

## EduSports Fitness Assessment Parameters Std 2 to Std 5



	Grades				
	A	B	C	D	E
<b>Std 2 (Female)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5.8	5.8 to 6.4	6.401 to 7.4	7.401 to 8	>8
Speed_sec	<6.599	6.599 to 7.40	7.40 to 8.30	8.30 to 9.20	>9.20
Standing_broad_jump_m	>1.2101	1.10 to 1.210	0.90 to 1.10	0.65 to 0.90	<0.65
Medicine_ball_throw_m	>3.501	3.0 to 3.501	2.5 to 3.0	2.0 to 2.5	<2.0
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 2 (Male)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5.6	5.601 to 6.2	6.201 to 7	7.001 to 7.6	>7.6
Speed_sec	<6.249	6.249 to 7.0	7.0 to 7.9	7.9 to 9.2	>9.2
Standing_broad_jump_m	>1.301	1.18 to 1.301	1.0 to 1.18	0.75 to 1.0	<0.75
Medicine_ball_throw_m	>4.01	3.5 to 4.01	2.65 to 3.5	2.0 to 2.65	<2.0
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 3 (Female)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5.5	5.501 to 6.2	6.201 to 7	7.001 to 7.5	>7.5
Speed_sec	<6.399	6.399 to 7.1	7.1 to 8.0	8.0 to 9.1	>9.1
Standing_broad_jump_m	>1.301	1.2 to 1.301	1.09 to 1.2	0.75 to 1.09	<0.75
Medicine_ball_throw_m	>4.101	3.5 to 4.101	2.75 to 3.5	2.3 to 2.75	<2.3
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 3 (Male)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5.4	5.4 to 6	6.001 to 6.8	6.801 to 7.4	>7.4
Speed_sec	<6.099	6.099 to 6.8	6.8 to 7.6	7.6 to 9.0	>9.0
Standing_broad_jump_m	>1.4301	1.30 to 1.430	1.1 to 1.30	0.85 to 1.1	<0.85
Medicine_ball_throw_m	>4.7501	4.18 to 4.750	3.25 to 4.18	2.65 to 3.25	<2.65
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 4 (Female)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5.2	5.2 to 6	6.001 to 6.8	6.801 to 7.4	>7.4
Speed_sec	<5.999	5.999 to 6.6	6.6 to 7.4	7.4 to 8.4	>8.4
Sit_Ups_30sec	>21	16 to 21	10 to 16	4 to 10	<4
Standing_broad_jump_m	>1.401	1.3 to 1.401	1.1 to 1.30	0.85 to 1.1	<0.85
Medicine_ball_throw_m	>4.501	4.0 to 4.501	3.2 to 4.0	2.4 to 3.2	<2.4
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 4 (Male)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5	5 to 5.6	5.601 to 6.4	6.401 to 7	>7
Speed_sec	<5.7999	5.7999 to 6.3	6.3 to 7.0	7.0 to 8.3	>8.3
Sit_Ups_30sec	>24	19 to 24	12 to 19	5 to 12	<5
Standing_broad_jump_m	>1.5501	1.4 to 1.5501	1.2 to 1.4	0.95 to 1.2	<0.95
Medicine_ball_throw_m	>5.501	4.8 to 5.501	3.9 to 4.8	3.2 to 3.9	<3.2
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14

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Academic Year 2014\_2015**

**EduSports Fitness Assessment Parameters  
Std 2 to Std 5**



	Grades				
	A	B	C	D	E
<b>Std 5 (Female)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<5	5 to 5.6	5.601 to 6.4	6.401 to 7	>7
Speed_sec	<5.799	5.799 to 6.3	6.3 to 7.0	7.0 to 8.3	>8.3
Sit_Ups_30sec	>23	18 to 23	12 to 18	6 to 12	<6
Standing_broad_jump_m	>1.4801	1.35 to 1.480	1.12 to 1.35	0.9 to 1.12	<0.9
Medicine_ball_throw_m	>5.301	4.6 to 5.301	3.7 to 4.6	2.8 to 3.7	<2.8
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 5 (Male)</b>					
Endurance_5min_mins_sec	4.00 to 5.00	3.00 to 4.00	2.00 to 3.00	1.00 to 2.00	0.00 to 1.00
Endurance_600mts_mins_sec	<4.8	4.8 to 5.4	5.401 to 6	6.001 to 6.8	>6.8
Speed_sec	<5.499	5.499 to 6.0	6.0 to 6.5	6.5 to 7.8	>7.8
Sit_Ups_30sec	>26	23 to 26	15 to 23	8 to 15	<8
Standing_broad_jump_m	>1.6501	1.48 to 1.650	1.25 to 1.48	1.0 to 1.25	<1.0
Medicine_ball_throw_m	>6.2501	5.5 to 6.2501	4.5 to 5.5	3.4 to 4.5	<3.4
Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14

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**Edusports Fitness Assessment Parameters  
Std 6 to Std 12**



	Grades				
	A	B	C	D	E
<b>Std 6 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<4	4 to 4.6	4.601 to 5.4	5.401 to 6	>6
HA_Speed_sec	<6.3	6.3 to 6.9	6.9 to 7.3	7.3 to 7.9	>7.9
HA_Sit_Ups_1min	>31	26 to 31	16 to 26	10 to 16	<10
HA_Standing_broad_jump_m	>1.701	1.5 to 1.701	1.2 to 1.5	1.0 to 1.2	<1.0
HA_Medicine_ball_throw_m	>4.1	3.1 to 4.1	2.5 to 3.1	1.7 to 2.5	<1.7
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 6 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3.8	3.8 to 4.4	4.401 to 5.2	5.201 to 5.8	>5.8
HA_Speed_sec	<6.2	6.2 to 6.5	6.5 to 6.9	6.9 to 7.4	>7.4
HA_Sit_Ups_1min	>36	30 to 36	20 to 30	14 to 20	<14
HA_Standing_broad_jump_m	>1.801	1.6 to 1.801	1.34 to 1.6	1.1 to 1.34	<1.1
HA_Medicine_ball_throw_m	>4.5	3.6 to 4.5	2.6 to 3.6	2.1 to 2.6	<2.1
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 7 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3.8	3.8 to 4.4	4.401 to 5.2	5.201 to 5.8	>5.8
HA_Speed_sec	<6.3	6.3 to 6.9	6.9 to 7.3	7.3 to 7.8	>7.8
HA_Sit_Ups_1min	>34	29 to 34	23 to 29	12 to 23	<12
HA_Standing_broad_jump_m	>1.801	1.6 to 1.801	1.34 to 1.6	1.1 to 1.34	<1.1
HA_Medicine_ball_throw_m	>4.55	3.6 to 4.55	2.9 to 3.6	2.4 to 3.6	<2.4
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 7 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	3.5	3.5 to 4.1	4.101 to 4.8	4.801 to 5.4	>5.4
HA_Speed_sec	<6.2	6.2 to 6.5	6.5 to 6.9	6.9 to 7.4	>7.4
HA_Sit_Ups_1min	>41	33 to 41	22 to 33	15 to 22	<15
HA_Standing_broad_jump_m	>1.901	1.7 to 1.901	1.45 to 1.7	1.2 to 1.45	<1.2
HA_Medicine_ball_throw_m	>5.4	4.2 to 5.4	3.4 to 4.2	2.8 to 3.4	<2.8
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 8 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	3.5	3.5 to 4.1	4.101 to 4.8	4.801 to 5.4	>5.4
HA_Speed_sec	<6.3	6.3 to 6.7	6.7 to 7.0	7.0 to 7.6	>7.6
HA_Sit_Ups_1min	>34	29 to 34	23 to 29	12 to 23	<12
HA_Standing_broad_jump_m	>1.801	1.6 to 1.801	1.35 to 1.6	1.1 to 1.35	<1.1
HA_Medicine_ball_throw_m	>5	3.9 to 5	3.2 to 3.9	2.8 to 3.2	<2.8
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 8 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3.2	3.2 to 3.8	3.801 to 4.6	4.601 to 5.2	>5.2
HA_Speed_sec	<6.0	6.0 to 6.5	6.5 to 6.9	6.9 to 7.4	>7.4
HA_Sit_Ups_1min	>40.01	33 to 40.01	22 to 33	15 to 22	<15
HA_Standing_broad_jump_m	>1.901	1.7 to 1.901	1.45 to 1.7	1.2 to 1.45	<1.2
HA_Medicine_ball_throw_m	>6.2	4.9 to 6.2	3.7 to 4.9	3.2 to 3.7	<3.2
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14

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**Edusports Fitness Assessment Parameters  
Std 6 to Std 12**



	Grades				
	A	B	C	D	E
<b>Std 9 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3.2	3.2 to 3.8	3.801 to 4.6	4.601 to 5.4	>5.4
HA_Speed_sec	<6.2	6.2 to 6.7	6.7 to 7.1	7.1 to 7.6	>7.6
HA_Sit_Ups_1min	>39	33 to 39	26 to 33	14 to 26	<14
HA_Standing_broad_jump_m	>1.901	1.7 to 1.901	1.4 to 1.7	1.2 to 1.4	<1.2
HA_Medicine_ball_throw_m	>4.8	4.0 to 4.8	3.3 to 4.0	3.1 to 3.3	<3.1
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 9 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3	3 to 3.8	3.801 to 4.6	4.601 to 5.2	>5.2
HA_Speed_sec	<5.9	5.9 to 6.3	6.3 to 6.7	6.7 to 7.0	>7.0
HA_Sit_Ups_1min	>46	36 to 46	25 to 36	17 to 25	<17
HA_Standing_broad_jump_m	>2.01	1.8 to 2.01	1.55 to 1.8	1.3 to 1.55	<1.3
HA_Medicine_ball_throw_m	>7.0	5.6 to 7.0	4.2 to 5.6	3.6 to 4.2	<3.6
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 10 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3.2	3.2 to 3.8	3.801 to 4.7	4.701 to 5.3	>5.3
HA_Speed_sec	<6.2	6.2 to 6.7	6.7 to 7.1	7.1 to 7.6	>7.6
HA_Sit_Ups_1min	>39	33 to 39	26 to 33	14 to 26	<14
HA_Standing_broad_jump_m	>1.901	1.7 to 1.901	1.4 to 1.7	1.2 to 1.4	<1.2
HA_Medicine_ball_throw_m	>5.0	4.0 to 5.0	3.4 to 4.0	3.0 to 3.4	<3.0
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 10 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	2.8	2.8 to 3.6	3.601 to 4.4	4.401 to 5	>5
HA_Speed_sec	<5.8	5.8 to 6.1	6.1 to 6.6	6.6 to 7.0	>7.0
HA_Sit_Ups_1min	>46	36 to 46	25 to 36	17 to 25	<17
HA_Standing_broad_jump_m	>2.01	1.8 to 2.01	1.55 to 1.8	1.3 to 1.55	<1.3
HA_Medicine_ball_throw_m	>7.7	6.3 to 7.7	4.8 to 6.3	4.0 to 4.8	<4.0
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 11 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3	3 to 3.8	3.801 to 4.6	4.601 to 5.2	>5.2
HA_Speed_sec	<6.1	6.1 to 6.9	6.9 to 7.3	7.3 to 7.7	>7.7
HA_Sit_Ups_1min	>40.01	36 to 40.01	26 to 36	15 to 26	<15
HA_Standing_broad_jump_m	>2.01	1.8 to 2.01	1.55 to 1.8	1.3 to 1.55	<1.3
HA_Medicine_ball_throw_m	>5.2	4.2 to 5.2	3.6 to 4.2	3.2 to 3.6	<3.2
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 11 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<2.6	2.6 to 3.4	3.401 to 4.2	4.201 to 4.8	>4.8
HA_Speed_sec	<5.6	5.6 to 6.1	6.1 to 6.6	6.6 to 7.0	>7.0
HA_Sit_Ups_1min	>49	40 to 49	28 to 40	19 to 28	<19
HA_Standing_broad_jump_m	>2.101	1.9 to 2.101	1.65 to 1.9	1.4 to 1.65	<1.4
HA_Medicine_ball_throw_m	>8.5	7.0 to 8.5	5.3 to 7.0	4.5 to 5.3	<4.5
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14

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**Edusports Fitness Assessment Parameters  
Std 6 to Std 12**



	Grades				
	A	B	C	D	E
<b>Std 12 (Female)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<3	3 to 3.8	3.801 to 4.6	4.601 to 5.2	>5.2
HA_Speed_sec	<6.1	6.1 to 6.9	6.9 to 7.3	7.3 to 7.7	>7.7
HA_Sit_Ups_1min	>40	36 to 40	26 to 36	15 to 26	<15
HA_Standing_broad_jump_m	>2.01	1.8 to 2.01	1.55 to 1.8	1.3 to 1.55	<1.3
HA_Medicine_ball_throw_m	>5.5	4.4 to 5.5	3.8 to 4.4	3.5 to 3.8	<3.5
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
<b>Std 12 (Male)</b>					
HA_Endurance_10min_mins_sec	8.00 to 10.00	6.00 to 8.00	4.00 to 6.00	2.00 to 4.00	0.00 to 2.00
HA_Endurance_600mts_mins_sec	<2.6	2.6 to 3.4	3.401 to 4.2	4.201 to 4.8	>4.8
HA_Speed_sec	<5.5	5.5 to 5.9	5.9 to 6.3	6.3 to 6.8	>6.8
HA_Sit_Ups_1min	>49	40 to 49	28 to 40	19 to 28	<19
HA_Standing_broad_jump_m	>2.101	1.9 to 2.101	1.65 to 1.9	1.4 to 1.65	<1.4
HA_Medicine_ball_throw_m	>9.4	7.7 to 9.4	5.8 to 7.7	5.0 to 5.8	<5.0
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14

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