

The “Third Generation” Connecticut Physical Fitness Assessment emphasizes the importance of physical fitness as a component of Connecticut’s overall educational program goals. It is expected that by the end of grade 12 students will recognize the importance of and choose to participate regularly in physical activities designed to maintain and enhance healthy lifestyles. The Connecticut Physical Fitness Assessment is evidence of a commitment to the physical development of Connecticut’s students, as well as a commitment to focusing on outcomes and specific performance objectives. Physical fitness should be a result of the balance of activities that are provided in the PE Programs at school and continued by the family and in other community activities. This assessment should be a part of the ongoing process of helping children understand and improve and maintain their physical health and well-being.

**Connecticut State Standards
For Health Related
Fitness Zone**

	3 rd Grade	4 th Grade	5 th Grade	6 th Grade	7 th Grade	8 th Grade
Mile Run						
Time:	Boys: 9:30-12:00	9:00-11:30	8:30-11:00	8:00-10:30	7:30-10:00	7:00-9:00
	Girls: 9:30-12:30	9:30-12:30	9:00-12:00	9:00-12:00	9:00-11:30	8:30-11:00
(In minutes/seconds)						
Sit & Reach:	Boys: 8	8	8	8	8	8
	Girls: 9	9	10	10	10	10
(Measured in cm past the feet)						
Sit Ups:	Boys: 9	12	12	15	18	21
	Girls: 9	12	12	15	18	18
(Hands on floor/ Slide to heels)						
Push Ups:	Boys: 6	7	8	10	12	14
	Girls: 6	7	7	7	7	7
(90% angle)						