

<b>Grade</b>	<b>Pts</b>
<b>Excellent</b>	<b>25</b>
<b>Good</b>	<b>20</b>
<b>Average</b>	<b>15</b>
<b>Poor</b>	<b>10</b>
<b>Unsatisfactory</b>	<b>0</b>

<b>SPRINT TEST</b>			
<b>30m</b>			
<b>Year 7</b>		<b>Repeater at Year 6</b>	
<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
less than 5.01s	less than 5.21s	less than 4.86s	less than 5.06s
5.01s - 5.20s	5.21s - 5.40s	4.86s - 5.05s	5.06s - 5.25s
5.21s - 5.50s	5.41s - 5.70s	5.06s - 5.35s	5.26s - 5.55s
5.51s - 5.90s	5.71s - 6.00s	5.36s - 5.55s	5.56s - 5.75s
5.91s or more	6.01s or more	5.56s or more	5.76s or more

<b>Grade</b>	<b>Pts</b>
<b>Excellent</b>	<b>25</b>
<b>Good</b>	<b>20</b>
<b>Average</b>	<b>15</b>
<b>Poor</b>	<b>10</b>
<b>Unsatisfactory</b>	<b>0</b>

<b>JUMP TEST</b>			
<b>Counter Movement Jump</b>			
<b>Year 7</b>		<b>Repeater at Year 6</b>	
<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
30.1cm or more	29.1cm or more	31.1cm or more	30.1cm or more
26.1-30cm	25.1-29cm	27.1-31cm	26.1-30cm
23.1-26cm	22.1-25cm	24.1-27cm	22.1-26cm
21.1-23cm	19.1-22cm	22.1-24cm	19.1-22cm
21cm or less	19cm or less	22cm or less	19cm or less

<b>Grade</b>	<b>Pts</b>
<b>Excellent</b>	<b>25</b>
<b>Good</b>	<b>20</b>
<b>Average</b>	<b>15</b>
<b>Poor</b>	<b>10</b>
<b>Unsatisfactory</b>	<b>0</b>

<b>ENDURANCE TEST</b>			
<b>1km</b>			
<b>Year 7</b>		<b>Repeater at Year 6</b>	
<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
Less than 4'01"	Less than 4'21"	Less than 3'51"	Less than 4'11"
4'01" - 4'30"	4'21" - 4'50"	3'51" - 4'21"	4'11" - 4'41"
4'31" - 5'00"	4'51" - 5'20"	4'22" - 4'52"	4'42" - 5'12"
5'01" - 5'30"	5'21" - 5'50"	4'53" - 5'23"	5'13" - 5'43"
5'31" or more	5'51" or more	5'24" or more	5'44" or more

<b>Grade</b>	<b>Pts</b>
<b>Excellent</b>	<b>25</b>
<b>Good</b>	<b>20</b>
<b>Average</b>	<b>15</b>
<b>Poor</b>	<b>10</b>
<b>Unsatisfactory</b>	<b>0</b>

<b>FLEXIBILITY TEST</b>			
<b>Sit &amp; Reach</b>			
<b>Year 7</b>		<b>Repeater at Year 6</b>	
<b>Male</b>	<b>Female</b>	<b>Male</b>	<b>Female</b>
10.1 to 15cm	24.1-29cm	10.1 to 15cm	25.1-30cm
5.1 to 10cm	19.1-24 cm	5.1 to 10cm	20.1-25cm
0.1to 5 cm	14.1-19 cm	0.1to 5 cm	15.1 -20cm
-4 to 0 cm	9-14 cm	-4 to 0 cm	10-15cm
-4.1cm or less	-8.9cm or less	-4.1cm or less	-9.9cm or less