



7. Benchmarks for Fitness Tests

7.1 Description of Fitness Indicators

	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
Level	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6	Level 7
Score	2 Points	4 Points	6 Points	7 Points	8 Points	9 Points	10 Points

The following Khelo India Battery of Fitness Assessment Tests and the Benchmark Levels were finalised by an Expert Committee set up by the Ministry of Youth Affairs and Sports.

The following benchmarks are the baseline reference point for current Academic Year (2020-21). At the end of the Academic Year, the Fitness benchmarks will be generated based on the fitness assessment being done in school across India.

For the purpose of current year's reference point, the following benchmarks are to be used:

7.2 Coordination Test - Plate Tapping for Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
5	< 00 m 25 s 250 ms to 00 m 19 s 290 ms	< 00 m 19 s 290 ms to 00 m 16 s 700 ms	< 00 m 16 s 700 ms to 00 m 15 s 60 ms	< 00 m 15 s 60 ms to 00 m 14 s 340 ms	< 00 m 14 s 340 ms to 00 m 13 s 600 ms	< 00 m 13 s 600 ms to 00 m 12 s 720 ms	< 00 m 12 s 720 ms
6	< 00 m 21 s 550 ms to 00 m 18 s 190 ms	< 00 m 18 s 190 ms to 00 m 16 s 310 ms	< 00 m 16 s 310 ms to 00 m 14 s 970 ms	< 00 m 14 s 970 ms to 00 m 14 s 330 ms	< 00 m 14 s 330 ms to 00 m 13 s 650 ms	< 00 m 13 s 650 ms to 00 m 12 s 800 ms	< 00 m 12 s 800 ms
7	< 00 m 19 s 480 ms to 00 m 16 s 680 ms	< 00 m 16 s 680 ms to 00 m 15 s 70 ms	< 00 m 15 s 70 ms to 00 m 13 s 900 ms	< 00 m 13 s 900 ms to 00 m 13 s 350 ms	< 00 m 13 s 350 ms to 00 m 12 s 750 ms	< 00 m 12 s 750 ms to 00 m 12 s 0 ms	< 00 m 12 s 0 ms
8	< 00 m 17 s 310 ms to 00 m 15 s 510 ms	< 00 m 15 s 510 ms to 00 m 14 s 100 ms	< 00 m 14 s 100 ms to 00 m 13 s 70 ms	< 00 m 13 s 70 ms to 00 m 12 s 580 ms	< 00 m 12 s 580 ms to 00 m 12 s 50 ms	< 00 m 12 s 50 ms to 00 m 11 s 370 ms	< 00 m 11 s 370 ms

7.3 Coordination Test - Plate Tapping for Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
5	< 00 m 25 s	< 00 m 19 s	< 00 m 16 s	< 00 m 15 s	< 00 m 14 s	< 00 m 13 s	< 00 m 12 s

	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

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

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

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 19 times	> 19 times to 21 times	> 21 times to 23 times	> 23 times
10	> 10 times to 14 times	> 14 times to 14 times	> 14 times to 19 times	> 19 times to 20 times	> 20 times to 22 times	> 22 times to 24 times	> 24 times
11	> 11 times to 15 times	> 15 times to 15 times	> 15 times to 20 times	> 20 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times
12	> 12 times to 15 times	> 15 times to 15 times	> 15 times to 20 times	> 20 times to 21 times	> 21 times to 23 times	> 23 times to 24 times	> 24 times
13	> 12 times to 15 times	> 15 times to 15 times	> 15 times to 20 times	> 20 times to 21 times	> 21 times to 23 times	> 23 times to 24 times	> 24 times
14	> 12 times to 16 times	> 16 times to 16 times	> 16 times to 20 times	> 20 times to 21 times	> 21 times to 23 times	> 23 times to 24 times	> 24 times
15	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
16	> 13 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
17	> 13 times to 17 times	> 17 times to 17 times	> 17 times to 21 times	> 21 times to 22 times	> 22 times to 23 times	> 23 times to 25 times	> 25 times
18	> 14 times to 16 times	> 16 times to 16 times	> 16 times to 21 times	> 21 times to 22 times	> 22 times to 24 times	> 24 times to 25 times	> 25 times

7.9 Muscular Endurance - Push-ups for Boys

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

	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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	Harder)	Improve)	Better)		Good)		Fit)
9	> 6.00 cm to 10.70 cm	> 10.70 cm to 14.40 cm	> 14.40 cm to 17.60 cm	> 17.60 cm to 19.40 cm	> 19.40 cm to 21.40 cm	> 21.40 cm to 26.80 cm	> 26.80 cm
10	> 6.00 cm to 10.80 cm	> 10.80 cm to 14.40 cm	> 14.40 cm to 17.70 cm	> 17.70 cm to 19.40 cm	> 19.40 cm to 21.50 cm	> 21.50 cm to 26.90 cm	> 26.90 cm
11	> 6.00 cm to 10.80 cm	> 10.80 cm to 14.40 cm	> 14.40 cm to 17.70 cm	> 17.70 cm to 19.40 cm	> 19.40 cm to 21.50 cm	> 21.50 cm to 26.90 cm	> 26.90 cm
12	> 6.00 cm to 10.80 cm	> 10.80 cm to 14.50 cm	> 14.50 cm to 17.80 cm	> 17.80 cm to 19.60 cm	> 19.60 cm to 21.70 cm	> 21.70 cm to 27.10 cm	> 27.10 cm
13	> 6.10 cm to 11.10 cm	> 11.10 cm to 14.80 cm	> 14.80 cm to 18.20 cm	> 18.20 cm to 20.00 cm	> 20.00 cm to 22.20 cm	> 22.20 cm to 27.70 cm	> 27.70 cm
14	> 6.70 cm to 12.10 cm	> 12.10 cm to 16.20 cm	> 16.20 cm to 19.90 cm	> 19.90 cm to 21.90 cm	> 21.90 cm to 24.20 cm	> 24.20 cm to 30.30 cm	> 30.30 cm
15	> 7.70 cm to 13.70 cm	> 13.70 cm to 18.30 cm	> 18.30 cm to 22.40 cm	> 22.40 cm to 24.60 cm	> 24.60 cm to 27.20 cm	> 27.20 cm to 34.00 cm	> 34.00 cm
16	> 8.40 cm to 14.60 cm	> 14.60 cm to 19.30 cm	> 19.30 cm to 23.60 cm	> 23.60 cm to 25.90 cm	> 25.90 cm to 28.60 cm	> 28.60 cm to 35.60 cm	> 35.60 cm
17	> 9.10 cm to 15.50 cm	> 15.50 cm to 20.40 cm	> 20.40 cm to 24.80 cm	> 24.80 cm to 27.20 cm	> 27.20 cm to 30.00 cm	> 30.00 cm to 37.20 cm	> 37.20 cm
18	> 9.10 cm to 15.50 cm	> 15.50 cm to 19.30 cm	> 19.30 cm to 24.80 cm	> 24.80 cm to 27.30 cm	> 27.30 cm to 30.20 cm	> 30.20 cm to 37.40 cm	> 37.40 cm

7.12 Flexibility Test - Sit and Reach for Girls (9-18 years)

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	> 7.90 cm to 13.10 cm	> 13.10 cm to 16.90 cm	> 16.90 cm to 20.30 cm	> 20.30 cm to 22.10 cm	> 22.10 cm to 24.20 cm	> 24.20 cm to 29.60 cm	> 29.60 cm
10	> 8.50 cm to 13.70 cm	> 13.70 cm to 17.50 cm	> 17.50 cm to 20.90 cm	> 20.90 cm to 22.70 cm	> 22.70 cm to 24.80 cm	> 24.80 cm to 30.10 cm	> 30.10 cm
11	> 9.40 cm to 14.50 cm	> 14.50 cm to 18.40 cm	> 18.40 cm to 21.70 cm	> 21.70 cm to 23.50 cm	> 23.50 cm to 25.60 cm	> 25.60 cm to 31.00 cm	> 31.00 cm
12	> 10.60 cm to 15.80 cm	> 15.80 cm to 19.70 cm	> 19.70 cm to 23.10 cm	> 23.10 cm to 24.90 cm	> 24.90 cm to 27.10 cm	> 27.10 cm to 32.50 cm	> 32.50 cm
13	> 11.90 cm to 17.30 cm	> 17.30 cm to 21.30 cm	> 21.30 cm to 24.80 cm	> 24.80 cm to 26.70 cm	> 26.70 cm to 28.90 cm	> 28.90 cm to 34.40 cm	> 34.40 cm
14	> 13.10 cm to 18.60 cm	> 18.60 cm to 22.70 cm	> 22.70 cm to 26.30 cm	> 26.30 cm to 28.20 cm	> 28.20 cm to 30.40 cm	> 30.40 cm to 36.10 cm	> 36.10 cm
15	> 13.90 cm to 19.50 cm	> 19.50 cm to 23.60 cm	> 23.60 cm to 27.20 cm	> 27.20 cm to 29.10 cm	> 29.10 cm to 31.30 cm	> 31.30 cm to 37.00 cm	> 37.00 cm
16	> 14.40 cm to 20.00 cm	> 20.00 cm to 24.10 cm	> 24.10 cm to 27.60 cm	> 27.60 cm to 29.50 cm	> 29.50 cm to 31.80 cm	> 31.80 cm to 37.50 cm	> 37.50 cm
17	> 14.70 cm to 20.30 cm	> 20.30 cm to 24.40 cm	> 24.40 cm to 27.90 cm	> 27.90 cm to 29.80 cm	> 29.80 cm to 32.10 cm	> 32.10 cm to 37.80 cm	> 37.80 cm
18	> 14.90 cm to 20.70 cm	> 20.70 cm to 24.70 cm	> 24.70 cm to 28.20 cm	> 28.20 cm to 30.00 cm	> 30.00 cm to 32.30 cm	> 32.30 cm to 38.00 cm	> 38.00 cm

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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9	< 04 m 15 s 0 ms to 04 m 06 s 600 ms	< 04 m 06 s 600 ms to 03 m 54 s 600 ms	< 03 m 54 s 600 ms to 03 m 45 s 600 ms	< 03 m 45 s 600 ms to 03 m 41 s 400 ms	< 03 m 41 s 400 ms to 03 m 36 s 0 ms	< 03 m 36 s 0 ms to 03 m 35 s 400 ms	< 03 m 35 s 400 ms
10	< 04 m 06 s 0 ms to 03 m 57 s 0 ms	< 03 m 57 s 0 ms to 03 m 44 s 400 ms	< 03 m 44 s 400 ms to 03 m 34 s 800 ms	< 03 m 34 s 800 ms to 03 m 30 s 600 ms	< 03 m 30 s 600 ms to 03 m 24 s 600 ms	< 03 m 24 s 600 ms to 03 m 24 s 0 ms	< 03 m 24 s 0 ms
11	< 04 m 00 s 600 ms to 03 m 51 s 600 ms	< 03 m 51 s 600 ms to 03 m 38 s 400 ms	< 03 m 38 s 400 ms to 03 m 28 s 800 ms	< 03 m 28 s 800 ms to 03 m 24 s 600 ms	< 03 m 24 s 600 ms to 03 m 18 s 600 ms	< 03 m 18 s 600 ms to 03 m 18 s 0 ms	< 03 m 18 s 0 ms
12	< 03 m 30 s 0 ms to 03 m 24 s 0 ms	< 03 m 24 s 0 ms to 03 m 14 s 400 ms	< 03 m 14 s 400 ms to 03 m 07 s 800 ms	< 03 m 07 s 800 ms to 03 m 04 s 800 ms	< 03 m 04 s 800 ms to 03 m 00 s 600 ms	< 03 m 00 s 600 ms to 03 m 00 s 0 ms	< 03 m 00 s 0 ms
13	< 03 m 00 s 0 ms to 02 m 49 s 800 ms	< 02 m 49 s 800 ms to 02 m 34 s 800 ms	< 02 m 34 s 800 ms to 02 m 24 s 0 ms	< 02 m 24 s 0 ms to 02 m 19 s 200 ms	< 02 m 19 s 200 ms to 02 m 12 s 600 ms	< 02 m 12 s 600 ms to 02 m 12 s 0 ms	< 02 m 12 s 0 ms
14	< 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 04 s 800 ms	< 02 m 04 s 800 ms to 02 m 03 s 0 ms	< 02 m 03 s 0 ms
15	< 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
16	< 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
17	< 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
18	< 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

7.15 Speed Test - 50 m Dash - Boys

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	< 00 m 10 s 800 ms to 00 m 10 s 300	< 00 m 10 s 300 ms to 00 m 09 s 800	< 00 m 09 s 800 ms to 00 m 09 s 300	< 00 m 09 s 300 ms to 00 m 09 s 100	< 00 m 09 s 100 ms to 00 m 09 s 0 ms	< 00 m 09 s 0 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms

	ms	ms	ms	ms			
10	< 00 m 10 s 400 ms to 00 m 10 s 0 ms	< 00 m 10 s 0 ms to 00 m 09 s 500 ms	< 00 m 09 s 500 ms to 00 m 09 s 100 ms	< 00 m 09 s 100 ms to 00 m 08 s 900 ms	< 00 m 08 s 900 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms
11	< 00 m 10 s 100 ms to 00 m 09 s 700 ms	< 00 m 09 s 700 ms to 00 m 09 s 200 ms	< 00 m 09 s 200 ms to 00 m 08 s 800 ms	< 00 m 08 s 800 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms
12	< 00 m 09 s 800 ms to 00 m 09 s 400 ms	< 00 m 09 s 400 ms to 00 m 08 s 900 ms	< 00 m 08 s 900 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms
13	< 00 m 09 s 400 ms to 00 m 09 s 100 ms	< 00 m 09 s 100 ms to 00 m 08 s 700 ms	< 00 m 08 s 700 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms
14	< 00 m 09 s 100 ms to 00 m 08 s 900 ms	< 00 m 08 s 900 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms
15	< 00 m 08 s 900 ms to 00 m 08 s 700 ms	< 00 m 08 s 700 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 07 s 400 ms	< 00 m 07 s 400 ms
16	< 00 m 08 s 700 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 200 ms	< 00 m 07 s 200 ms to 00 m 07 s 200 ms	< 00 m 07 s 200 ms
17	< 00 m 08 s 500 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 100 ms	< 00 m 07 s 100 ms to 00 m 07 s 100 ms	< 00 m 07 s 100 ms
18	< 00 m 08 s 300 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 07 s 0 ms	< 00 m 07 s 0 ms to 00 m 07 s 0 ms	< 00 m 07 s 0 ms

7.16 Speed Test - 50 m Dash - Girls

Age	L1 (Work Harder)	L2 (Must Improve)	L3 (Can do Better)	L4 (Good)	L5 (Very Good)	L6 (Athletic)	L7 (Sports Fit)
9	< 00 m 11 s 100 ms to 00 m 10 s 600 ms	< 00 m 10 s 600 ms to 00 m 09 s 900 ms	< 00 m 09 s 900 ms to 00 m 09 s 500 ms	< 00 m 09 s 500 ms to 00 m 09 s 300 ms	< 00 m 09 s 300 ms to 00 m 09 s 100 ms	< 00 m 09 s 100 ms to 00 m 08 s 800 ms	< 00 m 08 s 800 ms
10	< 00 m 10 s	< 00 m 10 s	< 00 m 09 s	< 00 m 09 s	< 00 m 09 s	< 00 m 08 s	< 00 m 08 s

	700 ms to 00 m 10 s 200 ms	200 ms to 00 m 09 s 700 ms	700 ms to 00 m 09 s 300 ms	300 ms to 00 m 09 s 100 ms	100 ms to 00 m 08 s 800 ms	800 ms to 00 m 08 s 500 ms	500 ms
11	< 00 m 10 s 300 ms to 00 m 09 s 500 ms	< 00 m 09 s 500 ms to 00 m 09 s 0 ms	< 00 m 09 s 0 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms to 00 m 08 s 400 ms	< 00 m 08 s 400 ms to 00 m 08 s 500 ms	< 00 m 08 s 500 ms to 00 m 08 s 300 ms	< 00 m 08 s 300 ms
12	< 00 m 10 s 0 ms to 00 m 09 s 500 ms	< 00 m 09 s 500 ms to 00 m 09 s 0 ms	< 00 m 09 s 0 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms to 00 m 08 s 400 ms	< 00 m 08 s 400 ms to 00 m 08 s 200 ms	< 00 m 08 s 200 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms
13	< 00 m 09 s 500 ms to 00 m 09 s 200 ms	< 00 m 09 s 200 ms to 00 m 08 s 800 ms	< 00 m 08 s 800 ms to 00 m 08 s 400 ms	< 00 m 08 s 400 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms to 00 m 08 s 0 ms	< 00 m 08 s 0 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms
14	< 00 m 09 s 200 ms to 00 m 09 s 0 ms	< 00 m 09 s 0 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms to 00 m 07 s 900 ms	< 00 m 07 s 900 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms
15	< 00 m 09 s 0 ms to 00 m 08 s 800 ms	< 00 m 08 s 800 ms to 00 m 08 s 400 ms	< 00 m 08 s 400 ms to 00 m 07 s 900 ms	< 00 m 07 s 900 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 700 ms	< 00 m 07 s 700 ms to 00 m 07 s 400 ms	< 00 m 07 s 400 ms
16	< 00 m 08 s 800 ms to 00 m 08 s 600 ms	< 00 m 08 s 600 ms to 00 m 08 s 100 ms	< 00 m 08 s 100 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 400 ms	< 00 m 07 s 400 ms to 00 m 07 s 500 ms	< 00 m 07 s 500 ms to 00 m 07 s 200 ms	< 00 m 07 s 200 ms
17	< 00 m 08 s 600 ms to 00 m 08 s 400 ms	< 00 m 08 s 400 ms to 00 m 07 s 900 ms	< 00 m 07 s 900 ms to 00 m 07 s 400 ms	< 00 m 07 s 400 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 07 s 400 ms	< 00 m 07 s 400 ms to 00 m 07 s 0 ms	< 00 m 07 s 0 ms
18	< 00 m 08 s 0 ms to 00 m 07 s 800 ms	< 00 m 07 s 800 ms to 00 m 07 s 600 ms	< 00 m 07 s 600 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 07 s 100 ms	< 00 m 07 s 100 ms to 00 m 07 s 300 ms	< 00 m 07 s 300 ms to 00 m 06 s 800 ms	< 00 m 06 s 800 ms

7.17 Body Mass Index

Age	Gender	Underweight	Normal	Overweight	Obese
5	Female	13.4	15.2	17	18.8
5	Male	13.8	15.4	17	18.4
6	Female	13.4	15.2	17	18.8
6	Male	13.8	15.4	17	18.4
7	Female	13.4	15.4	17.6	19.6
7	Male	13.8	15.4	17.4	19.2
8	Female	13.6	15.8	18.2	20.6
8	Male	13.8	15.8	18	20
9	Female	13.8	16.2	19	21.6
9	Male	14	16.2	18.6	21
10	Female	14	16.8	19.8	23
10	Male	14.2	16.6	19.4	22
11	Female	14.4	17.4	20.8	24
11	Male	14.6	17.2	20.2	23.2
12	Female	14.8	18	21.8	25
12	Male	15	17.8	21	24.2
13	Female	15.2	18.6	22.6	26.2
13	Male	15.4	18.4	21.8	25.2
14	Female	15.8	19.2	23.4	27.2
14	Male	16	19.2	22.6	26
15	Female	16.2	19.8	24	28
15	Male	16.6	19.8	23.4	26.8
16	Female	16.8	20.4	24.6	28.8
16	Male	17.2	20.6	24.2	27.6
17	Female	17.2	21	25.2	29.6
17	Male	17.8	21.2	25	28.2
18	Female	17.6	21.2	25.6	30.1
18	Male	18.4	21.8	25.6	29



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