

## 7.13 Cardiovascular Endurance - 600 m Run/Walk - Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	< 03 m 30 s 0 ms to 03 m 24 s 600 ms	< 03 m 24 s 600 ms to 03 m 20 s 400 ms	< 03 m 20 s 400 ms to 03 m 17 s 400 ms	< 03 m 17 s 400 ms to 03 m 16 s 200 ms	< 03 m 16 s 200 ms to 03 m 15 s 600 ms	< 03 m 15 s 600 ms to 03 m 15 s 0 ms	< 03 m 15 s 0 ms
10	< 03 m 33 s 600 ms to 03 m 28 s 800 ms	< 03 m 28 s 800 ms to 03 m 22 s 200 ms	< 03 m 22 s 200 ms to 03 m 17 s 400 ms	< 03 m 17 s 400 ms to 03 m 15 s 0 ms	< 03 m 15 s 0 ms to 03 m 12 s 600 ms	< 03 m 12 s 600 ms to 03 m 12 s 0 ms	< 03 m 12 s 0 ms
11	< 03 m 27 s 600 ms to 03 m 22 s 800 ms	< 03 m 22 s 800 ms to 03 m 16 s 200 ms	< 03 m 16 s 200 ms to 03 m 11 s 400 ms	< 03 m 11 s 400 ms to 03 m 09 s 0 ms	< 03 m 09 s 0 ms to 03 m 06 s 600 ms	< 03 m 06 s 600 ms to 03 m 06 s 0 ms	< 03 m 06 s 0 ms
12	< 03 m 06 s 0 ms to 03 m 06 s 0 ms	< 03 m 06 s 0 ms to 02 m 52 s 200 ms	< 02 m 52 s 200 ms to 02 m 43 s 200 ms	< 02 m 43 s 200 ms to 02 m 39 s 0 ms	< 02 m 39 s 0 ms to 02 m 31 s 200 ms	< 02 m 31 s 200 ms to 02 m 30 s 600 ms	< 02 m 30 s 600 ms
13	< 02 m 18 s 0 ms to 02 m 14 s 400 ms	< 02 m 14 s 400 ms to 02 m 08 s 400 ms	< 02 m 08 s 400 ms to 02 m 04 s 800 ms	< 02 m 04 s 800 ms to 02 m 03 s 0 ms	< 02 m 03 s 0 ms to 02 m 00 s 600 ms	< 02 m 00 s 600 ms to 02 m 00 s 0 ms	< 02 m 00 s 0 ms
14	< 02 m 06 s 0 ms to 02 m 08 s 400 ms	< 02 m 08 s 400 ms to 01 m 33 s 600 ms	< 01 m 33 s 600 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms
15	< 02 m 00 s 0 ms to 01 m 34 s 800 ms	< 01 m 34 s 800 ms to 01 m 33 s 0 ms	< 01 m 33 s 0 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms
16	< 01 m 34 s 800 ms to 01 m 34 s 200 ms	< 01 m 34 s 200 ms to 01 m 32 s 400 ms	< 01 m 32 s 400 ms to 01 m 31 s 200 ms	< 01 m 31 s 200 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms to 01 m 31 s 200 ms	< 01 m 31 s 200 ms to 01 m 30 s 600 ms	< 01 m 30 s 600 ms
17	< 01 m 33 s 600 ms to 01 m 33 s 0 ms	< 01 m 33 s 0 ms to 01 m 31 s 200 ms	< 01 m 31 s 200 ms to 01 m 30 s 0 ms	< 01 m 30 s 0 ms to 01 m 29 s 400 ms	< 01 m 29 s 400 ms to 01 m 30 s 0 ms	< 01 m 30 s 0 ms to 01 m 29 s 400 ms	< 01 m 29 s 400 ms
18	< 01 m 32 s 400 ms to 01 m 31 s 800 ms	< 01 m 31 s 800 ms to 01 m 29 s 400 ms	< 01 m 29 s 400 ms to 01 m 27 s 0 ms	< 01 m 27 s 0 ms to 01 m 25 s 200 ms	< 01 m 25 s 200 ms to 01 m 27 s 0 ms	< 01 m 27 s 0 ms to 01 m 25 s 200 ms	< 01 m 25 s 200 ms

## 7.14 Cardiovascular Endurance - 600 m Run/Walk - Girls

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