

	5 times	6 times	7 times	8 times	9 times	10 times	
10	> 5 times to 6 times	> 6 times to 7 times	> 7 times to 8 times	> 8 times to 9 times	> 9 times to 10 times	> 10 times to 11 times	> 11 times
11	> 6 times to 7 times	> 7 times to 8 times	> 8 times to 9 times	> 9 times to 10 times	> 10 times to 11 times	> 11 times to 13 times	> 13 times
12	> 7 times to 8 times	> 8 times to 9 times	> 9 times to 10 times	> 10 times to 11 times	> 11 times to 13 times	> 13 times to 15 times	> 15 times
13	> 8 times to 9 times	> 9 times to 10 times	> 10 times to 11 times	> 11 times to 13 times	> 13 times to 15 times	> 15 times to 16 times	> 16 times
14	> 9 times to 10 times	> 10 times to 11 times	> 11 times to 13 times	> 13 times to 15 times	> 15 times to 16 times	> 16 times to 17 times	> 17 times
15	> 13 times to 15 times	> 15 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times
16	> 15 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times to 33 times	> 33 times
17	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times to 33 times	> 33 times to 37 times	> 37 times
18	> 19 times to 21 times	> 21 times to 23 times	> 23 times to 28 times	> 28 times to 33 times	> 33 times to 37 times	> 37 times to 43 times	> 43 times

7.10 Muscular Endurance - Modified Push-ups for Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	> 3 times to 4 times	> 4 times to 6 times	> 6 times to 7 times	> 7 times to 7 times	> 7 times to 8 times	> 8 times to 8 times	> 8 times
10	> 4 times to 6 times	> 6 times to 7 times	> 7 times to 7 times	> 7 times to 8 times	> 8 times to 8 times	> 8 times to 9 times	> 9 times
11	> 6 times to 7 times	> 7 times to 7 times	> 7 times to 8 times	> 8 times to 8 times	> 8 times to 9 times	> 9 times to 10 times	> 10 times
12	> 7 times to 7 times	> 7 times to 8 times	> 8 times to 8 times	> 8 times to 9 times	> 9 times to 10 times	> 10 times to 12 times	> 12 times
13	> 7 times to 8 times	> 8 times to 8 times	> 8 times to 9 times	> 9 times to 10 times	> 10 times to 12 times	> 12 times to 14 times	> 14 times
14	> 10 times to 11 times	> 11 times to 13 times	> 13 times to 15 times	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times
15	> 11 times to 13 times	> 13 times to 15 times	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times
16	> 13 times to 15 times	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 22 times	> 22 times
17	> 15 times to 16 times	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times
18	> 16 times to 17 times	> 17 times to 19 times	> 19 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times to 27 times	> 27 times

7.11 Flexibility Test - Sit and Reach for Boys (9-18 years)

Age	L1 (Work	L2 (Must	L3 (Can do	L4 (Good)	L5 (Very	L6 (Athletic)	L7 (Sports
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