1.60	11.7	12.2	3	1	7.6	8.0	5:20.00	3:10.00

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#### TASK: WHY WEDO FITNESS TEST?

#### THE RESULTS OF THE FITNESS TEST CAN BE USED TO:

- Identify strengths and weaknesses in performance.
- Compare against recognised standards.
- Monitor progress.
- Adapt training programmes.
- Place athlete in the correct training group.
- Set targets/goals.
- Identify talent.

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS BADMI	NTON PHYSIC	CAL FITNESS C	OMPONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
		Vertical. JUMP SHUTTLE RUN 10X 6 DISTANCE IN CM] {TIMING IN SEC}		PUSH-UPS { MODIFIED I FOR GIRLS	. ,	50 MTS TIN	/ING IN {SEC}.	1000/600 MTS TIMING {MINTS}		
MARKS		<u></u>						<b>0</b> 1010		0.010
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	35	30	10.4	11.0	15	10	7.3	7.7	4:40.00	2:45.00
4	30	25	10.7	11.3	10	8	7.4	8.0	4:50.00	2:55.00
3	25	20	11.0	11.6	8	6	7.6	8.3	5:00.00	3:05.00
2	20	15	11.3	11.9	6	3	7.9	8.6	5:10.00	3:15.00
1	15	10	11.7	12.2	3	1	8.3	8.9	5:20.00	3:25.00

		GRADE VIII TO	O X BOYS & G	RILS BADMIN	ITON PHYSIC	AL FITNESS C	OMPONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
				PUSH-UPS {NUMBERS} 5 MODIFIED PUSH-UPS		50 MTS TIMING IN {SEC}.		BEEP TE	ST {LEVEL}	
MARKS		DISTANCE IN CM] {TIMING IN SEC}		FOR GIRLS	202H-052					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	45	35	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	40	30	10.7	11.3	10	8	7.4	8.0	9.9	8.8
3	35	25	11.0	11.6	8	6	7.6	8.3	8.10	7.6
2	30	20	11.3	11.9	6	3	7.9	8.6	7.5	7.2
1	25	15	11.7	12.2	3	1	8.3	8.9	6.2	5.7

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#### THE RESULTS OF THE FITNESS TEST CAN BE USED TO:

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- Set targets/goals.
- Identify talent.

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MARKS

5

4

3

2

1

## <sup>BEA®</sup> SMT.PARVATHAMMA SHAMANUR SHIVASHANKARAPPA ENG. MED.RESI SCHOOL, Tolahunase, Davangere <u>DEPARTMENT OF PHYSICAL EDUCATION</u>

# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24 GRADE VI TO VII BOYS & GRILS BASKETBALL PHYSICAL FITNESS COMPONENTS MUSCULAR POWER AGILITY STRENGTH SPEED ENDURANCE Vertical, JUMP SHUTTLE RUN 10X 6 PUSH-UPS {NUMBERS} 50 MTS TIMING IN {SEC}. 1000/600 MTS TIMING

FOR GIRLS

BOYS

15

10

8

6

3

MODIFIED PUSH-UPS

GIRLS

10

8

6

3

1

BOYS

7.3

7.4

7.6

7.9

8.3

GIRLS

7.7

8.0

8.3

8.6

8.9

{MINTS}

GIRLS

2:45.00

2:55.00

3:05.00

3:15.00

3:25.00

BOYS

4:40.00

4:50.00

5:00.00

5:10.00

5:20.00

{TIMING IN SEC}

GIRLS

11.0

11.3

11.6

11.9

12.2

BOYS

30

25

20

11.3

11.7

		GRADE VIII TO	D X BOYS & G	RILS BASKET	BALL PHYSIC	AL FITNESS CO	OMPONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SI	PEED	ENDU	JRANCE
	VERTICAL.JU	VERTICALJUMP SHUTTLE RUN 10X 6				NUMBERS}	50 MTS TIN	/ING IN {SEC}.	BEEP TE	ST {LEVEL}
	[DISTANCE IN	N CM]	{TIMING	in sec}	MODIFIED I	PUSH-UPS				
MARKS		1		1	FOR GIRLS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	45	35	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	40	30	10.7	11.3	10	8	7.4	8.0	9.9	8.8
3	35	25	11.0	11.6	8	6	7.6	8.3	8.10	7.6
2	30	20	11.3	11.9	6	3	7.9	8.6	7.5	7.2
1	20	15	11.7	12.2	3	1	8.3	8.9	6.2	5.7

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#### TASK: WHY DO WE DO FITNESS TESTS?

[DISTANCE IN CM]

GIRLS

30

25

20

15

08

BOYS

40

35

30

25

20

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## MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS CRICKE	T PHYSICAL F	ITNESS COM	PONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
		NG. B . JUMP SHUTTLE RUN 10X 6 F		· ·	PUSH-UPS {NUMBERS}		1ING IN {SEC}.	BEEP TEST. (LEVEL)		
MARKS	[DISTANC	[DISTANCE IN CM] {TIMING IN SEC}		MODIFIED I FOR GIRLS	PUSH-UPS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.79	1.64	11.0	12.0	15	8	6.5	7.0	10.0	8.0
4	1.72	1.52	11.1	12.3	10	6	6.8	7.5	9.0	7.0
3	1.65	1.46	11.3	12.6	8	5	7.0	7.8	8.0	6.0
2	1.58	1.39	11.5	12.9	6	4	7.5	8.0	7.0	5.0
1	1.51	1.29	12.0	13.0	3	2	7.8	8.2	6.0	4.0

		GRADE VIII TO	O X BOYS & G	RILS CRIC	KET PHYSICAL	FITNESS COM	MPONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SI	PEED	ENDURANCE	
	STANDING			PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		BEEP TE	ST. (LEVEL)	
	[DISTANC	E IN CM]	, , ,		MODIFIED PUSH-UPS					
MARKS			I		FOR GIRLS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.25	1.80	10.4	11.0	20	10	7.3	7.7	12.3	8.8
4	2.15	1.75	10.7	11.3	15	8	7.4	8.0	9.9	7.6
3	2.10	1.70	11.0	11.6	10	6	7.6	8.3	8.10	7.2
2	2.05	1.65	11.3	11.9	8	5	7.9	8.6	7.5	5.7
1	1.70	1.60	11.7	12.2	5	2	8.3	8.9	6.2	5.0

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS FOOTB	ALL PHYSICA	L FITNESS COI	MPONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SF	PEED	ENDURANCE	
	STANDING			RUN 10X 6	PUSH-UPS {NUMBERS}		30 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
MARKS	[DISTANC	[DISTANCE IN CM] {TIMING IN SEC}		IN SEC}	MODIFIED I FOR GIRLS	PUSH-UPS				
	BOYS	GIRLS	BOYS	1		GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.72	1.64	11.0	11.9	15	10	6.5	7.0	8.3	6.9
4	1.65	1.52	11.3	12.2	10	8	6.8	7.5	8.0	65
3	1.58	1.46	11.7	12.5	8	6	7.0	7.8	7.3	6.3
2	1.51	1.39	11.9	12.7	6	3	7.5	8.0	7.0	6.0
1	1.45	1.29	12.0	13.0	3	1	7.8	8.2	6.3	5.9

		GRADE VIII TO	O X BOYS & G	RILS FOOTB	ALL PHYSICAL	FITNESS CON	<b>MPONENTS</b>			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
	STANDING	STANDING. B . JUMP SHUTTLE RUN 10X 6		PUSH-UPS {NUMBERS}		50 MTS TIN	/ING IN {SEC}.	BEEP TE	ST. (LEVEL)	
	[DISTANC			MODIFIED PUSH-UPS						
MARKS				FOR GIRLS						
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.45	2.00	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	2.35	1.90	10.7	11.3	10	8	7.4	8.0	9.00	8.8
3	2.25	1.80	11.0	11.6	8	6	7.6	8.3	8.10	7.6
2	2.12	1.70	11.3	11.9	6	3	7.9	8.6	7.50	7.2
1	2.10	1.60	11.7	12.2	3	2	8.3	8.9	6.20	5.7

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- Identify strengths and weaknesses in performance.
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## MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE ITO III	BOYS & GRI	LS FMS PHYS	ICAL FITNESS	COMPONEN	TS			
	MUSCULA	R POWER	AGI	LITY	SPI	ED	STR	ENGTH	END	JRANCE
	STANDING. B . JUMP [DISTANCE IN CM]			RUN 10X 4 S IN SEC}	20 MTS T {SE	IMING IN C}.		NA		NA
MARKS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.25	1.15	7.3	7.7	5.3	5.7				
4	1.20	1.10	7.4	8.0	5.4	5.8				
3	1.15	1.05	7.6	8.3	5.6	5.9.				
2	1.10	1.00	7.9	8.6	6.0	6.0				
1	1.05	0.90	8.3	8.9	6.3	6.2				

	(	GRADE IV TO	V BOYS & GR	ILS FMS PHY	SICAL FITNES	S COMPONEN	NTS			
	MUSCULA	R POWER	AGI	LITY	STRE	STRENGTH		SPEED		JRANCE
	STANDING. B . JUMP [DISTANCE IN MTS]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		TENNIS BALL THROW IN MTRS		30 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
MARKS	BOYS			GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.64	1.25	11.0	12.0	30	25	6.5	7.0	5:10.00	3:25.00
4	1.52	1.15	11.3	12.3	28	20	6.8	7.5	5:20.00	3:55.00
3	1.46	1.10	11.6	12.6	25	18	7.0	7.8	5:30.00	4:05.00
2	1.39	1.05	11.9	12.9	20	15	7.5	8.0	5:40.00	4:15.00
1	1.29	1.00	12.2	13.2	15	10	7.8	8.2	6:00.00	4:25.00

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## MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

	GRADE VI	to VII Boys &	GRILS HAN	DBALL PHYSI	CAL FITNESS	COMPONENT	S		-	
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
	STANDING		SHUTTLE I		PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING	
MARKS	[DISTANC	STANCE IN CM] {TIMING IN		IN SEC} MODIFIED PUSH-UPS FOR GIRLS				{MINTS}		
	BOYS	GIRLS	BOYS GIRLS		BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.79	1.64	10.4	11.0	15	10	7.3	7.7	4:45.00	2:40.00
4	1.72	1.52	10.7	11.3	12	8	7.4	8.0	4:50.00	2:50.00
3	1.65	1.46	11.0	11.6	10	6	7.6	8.3	5:00.00	3:00.00
2	1.58	1.39	11.3	11.9	8	5	7.9	8.6	5:05.00	3:10.00
1	1.51	1.29	11.7	12.2	6	3	8.3	8.9	5:10.00	3:15.00

		GRADE VIII TO	O X BOYS & G	RILS HANDB	ALL PHYSICA	L FITNESS CO	MPONENTS			
	MUSCULA	R POWER	AGI	LITY	STREI	NGTH	SPEED		ENDURANCE	
MARKS	STANDING [DISTANC		МО		PUSH-UPS { MODIFIED F FOR GIRLS		50 MTS TIN	1ING IN {SEC}.	1000/600 MTS TIMING {MINTS}	
	BOYS			BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	
5	2.50	2.00	10.4	11.0	20	15	7.3	7.7	4:40.00	2:45.00
4	2.45	1.90	10.7	11.3	18	10	7.4	8.0	4:50.00	2:55.00
3	2.35	1.80	11.0	11.6	15	8	7.6	8.3	5:00.00	3:05.00
2	2.25	1.70	11.3	11.9	10	6	7.9	8.6	5:10.00	3:15.00
1	2.12	1.60	11.7	12.2	6	3	8.3	8.9	5:20.00	3:25.00

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- Set Targets/Goals.
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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS HOCKE	Y PHYSICAL F	ITNESS COMP	ONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SI	PEED	ENDU	JRANCE
	STANDING	STANDING. B. JUMP SHUTTLE RUN 1		RUN 10X 6			50 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	[DISTANC	DISTANCE IN CM] {TIMIN		IN SEC}	MODIFIED I	PUSH-UPS				
MARKS				FOR GIRLS						
	BOYS	GIRLS	BOYS	BOYS GIRLS		GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.79	1.64	10.4	11.0	15	10	7.3	7.7	8.3	6.9
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	8.0	65
3	1.65	1.46	11.0	11.6	8	6	7.6	8.3	7.3	6.3
2	1.58	1.39	11.3	11.9	6	3	7.9	8.6	7.0	6.0
1	1.51	1.29	11.7	12.2	3	1	8.3	8.9	6.3	5.9

	(	GRADE VIII TO	O X BOYS & G	RILS HOCKEN	PHYSICAL FI	TNESS COMP	ONENTS			
	MUSCULA	R POWER	AGI	LITY	STRENGTH		SPEED		ENDURANCE	
	STANDING			RUN 10X 6	· ·	PUSH-UPS {NUMBERS}		1ING IN {SEC}.		EST -12 min
MARKS	[DISTANC	[DISTANCE IN CM]		{TIMING IN SEC}		PUSH-UPS			In	most
	BOYS	GIRLS	GIRLS BOYS GIRLS		BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.50	2.00	10.4	11.0	15	10	7.3	7.7	2600	2000
4	2.45	1.90	10.7	11.3	10	8	7.4	8.0	2400	1800
3	2.35	1.80	11.0	11.6	8	6	7.6	8.3	2200	1500
2	2.25	1.70	11.3	11.9	6	3	7.9	8.6	2000	1200
1	2.12	1.60	11.7	12.2	3	1	8.3	8.9	1800	1000

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- Set targets/goals.
- Identify talent.



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	GRADE VI	TO VII BOYS &	& GRILS KABI	BADDI PHYSI	CAL FITNESS	COMPONENT	S		-	
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
				PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.			MTS TIMING	
MARKS	DISTANC	CE IN CM] {TIMING IN SEC}		MODIFIED PUSH-UPS FOR GIRLS				{MINTS}		
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.79	1.64	10.4	11.0	15	10	7.3	7.7	4:45.00	2:40.00
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	4:50.00	2:50.00
3	1.65	1.46	11.0	11.6	8	6	7.6	8.3	5:00.00	3:00.00
2	1.58	1.39	11.3	11.9	6	4	7.9	8.6	5:05.00	3:10.00
1	1.51	1.29	11.7	12.2	2	2	8.3	8.9	5:10.00	3:15.00

		GRADE VIII TO	O X BOYS & G	RILS KABBAD	DI PHYSICAL	FITNESS CON	<b>IPONENTS</b>			
	MUSCULA	R POWER	AGILITY		STRE	NGTH	SI	PEED	ENDURANCE	
MARKS	STANDING [DISTANC			TLE RUN 10X 6 /ING IN SEC} PUSH-UPS {NUMBER MODIFIED PUSH-UPS FOR GIRLS			50 MTS TIN	AING IN {SEC}.	1000/600 MTS TIMINO {MINTS}	
	BOYS	GIRLS	BOYS			GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.50	2.00	10.4	11.0	20	12	7.3	7.7	4:40.00	2:45.00
4	2.45	1.90	10.7	11.3	15	10	7.4	8.0	4:50.00	2:55.00
3	2.35	1.80	11.0	11.6	10	08	7.6	8.3	5:00.00	3:05.00
2	2.25	1.70	11.3	11.9	8	06	7.9	8.6	5:10.00	3:15.00
1	2.12	1.60	11.7	12.2	6	04	8.3	8.9	5:20.00	3:25.00

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## MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS KHO-	KHO PHYSICA	L FITNESS CO	MPONENTS		-	
	MUSCULA	R POWER	OWER AGILITY		STRE	RENGTH		SPEED		JRANCE
	STANDING					PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		ST. (LEVEL)
MARKS	[DISTANCE IN CM] {TIMING IN SE		i IN SEC}	} MODIFIED PUSH-UPS FOR GIRLS						
_	BOYS	GIRLS	BOYS			GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.79	1.64	10.4	11.0	15	10	7.3	7.7	8.3	6.9
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	8.0	65
3	1.65	1.46	11.0	11.6	8	6	7.6	8.3	7.3	6.3
2	1.58	1.39	11.3	11.9	6	4	7.9	8.6	7.0	6.0
1	1.51	1.29	11.7	12.2	2	2	8.3	8.9	6.3	5.9

	(	GRADE VIII TO	O X BOYS & G	RILS KHO-KH	IO PHYSICAL I	ITNESS COM	PONENTS			
	MUSCULA	JSCULAR POWER AGILITY		STRE	ENGTH		PEED	ENDURANCE		
	STANDING	. B . JUMP	SHUTTLE RUN 10X 6		PUSH-UPS {	PUSH-UPS {NUMBERS}		/ING IN {SEC}.	BEEP TE	ST. (LEVEL)
	[DISTANC	E IN CM]			MODIFIED I	PUSH-UPS				
MARKS					FOR GIRLS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.50	2.00	10.4	11.0	20	12	7.3	7.7	12.3	10.8
4	2.45	1.90	10.7	11.3	15	10	7.4	8.0	9.9	8.8
3	2.35	1.80	11.0	11.6	10	08	7.6	8.3	8.10	7.6
2	2.25	1.70	11.3	11.9	8	06	7.9	8.6	7.5	7.2
1	2.12	1.60	11.7	12.2	6	04	8.3	8.9	6.2	5.7

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#### TASK: WHY DO WE DO FITNESS TESTS?

#### THE RESULTS OF THE FITNESS TEST CAN BE USED TO:

- Identify strengths and weaknesses in performance.
- Compare against recognised standards.
- Monitor progress.
- Adapt training programmes.
- Place athlete in the correct training group.
- Set targets/goals.
- Identify talent.

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	irils lawn t	INNES PHYSI	CAL FITNESS	COMPONENT	S	-	
	MUSCULA	R POWER	WER AGILITY		STRE	STRENGTH		PEED	ENDURANCE	
	Vertical [DISTANC				PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
MARKS				FOR GIRLS						
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	40	35	11.0	11.6	15	10	7.3	7.7	4:00.00	2:45.00
4	35	30	11.3	11.9	10	8	7.4	8.0	4:10.00	2:55.00
3	30	25	11.7	12.2	8	6	7.6	8.3	4:15.00	3:05.00
2	25	20	11.9	12.5	6	3	7.9	8.6	4:20.00	3:15.00
1	20	15	12.0	12.8	3	2	8.3	8.9	4:25.00	3:25.00

		GRADE VIII TO	O X BOYS & G	RILS LAWN T	INNES PHYSI	CAL FITNESS	COMPONENT	S		
	MUSCULA	R POWER	AGI	LITY	STRE	STRENGTH		PEED	ENDURANCE	
MARKS	VERTICAL.JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS { MODIFIED I FOR GIRLS	. ,	50 MTS TIN	1ING IN {SEC}.	BEEP TEST {LEVEL}	
IVIARKS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	50	40	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	45	35	10.7	11.3	12	8	7.4	8.0	9.9	8.8
3	40	30	11.0	11.6	10	6	7.6	8.3	8.10	7.6
2	35	25	11.3	11.9	8	3	7.9	8.6	7.5	7.2
1	30	20	11.7	12.2	5	2	8.3	8.9	6.2	5.7

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS TABLE T	INNES PHYSI	CAL FITNESS	COMPONENT	S	-	
	MUSCULA	AR POWER AGILITY		STRE	STRENGTH		SPEED		JRANCE	
	Vertical [DISTANC		CM] {TIMING IN SEC} N		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS		30 MTS TIN	/ING IN {SEC}.	1000/600 MTS TIMING {MINTS}	
MARKS				FOR GIRLS						
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	35	25	11.0	11.8	15	10	6.2	6.5	4:40.00	2:45.00
4	30	20	11.3	12.1	10	8	6.5	6.8	4:50.00	2:55.00
3	25	15	11.5	12.5	8	6	6.8	7.0	5:00.00	3:05.00
2	20	12	11.8	12.8	6	3	7.0	7.2	5:10.00	3:15.00
1	15	10	12.0	13.0	4	2	7.2	7.4	5:20.00	3:25.00

		GRADE VIII TO	O X BOYS & G	RILS TABLE T	NNES PHYSI	CAL FITNESS	COMPONENT	S		
	MUSCULA	R POWER	AGI	LITY	STRE	FRENGTH S		PEED	ENDURANCE	
	VERTICAL.JUMP SHUTTLE RUN 10X 6 [DISTANCE IN CM] {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS		50 MTS TIMING IN {SEC}.		BEEP TE	ST {LEVEL}		
MARKS			FOR GIRLS							
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	40	30	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	35	25	10.7	11.3	10	8	7.4	8.0	9.9	8.8
3	30	20	11.0	11.6	8	6	7.6	8.3	8.10	7.6
2	25	15	11.3	11.9	6	3	7.9	8.6	7.5	7.2
1	20	12	11.7	12.2	4	2	8.3	8.9	6.2	5.7

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS VOLLEY	BALL PHYSIC	AL FITNESS CO	OMPONENTS			
	MUSCULA	R POWER	AGI	LITY	STRE	NGTH	SPEED		ENDURANCE	
		Vertical. JUMP SHUTTLE RUN 10X 6		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING		
MARKS	DISTANC	[DISTANCE IN CM] {TIMIN		{TIMING IN SEC}		FOR GIRLS			{MINTS}	
_	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	40	35	10.4	11.0	15	10	7.3	7.7	4:40.00	2:45.00
4	35	30	10.7	11.3	10	8	7.4	8.0	4:50.00	2:55.00
3	30	25	11.0	11.6	8	6	7.6	8.3	5:00.00	3:05.00
2	25	20	11.3	11.9	6	3	7.9	8.6	5:10.00	3:15.00
1	20	15	11.7	12.2	3	1	8.3	8.9	5:20.00	3:25.00

		GRADE VIII TO X BOYS & GRILS VOLLEYBALL PHYSICAL FITNESS COMPONENTS								
	MUSCULA	R POWER	AGI	AGILITY STRE		NGTH	SPEED		ENDURANCE	
	VERTICAL.JU	MP	SHUTTLE RUN 10X 6		PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	[DISTANCE IN CM]		{TIMING	MING IN SEC} MODIFIED PUSH-UPS		PUSH-UPS				
MARKS					FOR GIRLS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	50	40	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	45	35	10.7	11.3	10	8	7.4	8.0	9.9	8.8
3	40	30	11.0	11.6	8	6	7.6	8.3	8.10	7.6
2	35	25	11.3	11.9	6	3	7.9	8.6	7.5	7.2
1	30	20	11.7	12.2	3	1	8.3	8.9	6.2	5.7

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO VII BOYS & GRILS THROW BALL PHYSICAL FITNESS COMPONENTS								
	MUSCULA	R POWER	AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP		SHUTTLE RUN 10X 6		PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING	
MARKS	[DISTANC		{TIMING	IN SEC}	MODIFIED I FOR GIRLS	PUSH-UPS			{MINTS}	
_	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	40	35	10.4	11.0	15	10	7.3	7.7	4:40.00	2:45.00
4	35	30	10.7	11.3	10	8	7.4	8.0	4:50.00	2:55.00
3	30	25	11.0	11.6	8	6	7.6	8.3	5:00.00	3:05.00
2	25	20	11.3	11.9	6	3	7.9	8.6	5:10.00	3:15.00
1	20	15	11.7	12.2	3	1	8.3	8.9	5:20.00	3:25.00

		GRADE VIII TO X BOYS & GRILS THROW BALL PHYSICAL FITNESS COMPONENTS								
	MUSCULA	R POWER	AGI	LITY	STRENGTH		SPEED		ENDURANCE	
				RUN 10X 6	PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
MARKS	[DISTANCE IN CM]		TIMING	{TIMING IN SEC} MODIFIED PUSH-UPS FOR GIRLS						
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	50	40	10.4	11.0	15	10	7.3	7.7	12.3	10.8
4	45	35	10.7	11.3	10	8	7.4	8.0	9.9	8.8
3	40	30	11.0	11.6	8	6	7.6	8.3	8.10	7.6
2	35	25	11.3	11.9	6	3	7.9	8.6	7.5	7.2
1	30	20	11.7	12.2	3	1	8.3	8.9	6.2	5.7

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# MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

		GRADE VI TO	VII BOYS & G	RILS SWIMM	AING PHYSIC	AL FITNESS C	OMPONENTS		-	
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING		SHUTTLE RUN 10X 6		PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		1000 MTRS SWIMMING	
MARKS	[DISTANC	E IN CMJ	{TIMING IN SEC}		MODIFIED PUSH-UPS FOR GIRLS					
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	1.79	1.64	10.4	11.0	15	10	7.3	7.7	18.	25. MIN
									MIN	
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	20.	28. MIN
									MIN	
3	1.65	1.46	11.0	11.6	8	6	7.6	8.3	22.	30. MIN
									MIN	
2	1.58	1.39	11.3	11.9	6	3	7.9	8.6	24.	32. MIN
									MIN	
1	1.51	1.29	11.7	12.2	3	1	8.3	8.9	26.	34. MIN
									MIN	

		GRADE VIII TO X BOYS & GRILS SWIMMING PHYSICAL FITNESS COMPONENTS								
	MUSCULA	R POWER	AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING		SHUTTLE RUN 10X 6		PUSH-UPS {NUMBERS}		50 MTS TIMING IN {SEC}.		1500 MTRS SWIMMING	
MARKS	[DISTANCE IN CM]		{TIMING IN SEC} MODIFIED PUSH-UPS FOR GIRLS							
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	2.50	2.00	10.4	11.0	15	10	7.3	7.7	25.M	32.M
4	2.45	1.90	10.7	11.3	10	8	7.4	8.0	28.M	34.M
3	2.35	1.80	11.0	11.6	8	6	7.6	8.3	30.M	36.M
2	2.25	1.70	11.3	11.9	6	3	7.9	8.6	32.M	38.M
1	2.12	1.60	11.7	12.2	3	1	8.3	8.9	36.M	39.M

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## MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24

## Purpose:

COMPONENTS	DEFINITION	TEST
Power (explosive)	The combination of Strength and Speed, (To Measurer the Explosive Power of the Legs.)	Standing Broad Jump/Vertical Jump
Agility	Change body position quickly accurately and with control.	Shuttle Run10x6
Strength	The ability of the Muscular System to exert force for a short period.	Push-Ups/Pull-Ups/ Chin-Ups.
Speed	The quickness with which one can move the body from one point to another.	20/30/50 MTS.
Endurance	The ability to aerobic exercise the body for a long time.	Cooper Test (12 MIN) / Beep Test(Level)/600/1000/1200/1600/
Flexibility	This test measures the flexibility of the lower back and hamstring muscles.	Sit and Reach Test

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