

TEST BATTERY FOR PHYSICAL AND HEALTH EDUCATION

NORMS FOR GENERAL FITNESS TEST FOR BOYS & GIRLS OF SECONDARY AND HIGHER SECONDARY SCHOOLS

Points	Push-Ups (Bent Knee for Girls) Nos. of Repetition In 1 min.		Sit-Ups Nos. of Repetition In 1 min.		Standing Broad Jump (in mts.)		Shuttle Run (4x10m) (in sec.)	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
10	45	35	45	40	2.5	2.0	9.50	10.50
9	40	30	40	35	2.2	1.80	9.80	11.00
8	38	28	38	30	2.0	1.60	10.00	11.50
7	35	25	35	27	1.80	1.50	10.50	12.00
6	30	20	30	24	1.70	1.40	11.00	12.50
5	25	18	25	21	1.60	1.30	11.50	13.00
4	20	15	20	18	1.50	1.20	12.00	13.50
3	15	12	18	15	1.40	1.00	12.50	14.00
2	12	10	15	12	1.30	0.80	13.00	14.50
1	10	8	10	10	1.20	0.60	13.50	15.00

Grades will be awarded as follows:

- A Grade - 81% and above out of the total points scored
- B Grade - 61% - 80% of the total points scored
- C Grade - 41% - 60% of the total points scored
- D Grade - 21% - 40% of the total points scored
- E Grade - 20% and below out of the total points scored