

CONNECTICUT PHYSICAL FITNESS TEST

Health and Challenge Standards

The Health Level

Students who perform at this level demonstrate a healthy level of fitness-related skills for their age. Generally, students who score in this range engage in physical activities two or more times each week and may be at a reduced risk for certain injuries and diseases that are related to a sedentary lifestyle. The Health Level for each task is considered to be a challenging, yet attainable, standard for most students.

The Challenge Level

Students who perform at this level demonstrate exceptional fitness-related skills for their age. Generally, students who score in this range engage in rigorous physical activities several times per week and may be at a reduced risk for certain injuries and diseases that are related to a sedentary lifestyle. Students who perform in this range may be motivated to achieve and maintain a high level of fitness.

BOYS

Age	Mile Walk/Run		Sit and Reach		Right-Angle Push-Up		Curl-Up		*BMI
	Health	Challenge	Health	Challenge	Health	Challenge	Health	Challenge	Health Range
8	10:10	8:30	25	33	08	20	18	42	13.4-20.5
9	09:45	8:15	25	33	09	21	20	45	13.7-21.4
10	09:30	8:00	25	33	10	22	22	48	14.0-22.5
11	09:15	7:30	25	33	11	23	25	51	14.0-23.7
12	09:00	7:15	25	33	12	24	28	55	14.8-24.1
13	08:30	7:00	25	33	13	25	30	59	15.4-24.7
14	08:00	6:45	25	34	15	26	32	63	16.1-25.4
15	07:30	6:30	26	36	16	27	34	66	16.6-26.4
16	07:30	6:15	26	38	17	28	36	70	17.2-26.8
17	07:30	6:15	26	38	18	29	36	70	17.7-27.5
18	07:30	6:15	26	38	18	30	36	70	17.7-27.5

GIRLS

Age	Mile Walk/Run		Sit and Reach		Right-Angle Push-Up		Curl-Up		*BMI
	Health	Challenge	Health	Challenge	Health	Challenge	Health	Challenge	Health Range
8	11:15	9:30	26	36	6	16	18	40	13.2-20.7
9	11:00	9:15	26	36	7	17	20	43	13.5-21.4
10	10:45	9:00	26	37	7	17	22	46	13.8-22.5
11	10:30	8:45	26	37	8	17	24	49	14.1-23.2
12	10:15	8:30	26	38	8	17	26	52	14.7-24.2
13	10:00	8:15	27	39	8	18	28	55	15.5-25.3
14	10:00	8:00	27	41	9	18	30	58	16.2-25.3
15	10:00	8:00	27	43	9	19	32	60	16.6-26.5
16	09:45	8:00	27	43	9	19	34	60	16.8-26.5
17	09:45	8:00	27	43	9	20	34	60	17.1-26.9
18	09:45	8:00	27	43	9	20	34	60	17.1-26.9

* Age is based on how old the student is when they begin the battery of tests.

** The BMI standards were adopted from the President's Challenge, 1997.