

|   |  |  |  |  |  |  |                    |
|---|--|--|--|--|--|--|--------------------|
|   | 250 ms to 00 m 19 s 290 ms             | 290 ms to 00 m 16 s 700 ms             | 700 ms to 00 m 15 s 60 ms              | 60 ms to 00 m 14 s 340 ms              | 340 ms to 00 m 13 s 600 ms             | 600 ms to 00 m 12 s 720 ms             | 720 ms             |
| 6 | < 00 m 22 s 350 ms to 00 m 17 s 770 ms | < 00 m 17 s 770 ms to 00 m 15 s 640 ms | < 00 m 15 s 640 ms to 00 m 14 s 250 ms | < 00 m 14 s 250 ms to 00 m 13 s 620 ms | < 00 m 13 s 620 ms to 00 m 12 s 970 ms | < 00 m 12 s 970 ms to 00 m 12 s 190 ms | < 00 m 12 s 190 ms |
| 7 | < 00 m 19 s 930 ms to 00 m 16 s 380 ms | < 00 m 16 s 380 ms to 00 m 14 s 630 ms | < 00 m 14 s 630 ms to 00 m 13 s 450 ms | < 00 m 13 s 450 ms to 00 m 12 s 910 ms | < 00 m 12 s 910 ms to 00 m 12 s 350 ms | < 00 m 12 s 350 ms to 00 m 11 s 660 ms | < 00 m 11 s 660 ms |
| 8 | < 00 m 18 s 410 ms to 00 m 15 s 530 ms | < 00 m 15 s 530 ms to 00 m 14 s 40 ms  | < 00 m 14 s 40 ms to 00 m 13 s 10 ms   | < 00 m 13 s 10 ms to 00 m 12 s 530 ms  | < 00 m 12 s 530 ms to 00 m 12 s 30 ms  | < 00 m 12 s 30 ms to 00 m 11 s 410 ms  | < 00 m 11 s 410 ms |

## 7.4 Balance Test - Flamingo Balance Test Boys

| Age | L1 (Work Harder)       | L2 (Must Improve)      | L3 (Can do Better)     | L4 (Good)             | L5 (Very Good)       | L6 (Athletic)        | L7 (Sports Fit) |
|-----|------------------------|------------------------|------------------------|-----------------------|----------------------|----------------------|-----------------|
| 5   | < 24 times to 18 times | < 18 times to 13 times | < 13 times to 10 times | < 10 times to 9 times | < 9 times to 7 times | < 7 times to 5 times | < 5 times       |
| 6   | < 25 times to 18 times | < 18 times to 14 times | < 14 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 5 times | < 5 times       |
| 7   | < 26 times to 18 times | < 18 times to 14 times | < 14 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 4 times | < 4 times       |
| 8   | < 26 times to 18 times | < 18 times to 14 times | < 14 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 5 times | < 5 times       |

## 7.5 Balance Test - Flamingo Balance Test Girls

| Age | L1 (Work Harder)       | L2 (Must Improve)      | L3 (Can do Better)     | L4 (Good)             | L5 (Very Good)       | L6 (Athletic)        | L7 (Sports Fit) |
|-----|------------------------|------------------------|------------------------|-----------------------|----------------------|----------------------|-----------------|
| 5   | < 23 times to 17 times | < 17 times to 13 times | < 13 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 5 times | < 5 times       |
| 6   | < 23 times to 17 times | < 17 times to 13 times | < 13 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 5 times | < 5 times       |
| 7   | < 23 times to 17 times | < 17 times to 13 times | < 13 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 5 times | < 5 times       |
| 8   | < 24 times to 17 times | < 17 times to 13 times | < 13 times to 10 times | < 10 times to 8 times | < 8 times to 7 times | < 7 times to 5 times | < 5 times       |

## 7.6 Abdominal/Core strength - Partial Curl-up for Boys

| 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 20 times | > 20 times to 21 times | > 21 times to 23 times | > 23 times      |
| 10  | > 11 times to         | > 15 times to          | > 15 times to          | > 20 times to          | > 22 times to          | > 23 times to          | > 25 times      |