

HMS Fitness Rubrics - Girls

HMS Mile-Run Fitness Rubric

10 Possible Points	6th Grade	Seventh Grade	Eighth Grade
10	8:30-or faster	8:00 or faster	7:30 or faster
9	8:31-9:15	8:01-8:45	7:31 - 8:15
8	9:16-9:45	8:46-9:30	8:16-9:05
7	9:46-10:29	9:31-10:14	9:06-9:59
6	over 10:30	over 10:15	over 10:00

HMS Shuttle-Run Fitness Rubric

10 Possible Points	6th Grade	Seventh Grade	Eighth Grade
10	10.49 or faster	10.39 or faster	10.19 or faster
9	10.5-10.59	10.4-10.49	10.2-10.29
8	10.6-10.69	10.5-10.59	10.3-10.39
7	10.7-10.79	10.6-10.69	10.4-10.49
6	over 10.8	over 10.7	over 10.5

HMS Push-Up Fitness Rubric

10 Possible Points	6th Grade	Seventh Grade	Eighth Grade
10	28 or more	30 or more	31 or more
9	22-27	24-29	25-30
8	16-21	18-23	19-24
7	15-10	12-17	13-18
6	9 or less	11 or less	12 or less

HMS Fitness Rubrics

HMS Sit-Ups Fitness Rubric

<i>10 Possible Points</i>	<i>6th Grade</i>	<i>Seventh Grade</i>	<i>Eighth Grade</i>
10	48 or more	53 or more	58 or more
9	38-47	43-52	48-57
8	34-37	39-42	44-47
7	30-33	35-38	40-43
6	less than 30	less than 35	less than 40

