

Aerobic Conditioning Standards

GRADE	WORKING Developing	GOOD Grade Level	BEST Exceeding
<i>K</i>	1-5 minutes	6 minutes	7 minutes
<i>1</i>	5-6 minutes	7 minutes	9 minutes
<i>2</i>	6-8 minutes	9 minutes	12 minutes
<i>3</i>	8-11 minutes	12 minutes	15 minutes
<i>4</i>	8-11 minutes	12 minutes	15 minutes
<i>5</i>	10-14 minutes	15 minutes	18 minutes