CANYON LAKE MIDDLE SCHOOL PHYSICAL EDUCATION STANDARDS

6th Grade Boys

	6	7	8	9	10
Mile	13:00-12:01	12:00-10:01	10:00-8:01	8:00-7:01	≤7:00
Pacer	25-29	30-44	45-59	60-74	75+
Curl-up	10-14	15-19	20-24	24-29	30+
Push-Up	2-5	6-10	11-15	16-19	20+

6th Grade Girls

	6	7	8	9	10
Mile	13:00-12:01	12:00-10:01	10:00-8:01	8:00-7:01	≤7:00
Pacer	25-29	30-39	40-49	50-59	60+
Curl-up	10-14	15-19	20-24	24-29	30+
Push-Up	1-4	5-7	8-11	12-14	15+

7th Grade Boys

	6	7	8	9	10
Mile	13:00-12:01	12:00-10:01	10:00-8:01	8:00-7:01	≤7:00
Pacer	25-29	30-44	45-59	60-74	75+
Curl-up	15-20	21-30	31-35	36-40	41+
Push-Up	5-9	10-14	15-19	19-24	25+

7th Grade Girls

	6	7	8	9	10
Mile	13:00-12:01	12:00-10:01	10:00-8:01	8:00-7:01	≤7:00
Pacer	25-29	30-39	40-49	50-59	60+
Curl-up	15-20	21-30	31-35	36-40	41+
Push-Up	1-4	5-7	8-11	12-14	15+

8th Grade Boys

	6	7	8	9	10
Mile	13:00-12:01	12:00-10:01	10:00-8:01	8:00-7:01	≤7:00
Pacer	25-29	30-44	45-59	60-74	75+
Curl-up	15-20	21-35	36-40	41-45	46+
Push-Up	10-15	16-20	21-25	26-29	30+

8th Grade Girls

	6	7	8	9	10
Mile	13:00-12:01	12:00-10:01	10:00-8:01	8:00-7:01	≤7:00
Pacer	25-29	30-39	40-49	50-59	60+
Curl-up	15-20	21-35	36-40	41-45	46+
Push-Up	1-4	5-7	8-11	12-14	15+