

FITNESSGRAM SKILLS RUBRIC

Skills	Exceeded the HFZ Level 4 pts	Reached the HFZ Level 3 pts	Approaching the HFZ Level 2 pts	Fitness Improvement Needed Level 1 pt	No Effort Skill Level 0 pts = Inc.
Timed Mile/Pacer Test	Student exceeded the HFZ for their age and gender by one PACER level. Aerobic endurance is within an optimal healthy range.	Student reached the HFZ for their age and gender. Aerobic endurance is within a healthy range.	Did not complete either the first two PACER levels and/or scored below the HFZ. Aerobic endurance is below average.	Did not complete the first PACER Level. Scored below the HFZ. Aerobic endurance is at a low level.	No Effort
Flex-Arm Hang	Student exceeded the HFZ for their age and gender	Student reached the HFZ for their age and gender.	Student was unable to reach the HFZ for their age and gender	Student was unable to follow the performance guidelines set for this assessment.	No Effort
Curl-Ups	Student exceeded the HFZ for their age and gender by 10 or more curl-ups. Core abdominal muscular strength is within an optimal healthy range.	Student reached the HFZ for their age and gender. Core abdominal muscular strength is within a healthy range.	Student performed more than 15 curl-ups but did not reach the HFZ. Core abdominal muscular strength is below average.	Student performed less than 15 curl-ups. Core abdominal muscular strength is at a low level and needs improvement.	No Effort
Trunk Lift	Student exceeded the HFZ for their age and gender	Student reached the HFZ for their age and gender.	Student was unable to reach the HFZ for their age and gender	Student was unable to follow the performance guidelines set for this assessment.	No Effort
Sit and Reach Assessment (Left)	Student exceeded the HFZ for their age and gender. Flexibility is within an optimal healthy range.	Student reached the HFZ for their age and gender. Flexibility is within a healthy range.	Student is able to reach the Sit and Reach box but unable to score in the HFZ. Flexibility is below average.	Student was unable to reach the Sit and Reach box. Flexibility is at a low level and needs improvement.	No Effort
Sit and Reach Assessment (Right)	Student exceeded the HFZ for their age and gender. Flexibility is within an optimal healthy range.	Student reached the HFZ for their age and gender. Flexibility is within a healthy range.	Student is able to reach the Sit and Reach box but unable to score in the HFZ. Flexibility is below average.	Student was unable to reach the Sit and Reach box. Flexibility is at a low level and needs improvement.	