

CARDIO-FITNESS GRADING RUBRIC

	Excellent	Very Good	Proficient	Less than Proficient
Cardio-Fitness	4	3	2	1
Mile	Boys 7:30 or faster; girls 9:00 or faster, and or improvement by 1:30-3:00 minutes.	Boys 7:31 - 9:30; girls 9:10 - 11:00, and or improvement by :30 - 1:29	Boys 9:31 - 11:00; girls 11:01 - 12:30, and or improvement by :29 - :01	Boys 11:01 - 15:00; girls 12:31 - 16:00
Peremeter	Boys 10:30 or faster, girls 11:00 or faster, and or improvement by 2:00 - 4:00 minutes.	Boys 10:31 - 12:30, girls 11:01-12:59, and or improvement by 1:59 - 1:00	Boys 12:31 - 13:59, girls 13:00 - 15:00, and or improvement by :59 - :01	Boys 14:00 - 16:00; girls 15:01 - 17:00
Intervals/sprint	5 or more consecutive full speed sprints with a jog recovery	4 or more full speed sprints with a jog or walk recovery	3 or more consecutive sprints with a walk recovery	2 or more consecutive sprints with a walk recovery
Jump Rope	5 basic tricks with 1 or less misses. 45 + rotations in a 20 sec. Speed jump	5 basic tricks with 3 or 2 misses. 35-44 rotations in a 20 sec. Speed jump.	5 basic tricks with 4 misses. 20-34 rotations in a 20 sec. Speed jump.	5 basic tricks with 5 misses. 10-19 rotations in a 20 sec. Speed jump.
Pacer	50 or more crosses	38-50 crosses	25-37 crosses	7-24 crosses
Any Event	most/best effort	good effort	some effort	Attempt