	5 times	6 times	7 times	8 times	9 times	10 times	
	> 5 times to	> 6 times to	> 7 times to	> 8 times to	> 9 times to	> 10 times to	
10	6 times	7 times	8 times	9 times	10 times	11 times	> 11 times
	> 6 times to	> 7 times to	> 8 times to	> 9 times to	> 10 times to	> 11 times to	
11	7 times	8 times	9 times	10 times	11 times	13 times	> 13 times
	> 7 times to	> 8 times to	> 9 times to	> 10 times to	> 11 times to	> 13 times to	
12	8 times	9 times	10 times	11 times	13 times	15 times	> 15 times
	> 8 times to	> 9 times to	> 10 times to	> 11 times to	> 13 times to	> 15 times to	
13	9 times	10 times	11 times	13 times	15 times	16 times	> 16 times
	> 9 times to	> 10 times to	> 11 times to	> 13 times to	> 15 times to	> 16 times to	
14	10 times	11 times	13 times	15 times	16 times	17 times	> 17 times
	> 13 times to	> 15 times to	> 17 times to	> 19 times to	> 21 times to	> 23 times to	
15	15 times	17 times	19 times	21 times	23 times	28 times	> 28 times
	> 15 times to	> 17 times to	> 19 times to	> 21 times to	> 23 times to	> 28 times to	
16	17 times	19 times	21 times	23 times	28 times	33 times	> 33 times
	> 17 times to	> 19 times to	> 21 times to	> 23 times to	> 28 times to	> 33 times to	
17	19 times	21 times	23 times	28 times	33 times	37 times	> 37 times
	> 19 times to	> 21 times to	> 23 times to	> 28 times to	> 33 times to	> 37 times to	
18	21 times	23 times	28 times	33 times	37 times	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)
	> 3 times to	> 4 times to	> 6 times to	> 7 times to	> 7 times to	> 8 times to	
9	4 times	6 times	7 times	7 times	8 times	8 times	> 8 times
	> 4 times to	> 6 times to	> 7 times to	> 7 times to	> 8 times to	> 8 times to	
10	6 times	7 times	7 times	8 times	8 times	9 times	> 9 times
	> 6 times to	> 7 times to	> 7 times to	> 8 times to	> 8 times to	> 9 times to	
11	7 times	7 times	8 times	8 times	9 times	10 times	> 10 times
	> 7 times to	> 7 times to	> 8 times to	> 8 times to	> 9 times to	> 10 times to	
12	7 times	8 times	8 times	9 times	10 times	12 times	> 12 times
	> 7 times to	> 8 times to	> 8 times to	> 9 times to	> 10 times to	> 12 times to	
13	8 times	8 times	9 times	10 times	12 times	14 times	> 14 times
	> 10 times to	> 11 times to	> 13 times to	> 15 times to	> 16 times to	> 17 times to	
14	11 times	13 times	15 times	16 times	17 times	19 times	> 19 times
	> 11 times to	> 13 times to	> 15 times to	> 16 times to	> 17 times to	> 19 times to	
15	13 times	15 times	16 times	17 times	19 times	21 times	> 21 times
	> 13 times to	> 15 times to	> 16 times to	> 17 times to	> 19 times to	> 21 times to	
16	15 times	16 times	17 times	19 times	21 times	22 times	> 22 times
	> 15 times to	> 16 times to	> 17 times to	> 19 times to	> 21 times to	> 22 times to	
17	16 times	17 times	19 times	21 times	22 times	24 times	> 24 times
	> 16 times to	> 17 times to	> 19 times to	> 21 times to	> 22 times to	> 24 times to	
18	17 times	19 times	21 times	22 times	24 times	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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