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**SMT.PARVATHAMMA SHAMANUR SHIVASHANKARAPPA  
ENG. MED.RESI SCHOOL, Tolahunase, Davangere  
DEPARTMENT OF PHYSICAL EDUCATION**

**MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24**

MARKS	GRADE VI AND VII BOYS & GRILS ATHLETICS PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {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	2:50.00
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

MARKS	GRADE VIII TO X BOYS & GRILS ATHLETICS PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	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

**NOTE: THESE REFERENCES ARE OUR COACHES REFERENCE ONLY.**

**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**

MARKS	GRADE VI TO VII BOYS & GRILS BADMINTON PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	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

MARKS	GRADE VIII TO X BOYS & GRILS BADMINTON PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	VERTICAL.JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	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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**MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24**

MARKS	GRADE VI TO VII BOYS & GRILS BASKETBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS	BOYS	GIRLS
5	40	30	30	11.0	15	10	7.3	7.7	4:40.00	2:45.00
4	35	25	25	11.3	10	8	7.4	8.0	4:50.00	2:55.00
3	30	20	20	11.6	8	6	7.6	8.3	5:00.00	3:05.00
2	25	15	11.3	11.9	6	3	7.9	8.6	5:10.00	3:15.00
1	20	08	11.7	12.2	3	1	8.3	8.9	5:20.00	3:25.00

MARKS	GRADE VIII TO X BOYS & GRILS BASKETBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	VERTICAL JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	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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**MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24**

MARKS	GRADE VI TO VII BOYS & GRILS CRICKET PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		30 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	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

MARKS	GRADE VIII TO X BOYS & GRILS CRICKET PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	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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MARKS	GRADE VI TO VII BOYS & GRILS FOOTBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		30 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	BOYS	GIRLS	BOYS	GIRLS	BOYS	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	6.5
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

MARKS	GRADE VIII TO X BOYS & GRILS FOOTBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	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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MARKS	GRADE I TO III BOYS & GRILS FMS PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		SPEED		STRENGTH		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 4 {TIMING IN SEC}		20 MTS TIMING IN {SEC}.		NA		NA	
	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	----	----	----	----

MARKS	GRADE IV TO V BOYS & GRILS FMS PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	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}	
	BOYS	GIRLS	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**

MARKS	GRADE VI TO VII BOYS & GRILS HANDBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {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

MARKS	GRADE VIII TO X BOYS & GRILS HANDBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	BOYS	GIRLS	BOYS	GIRLS	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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MARKS	GRADE VI TO VII BOYS & GRILS HOCKEY PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B . JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	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	8.3	6.9
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	8.0	6..5
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

MARKS	GRADE VIII TO X BOYS & GRILS HOCKEY PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B . JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		COOPER TEST -12 min In most	
	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	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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MARKS	GRADE VI TO VII BOYS & GRILS KABBADDI PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B . JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {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

MARKS	GRADE VIII TO X BOYS & GRILS KABBADDI PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B . JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	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	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**

MARKS	GRADE VI TO VII BOYS & GRILS KHO-KHO PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	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	8.3	6.9
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	8.0	6.5
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

MARKS	GRADE VIII TO X BOYS & GRILS KHO-KHO PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST. (LEVEL)	
	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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**MONTHLY PHYSICAL FITNESS TEST NORMS, 2023-24**

MARKS	GRADE VI TO VII BOYS & GRILS LAWN TINNES PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	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

MARKS	GRADE VIII TO X BOYS & GRILS LAWN TINNES PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	VERTICAL JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	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**

MARKS	GRADE VI TO VII BOYS & GRILS TABLE TINNES PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		30 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {MINTS}	
	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

MARKS	GRADE VIII TO X BOYS & GRILS TABLE TINNES PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	VERTICAL JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	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**

MARKS	GRADE VI TO VII BOYS & GRILS VOLLEYBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {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

MARKS	GRADE VIII TO X BOYS & GRILS VOLLEYBALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	VERTICAL.JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	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**

MARKS	GRADE VI TO VII BOYS & GRILS THROW BALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	Vertical. JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000/600 MTS TIMING {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

MARKS	GRADE VIII TO X BOYS & GRILS THROW BALL PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	VERTICAL JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		BEEP TEST {LEVEL}	
	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**

MARKS	GRADE VI TO VII BOYS & GRILS SWIMMING PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B . JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1000 MTRS SWIMMING	
	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. MIN	25. MIN
4	1.72	1.52	10.7	11.3	10	8	7.4	8.0	20. MIN	28. MIN
3	1.65	1.46	11.0	11.6	8	6	7.6	8.3	22. MIN	30. MIN
2	1.58	1.39	11.3	11.9	6	3	7.9	8.6	24. MIN	32. MIN
1	1.51	1.29	11.7	12.2	3	1	8.3	8.9	26. MIN	34. MIN

MARKS	GRADE VIII TO X BOYS & GRILS SWIMMING PHYSICAL FITNESS COMPONENTS									
	MUSCULAR POWER		AGILITY		STRENGTH		SPEED		ENDURANCE	
	STANDING. B . JUMP [DISTANCE IN CM]		SHUTTLE RUN 10X 6 {TIMING IN SEC}		PUSH-UPS {NUMBERS} MODIFIED PUSH-UPS FOR GIRLS		50 MTS TIMING IN {SEC}.		1500 MTRS SWIMMING	
	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:**

<b>COMPONENTS</b>	<b>DEFINITION</b>	<b>TEST</b>
Power (explosive)	The combination of Strength and Speed, (To Measure 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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