

	15 times	15 times	20 times	22 times	23 times	25 times	
11	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 22 times	> 22 times to 23 times	> 23 times to 24 times	> 24 times to 26 times	> 26 times
12	> 14 times to 16 times	> 16 times to 16 times	> 16 times to 22 times	> 22 times to 24 times	> 24 times to 25 times	> 25 times to 27 times	> 27 times
13	> 14 times to 18 times	> 18 times to 18 times	> 18 times to 23 times	> 23 times to 24 times	> 24 times to 26 times	> 26 times to 28 times	> 28 times
14	> 15 times to 19 times	> 19 times to 19 times	> 19 times to 24 times	> 24 times to 25 times	> 25 times to 27 times	> 27 times to 29 times	> 29 times
15	> 17 times to 20 times	> 20 times to 20 times	> 20 times to 25 times	> 25 times to 26 times	> 26 times to 28 times	> 28 times to 30 times	> 30 times
16	> 18 times to 20 times	> 20 times to 20 times	> 20 times to 26 times	> 26 times to 27 times	> 27 times to 29 times	> 29 times to 30 times	> 30 times
17	> 18 times to 22 times	> 22 times to 22 times	> 22 times to 27 times	> 27 times to 28 times	> 28 times to 29 times	> 29 times to 31 times	> 31 times
18	> 18 times to 21 times	> 21 times to 21 times	> 21 times to 28 times	> 28 times to 29 times	> 29 times to 30 times	> 30 times to 31 times	> 31 times

7.8 Abdominal/Core strength - Partial Curl-up for Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	> 9 times to 13 times	> 13 times to 13 times	> 13 times to 18 times	> 18 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times
10	> 10 times to 14 times	> 14 times to 14 times	> 14 times to 19 times	> 19 times to 20 times	> 20 times to 22 times	> 22 times to 24 times	> 24 times
11	> 11 times to 15 times	> 15 times to 15 times	> 15 times to 20 times	> 20 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times
12	> 12 times to 15 times	> 15 times to 15 times	> 15 times to 20 times	> 20 times to 21 times	> 21 times to 23 times	> 23 times to 24 times	> 24 times
13	> 12 times to 15 times	> 15 times to 15 times	> 15 times to 20 times	> 20 times to 21 times	> 21 times to 23 times	> 23 times to 24 times	> 24 times
14	> 12 times to 16 times	> 16 times to 16 times	> 16 times to 20 times	> 20 times to 21 times	> 21 times to 23 times	> 23 times to 24 times	> 24 times
15	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
16	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
17	> 13 times to 17 times	> 17 times to 17 times	> 17 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
18	> 14 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times to 25 times	> 25 times

7.9 Muscular Endurance - Push-ups for Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	> 4 times to	> 5 times to	> 6 times to	> 7 times to	> 8 times to	> 9 times to	> 10 times