

POWER STANDARD 4: I Am Fit

Fitness Goals

Ranking	PACER (m)	Mile run (min)	Push-ups until failure	Sit-ups in 1 min	Sit-and-reach
Pup	40	Under 10	$\text{Age} \div 2$	25	8 in. (20 cm)
Yearling	50	Under 9	Age	50	10 in. (25 cm)
Wolf	80	Under 8	$\text{Age} + 2$	75	12 in. (30 cm)
Leader of the pack	100	Under 6	$\text{Age} \times 3$	100	14 in. (36 cm)

From G. Bert and L. Summers, 2013, *Meeting physical education standards through meaningful assessment* (Champaign, IL: Human Kinetics).