

RCS FITNESS REQUIREMENTS

6th Grade

Males:

Sit-Ups = 37

Push-Ups = 18

Flexibility = 25cm

Run/Jog = 15 minutes

Females:

Sit-Ups = 32

Push-Ups = 10

Flexibility = 29cm

Run/Jog = 15 minutes

7th Grade:

Males:

Sit-Ups = 40

Push-Ups = 24

Flexibility = 26cm

Run/Jog = 20 minutes

Females:

Sit-Ups = 35

Push-Ups = 11

Flexibility = 30cm

Run/Jog = 20 minutes

8th Grade:

Males:

Sit-Ups = 45

Push-Ups = 24

Flexibility = 28cm

Run/Jog = 25 minutes

Females:

Sit-Ups = 40

Push-Ups = 11

Flexibility = 31cm

Run/Jog = 25 minutes