Push Up Test

(chin must touch eraser)



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|  | 6th Grade | 7th Grade | 8th Grade |
| A-100% | 20 or more | 25 or more | 30 or more |
| A-95% | 18-19 | 21-24 | 28-29 |
| A-90% | 15-17 | 18-20 | 25-27 |
| B-85% | 13-14 | 15-17 | 21-24 |
| B-80% | 11-12 | 14 | 15-20 |
| C-75% | 9-10 | 11-13 | 11-14 |
| C-70% | 7-8 | 7-10 | 7-10 |
| D-65% | 5-6 | 5-6 | 5-6 |
| D-60% | 3-4 | 3-4 | 3-4 |
| F-55% | 1-2 | 1-2 | 1-2 |
| F-50% | 0 with effort | 0 with effort | 0 with effort |
| F-0% | No Effort | No Effort | No Effort |