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

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

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

7.9 Muscular Endurance - Push-ups for Boys

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