

Kennewick School District High School Physical Education Competency Test

Students must pass both portions of the test to obtain a one semester PE Waiver.

Part 1: Written Assessment – Concepts of Fitness and Health

Students must have a score of 70% or higher to pass; and

Part 2: Kennewick School District K-12 Fitness Test

Students must reach the “National Minimum Health Related Standard” in three (3) of the following four (4) tests:

Curl Ups

Pacer

Push Ups

Sit & Reach

Minimum Health Related Standards							
		AGE					
	Gender	13	14	15	16	17	18+
Curl ups	F	37	37	36	35	34	34
Curl ups	M	42	45	45	45	44	44
Pacer	F	23	23	23	32	41	41
Pacer	M	41	41	51	61	61	61
Push ups	F	7	7	7	7	7	7
Push ups	M	10	12	14	16	18	18
Sit and Reach	F	9.5	9.5	9.5	9.5	9.5	9.5
Sit and Reach	M	8.5	8.5	8.5	8.5	8.5	8.5