

EduSports Fitness Assessment Parameters Std 2 to Std 5



	Grades				
	A	B	C	D	E
Std 2 (Female)					
Beep_Test_Laps_Count	>22	16 to 22	12 to 16	8 to 12	<8
Speed_sec	<6.59	6.59 to 7.40	7.40 to 8.30	8.30 to 9.20	>9.20
Standing_broad_jump_m	>1.21	1.10 to 1.21	0.90 to 1.10	0.65 to 0.90	<0.65
Medicine_ball_throw_m	>3.50	3.0 to 3.50	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
Std 2 (Male)					
Beep_Test_Laps_Count	>22	16 to 22	12 to 16	8 to 12	<8
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
Std 3 (Female)					
Beep_Test_Laps_Count	>24	18 to 24	13 to 18	8 to 13	<8
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	>4.10	3.5 to 4.10	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
Std 3 (Male)					
Beep_Test_Laps_Count	>24	18 to 24	13 to 18	8 to 13	<8
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 1.4301	1.1 to 1.30	0.85 to 1.1	<0.85
Medicine_ball_throw_m	>4.75	4.18 to 4.75	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
Std 4 (Female)					
Beep_Test_Laps_Count	>28	23 to 28	16 to 23	9 to 16	<9
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 4.50	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
Std 4 (Male)					
Beep_Test_Laps_Count	>28	23 to 28	16 to 23	9 to 16	<9
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	>5.50	4.8 to 5.50	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
Std 5 (Female)					
Beep_Test_Laps_Count	>28	22 to 28	16 to 22	10 to 16	<10
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 1.4801	1.12 to 1.35	0.9 to 1.12	<0.9
Medicine_ball_throw_m	>5.30	4.6 to 5.30	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
Std 5 (Male)					
Beep_Test_Laps_Count	>30	26 to 30	19 to 26	10 to 19	<10
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 1.6501	1.25 to 1.48	1.0 to 1.25	<1.0
Medicine_ball_throw_m	>6.25	5.5 to 6.25	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

**Note: The values which overlap across two grades belong to the higher grade
Academic Year 2016_2017**

Edusports Fitness Assessment Parameters Std 6 to Std 12



	Grades				
	A	B	C	D	E
Std 6 (Female)					
Beep_Test_Laps_Count	>30	24 to 30	18 to 24	10 to 18	<10
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
Std 6 (Male)					
Beep_Test_Laps_Count	>34	28 to 34	20 to 28	12 to 20	<12
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
Std 7 (Female)					
Beep_Test_Laps_Count	>32	26 to 32	20 to 26	14 to 20	<14
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 2.9	<2.4
HA_Sit_reach_cm	>28	23 to 28	18 to 23	14 to 18	<14
Std 7 (Male)					
Beep_Test_Laps_Count	>40	32 to 40	26 to 32	18 to 26	<18
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
Std 8 (Female)					
Beep_Test_Laps_Count	>34	28 to 34	22 to 28	18 to 22	<18
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
Std 8 (Male)					
Beep_Test_Laps_Count	>46	38 to 46	30 to 38	22 to 30	<22
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	33 to 40	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
Std 9 (Female)					
Beep_Test_Laps_Count	>36	28 to 36	22 to 28	18 to 22	<18
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
Std 9 (Male)					
Beep_Test_Laps_Count	>48	40 to 48	32 to 40	24 to 32	<24
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

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Academic Year 2016_2017**

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



	Grades				
	A	B	C	D	E
Std 10 (Female)					
Beep_Test_Laps_Count	>38	30 to 38	26 to 30	20 to 26	<20
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
Std 10 (Male)					
Beep_Test_Laps_Count	>52	44 to 52	36 to 44	28 to 36	<28
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
Std 11 (Female)					
Beep_Test_Laps_Count	>40	34 to 40	28 to 34	22 to 28	<22
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	>5.2	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
Std 11 (Male)					
Beep_Test_Laps_Count	>56	46 to 56	38 to 46	30 to 38	<30
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
Std 12 (Female)					
Beep_Test_Laps_Count	>40	34 to 40	28 to 34	22 to 28	<22
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
Std 12 (Male)					
Beep_Test_Laps_Count	>60	48 to 60	40 to 48	30 to 40	<30
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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