|  |  |  |
| --- | --- | --- |
| **Grade Scale** | **Score** | **Rubric** |
| **A** | **25 pts** | **100** |
| **A** | **24 pts** | **96** |
| **A** | **23 pts** | **93** |
| **B** | **22 pts** | **88** |
| **C** | **20 pts** | **84** |
| **C** | **19 pts** | **80** |
| **C** | **18 pts** | **76** |
| **D** | **17 pts** | **72** |
| **F** | **16 pts** | **68** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Mile | Push-Ups | Sit-Ups | Sit&Reach | Shuttle Run |
| Time/Quantity |  |  |  |  |  |
| Points |  |  |  |  |  |
| Total Points |  |

Name:

Teacher:

Period:

|  |
| --- |
| Girls |
| **Activity** | **5 pts** | **4 pts** | **3 pts** | **2 pts** | **1 pt** |
| Mile Run/Walk | 10 min | 11-12 min | 12-13 min | 14 min | 15+ min |
| Shuttle Run | 10 sec | 11-12 sec | 12-13 sec | 13-14 sec | 15+ sec |
| Push Ups | 15 | 13 | 10 | 7 | 5 |
| Sit Ups/Crunch | 25 | 20 | 15 | 10 | 5 |
| Sit and Reach | 21-30 cm | 11-20 cm | 1-10 cm | (-7)-0 cm | (-15)-(-8) cm |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Mile | Push-Ups | Sit-Ups | Sit&Reach | Shuttle Run |
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