

Sports Development Authority of Tamil Nadu Norms for Std. VI Girls

Speed (50 Mts. Run) in Seconds	Endurance (600 Mts.) in Minutes	Strength (Shot Put) in Metres	Explosive Power (Long Jump) in Metres	Agility (6x10m) Shuttle Run in Secs.	Marks allotted
8.9 Sec. & below	3:00.0 Min. & below	3.32 Mtrs. & above	3.51 Mtrs. & above	17.5 Sec. & below	10
9.0 to 9.3	3:00.1 to 3:15.0	3.31 to 3.07	3.50 to 3.26	17.6 to 18.1	9
9.4 to 9.7	3:15.1 to 3:30.0	3.06 to 2.82	3.25 to 3.01	18.2 to 18.7	8
9.8 to 10.1	3:30.1 to 3:45.0	2.81 to 2.57	3.00 to 2.76	18.8 to 19.3	7
10.2 to 10.5	3:45.1 to 4:00.0	2.56 to 2.32	2.75 to 2.51	19.4 to 19.9	6
10.6 to 10.9	4:00.1 to 4:15.0	2.31 to 2.07	2.50 to 2.26	20.0 to 20.5	5
11.00 to 11.3	4:15.1 to 4:30.0	2.06 to 1.82	2.25 to 2.01	20.6 to 21.1	4
11.4 to 11.7	4:30.1 to 4:45.0	1.81 to 1.57	2.00 to 1.76	21.2 to 21.7	3
11.8 to 12.1	4:45.1 to 5:00.0	1.56 to 1.32	1.75 to 1.51	21.8 to 22.3	2
12.2 to 12.5	5:00.1 to 5:15.0	1.31 to 1.07	1.50 to 1.26	22.4 to 22.9	1
12.6 & above	5:15.1 & above	0.06 & below	1.25 & below	23.0 & above	0

Date / Month / Year

Tests conducted on :

Battery of Tests	Performance	*Marks scored out of 10
1. Speed (50 Mtrs.) Run	Seconds	
2. Endurance (600 Mtrs.)	Minutes	
3. Strength (Shot Put)	Metres	
4. Explosive Power (Long Jump)	Metres	
5. Agility (6x10 Mtrs. Shuttle Run)	Seconds	

Your Child needs to improve in Physical Fitness (✓) (ticked)

- Speed
 Endurance
 Strength
 Explosive Power
 Agility

** RANK out of

Signature of the P.D./P.E.T./
Teacher i/c

* Kindly follow the given Table.

** Rank of the student in particular section on basis of Total marks secured.

Sports Development Authority of Tamil Nadu Norms for Std. VI Boys

Speed (50 Mts. Run) in Seconds	Endurance (800 Mtrs.) in Minutes	Strength (Shot Put) in Metres	Explosive Power (Long Jump) in Metres	Agility (6x10m) Shuttle Run in Secs.	Marks allotted
8.0 Sec. & below	3:17.0 Min. & below	4.66 Mtrs. & above	3.67 Mtrs. & above	16.5 Sec. & below	10
8.1 to 8.4	3:17.1 to 3:32.0	4.65 to 4.31	3.66 to 3.42	16.6 to 17.1	9
8.5 to 8.8	3:32.1 to 3:47.0	4.30 to 3.96	3.41 to 3.17	17.2 to 17.7	8
8.9 to 9.2	3:47.1 to 4:02.0	3.95 to 3.61	3.16 to 2.92	17.8 to 18.3	7
9.3 to 9.6	4:02.1 to 4:17.0	3.60 to 3.26	2.91 to 2.67	18.4 to 18.09	6
9.7 to 10	4:17.1 to 4:32.0	3.25 to 2.91	2.66 to 2.42	19.0 to 19.5	5
10.1 to 10.4	4:32.1 to 4:47.0	2.90 to 2.56	2.41 to 2.17	19.6 to 20.1	4
10.5 to 10.8	4:47.1 to 5:02.0	2.55 to 2.21	2.16 to 1.92	20.2 to 20.7	3
10.9 to 11.2	5:02.1 to 5:17.0	2.20 to 1.86	1.91 to 1.67	20.8 to 21.3	2
11.3 to 11.6	5:17.1 to 5:32.0	1.85 to 1.51	1.66 to 1.42	21.4 to 21.9	1
11.7 & above	5:32.1 & above	1.50 & below	1.41 & below	22.00 & above	0

Date / Month / Year

Tests conducted on :

Battery of Tests	Performance	*Marks scored out of 10
1. Speed (50 Mtrs.) Run	Seconds	
2. Endurance (800 Mtrs.)	Minutes	
3. Strength (Shot Put)	Metres	
4. Explosive Power (Long Jump)	Metres	
5. Agility (6x10 Mtrs. Shuttle Run)	Seconds	

Your Child needs to improve in Physical Fitness (✓) (ticked)

Speed

Endurance

Strength

Explosive Power

Agility

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Sports Development Authority of Tamil Nadu Norms for Std. VII Girls

Speed (50 Mtrs. Run) in Seconds	Endurance (600 Mtrs.) in Minutes	Strength (Shot Put) in Metres	Explosive Power (Long Jump) in Metres	Agility (6x10m) Shuttle Run in Secs.	Marks allotted
8.3 Sec. & below	2:51.0 Min. & below	4.00 Mtrs. & above	3.66 Mtrs. & above	17.2 Sec. & below	10
8.4 to 8.7	2:51.1 to 3:06.0	3.99 to 3.70	3.65 to 3.41	17.3 to 17.8	9
8.8 to 9.1	3:06.1 to 3:21.0	3.69 to 3.40	3.40 to 3.16	17.9 to 18.4	8
9.2 to 9.5	3:21.1 to 3:36.0	3.39 to 3.10	3.15 to 2.91	18.5 to 19.0	7
9.6 to 9.9	3:36.1 to 3:51.0	3.09 to 2.80	2.90 to 2.66	19.1 to 19.6	6
10.0 to 10.3	3:51.1 to 4:06.0	2.79 to 2.50	2.65 to 2.41	19.7 to 20.2	5
10.4 to 10.7	4:06.1 to 4:21.0	2.49 to 2.20	2.40 to 2.16	20.3 to 20.8	4
10.8 to 11.1	4:21.1 to 4:36.0	2.19 to 1.90	2.15 to 1.91	20.9 to 21.4	3
11.2 to 11.5	4:36.1 to 4:51.0	1.89 to 1.60	1.90 to 1.66	21.5 to 22.0	2
11.6 to 11.9	4:51.1 to 5:06.0	1.59 to 1.30	1.65 to 1.41	21.1 to 22.6	1
12.0 & above	5:07.1 & above	1.29 & below	1.40 & below	22.7 & above	0

Date / Month / Year

Tests conducted on :

Battery of Tests	Performance	*Marks scored out of 10
1. Speed (50 Mtrs.) Run	Seconds	
2. Endurance (600 Mtrs.)	Minutes	
3. Strength (Shot Put)	Metres	
4. Explosive Power (Long Jump)	Metres	
5. Agility (6x10 Mtrs. Shuttle Run)	Seconds	

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Sports Development Authority of Tamil Nadu Norms for Std. VII Boys

Speed (50 Mtrs. Run) in Seconds	Endurance (800 Mtrs.) in Minutes	Strength (Shot Put) in Metres	Explosive Power (Long Jump) in Metres	Agility (6x10m) Shuttle Run in Secs.	Marks allotted
7.2 Sec. & below	3:07.0 Min. & below	5.00 Mtrs. & above	4.50 Mtrs. & above	15.5 Sec. & below	10
7.3 to 7.6	3:07.1 to 3:22.0	4.99 to 4.65	4.49 to 4.25	15.6 to 16.1	9
7.7 to 8.0	3:22.1 to 3:37.0	4.64 to 4.30	4.24 to 4.00	16.2 to 16.7	8
8.1 to 8.4	3:37.1 to 3:52.0	4.29 to 3.95	3.99 to 3.75	16.8 to 17.3	7
8.5 to 8.8	3:52.1 to 4:07.0	3.94 to 3.60	3.74 to 3.50	17.4 to 17.9	6
8.9 to 9.2	4:07.1 to 4:22.0	3.59 to 3.25	3.49 to 3.25	18.0 to 18.5	5
9.3 to 9.6	4:22.1 to 4:37.0	3.24 to 2.90	3.24 to 3.00	18.6 to 19.1	4
9.7 to 10.0	4:37.1 to 4:52.0	2.89 to 2.55	2.99 to 2.75	19.2 to 19.7	3
10.1 to 10.4	4:52.1 to 5:07.0	2.54 to 2.20	2.74 to 2.50	19.8 to 20.3	2
10.5 to 10.8	5:07.1 to 5:22.0	2.19 to 1.85	2.49 to 2.25	20.4 to 20.9	1
10.9 & above	5:22.1 & above	1.84 & below	2.24 & below	21.0 & above	0

Date / Month / Year

Tests conducted on :

Battery of Tests		Performance	*Marks scored out of 10
1.	Speed (50 Mtrs.) Run	Seconds	
2.	Endurance (800 Mtrs.)	Minutes	
3.	Strength (Shot Put)	Metres	
4.	Explosive Power (Long Jump)	Metres	
5.	Agility (6x10 Mtrs. Shuttle Run)	Seconds	

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Sports Development Authority of Tamil Nadu Norms for Std. VIII Boys

Speed (50 Mtrs. Run) in Seconds	Endurance (800 Mtrs.) in Minutes	Strength (Shot Put) in Metres	Explosive Power (Long Jump) in Metres	Agility (6x10m) Shuttle Run in Secs.	Marks allotted
7.0 Sec. & below	3:05.0 Min. & below	5.31 Mtrs. & above	4.56 Mtrs. & above	15.2 Sec. & below	10
7.1 to 7.4	3:05.1 to 3:20.0	5.30 to 4.96	4.55 to 4.31	15.3 to 15.8	9
7.5 to 7.8	3:20.1 to 3:35.0	4.95 to 4.61	4.30 to 4.04	15.9 to 16.4	8
7.9 to 8.2	3:35.1 to 3:50.0	4.60 to 4.26	4.05 to 3.81	16.5 to 17.0	7
8.3 to 8.6	3:50.1 to 4:05.0	4.25 to 3.91	3.80 to 3.56	17.1 to 17.6	6
8.7 to 9.0	4:05.1 to 4:20.0	3.90 to 3.56	3.55 to 3.31	17.7 to 18.2	5
9.1 to 9.4	4:20.1 to 4:35.0	3.55 to 3.21	3.30 to 3.04	18.3 to 18.8	4
9.5 to 9.8	4:35.1 to 4:50.0	3.20 to 2.86	3.03 to 2.81	18.9 to 19.4	3
9.9 to 10.2	4:50.1 to 5:05.0	2.85 to 2.51	2.80 to 2.56	19.5 to 20.0	2
10.3 to 10.6	5:05.1 to 5:20.0	2.50 to 2.16	2.55 to 2.31	20.1 to 20.6	1
10.7 & above	5:20.1 & above	2.15 & below	2.30 & below	20.7 & above	0

Date / Month / Year

Tests conducted on :

Battery of Tests		Performance	* Marks scored out of 10
1.	Speed (50 Mtrs.) Run	Seconds	
2.	Endurance (800 Mtrs.)	Minutes	
3.	Strength (Shot Put)	Metres	
4.	Explosive Power (Long Jump)	Metres	
5.	Agility (6x10 Mtrs. Shuttle Run)	Seconds	

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Speed (50 Mtrs. Run) in Seconds	Endurance (600 Mtrs.) in Minutes	Strength (Shot Put) in Metres	Explosive Power (Long Jump) in Metres	Agility (6x10m) Shuttle Run in Secs.	Marks allotted
7.5 Sec. & below	2:47.0 Min. & below	5.40 Mtrs. & above	3.81 Mtrs. & above	16.1 Sec. & below	10
7.6 to 7.9	2:47.1 to 3:02.0	5.39 to 5.05	3.80 to 3.56	16.2 to 16.7	9
8.0 to 8.3	3:02.1 to 3:17.0	5.04 to 4.70	3.54 to 3.31	16.8 to 17.3	8
8.4 to 8.7	3:17.1 to 3:32.0	4.69 to 4.35	3.30 to 3.06	17.4 to 17.9	7
8.8 to 9.1	3:32.1 to 3:47.0	4.34 to 4.00	3.05 to 2.81	18.0 to 18.5	6
9.2 to 9.5	3:47.1 to 4:02.0	3.99 to 3.65	2.80 to 2.56	18.6 to 19.1	5
9.6 to 9.9	4:02.1 to 4:17.0	3.64 to 3.30	2.55 to 2.31	19.2 to 19.7	4
10.0 to 10.3	4:17.1 to 4:32.0	3.29 to 2.95	2.30 to 2.01	19.8 to 20.3	3
10.4 to 10.7	4:32.1 to 4:47.0	2.94 to 2.60	2.05 to 1.81	20.4 to 20.9	2
10.8 to 11.1	4:47.1 to 5:03.0	2.59 to 2.25	1.80 to 1.56	21.0 to 21.5	1
11.2 Sec. & above	5:03.1 & & above	2.24 & below	1.55 & below	21.6 & above	0

Date / Month / Year

Tests conducted on :

Battery of Tests		Performance	*Marks scored out of 10
1.	Speed (50 Mtrs.) Run	Seconds	
2.	Endurance (600 Mtrs.)	Minutes	
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