



**Acton-Boxborough Regional School
District**

16 Charter Road
Acton, MA 01720



Physical Education Department

Listed down below are the results of your child's individual's fitness scores in comparison with age group and the national and state standards. These are a series of fitness tests that were conducted this year. The goal of the Physical Education Department is to educate and help all students improve their fitness level but most importantly enjoy physical fitness and activities.

Children learn to reduce the risks of developing acute and chronic back pain through proper stretching and daily exercises. Children receive a long-term benefit from daily activities by reducing their risk for obesity, heart disease, cancer, diabetes, osteoporosis, and other chronic diseases.

The charts are listed in the back of this paper.

Name: _____ **Grade:** _____ **Teacher:** _____

If you have any questions, please free to contact your child's Physical Education teacher.
wchan@abschools.org

Fitness Summary:

Test	Fall	Spring
PACER		
1/2 Mile Run/Walk		
Curl Up		
Push Up		
Shuttle Run		



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Fitness Test Key Summary

PACER Test

Healthy Zone Laps	Boys	Girls
Grade 4	23-61	15-41
Grade 5	23-72	15-41
Grade 6	32-72	23-41

One-Mile Run: Gender, Age, and Time:

1 mile= 1609.344 meters

**½ mile=20 meter= 40.24 laps –Scores are derived from this conversion
(PACER Test) 20 meters= 80.47 laps**

Male/Time: (Minutes)

Age: 10-11:30
Age: 11-11:00
Age: 12-10:30
Age: 13-10:00

Female/Time:(Minutes)

Age: 10 -12:30
Age: 11- 12:00
Age: 12- 12:00
Age: 13- 11:30

Curl Up Test

Healthy Zone	Boys	Girls
Grade 4	12-24	12-29
Grade 5	15-28	15-29
Grade 6	18-36	18-32

Push Up Test

	Boys	Girls
Grade 4	5-15	4-13
Grade 5	7-20	6-15
Grade 6	8-20	7-15

Shuttle Run Test (Seconds)

	Boys	Girls
Grade 4-6	4	4