

Upper Body Strength and Endurance

Push-ups

GIRLS PUSH UPS

AGE	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
	1	2	3	4	5	6	7	8	9	10	11	12
14	0	1-2	3-4	5-6	7-8	9-10	11-12	13-15	16-18	19-21	22-24	25+
15	0	1-2	3-4	5-6	7-8	9-10	11-12	13-15	16-18	19-21	22-24	25+
16	0	1-2	3-4	5-6	7-8	9-10	11-12	13-15	16-18	19-21	22-24	25+
17	0	1-2	3-4	5-6	7-8	9-10	11-12	13-15	16-18	19-21	22-24	25+
18	0	1-2	3-4	5-6	7-8	9-10	11-12	13-15	16-18	19-21	22-24	25+

BOYS PUSH UPS

AGE	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
	1	2	3	4	5	6	7	8	9	10	11	12
14	1-3	4-7	8-10	12-13	14-18	19-23	24-25	26-30	31-39	40-49	50-59	60+
15	1-4	5-8	9-12	13-15	16-20	21-25	26-30	31-35	36-45	46-55	56-64	65+
16	1-5	6-9	10-14	15-17	18-22	23-26	27-31	32-35	36-45	46-55	56-64	65+
17	1-5	6-9	10-14	15-17	18-22	23-26	27-31	32-35	36-45	46-55	56-64	65+
18	1-5	6-9	10-14	15-17	18-22	23-26	27-31	32-35	36-45	46-55	56-64	65+

Test Objective: To complete as many 90° push-ups as possible at a rhythmic pace.

Test Instructions: The students should be paired; one will perform the test while the other counts and watches to see that the student being tested bends the elbow to 90°. Student being tested assumes a prone position on a mat with hands placed under or slightly wider than shoulders, with fingers stretched out, legs straight, and toes tucked under. The student pushes up off the mat with arms until arms are straight, keeping the legs and back straight. Student then lowers the body using the arms until the elbow bends at a 90° angle, and the upper arms are parallel to the floor.

When to Stop: Students are stopped when the second form break/mistake is made.

Form Corrections/mistakes:

- *Stopping to rest or not maintaining a rhythmic pace
- *Not achieving a 90° angle with the elbow on each repetition
- *Not maintaining correct body position with a straight back
- *Not extending arms fully