



NAPFA STANDARDS (PRIMARY) - MALES

Age group	Performance Band	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	1.6 km Run-Walk time (min : sec)
9 years of age	Outstanding	A	5	>35	>168cm	>33cm	>21	<11.3sec	<9:40
	Very Good	B	4	30-35	159-168	30-33	18-21	11.3-11.8	9:40-10:40
	Good	C	3	25-29	149-158	26-29	13-17	11.9-12.2	10:41-11:40
	Good	D	2	20-24	139-148	21-25	9-12	12.3-12.7	11:41-12:40
	Satisfactory	E	1	15-19	130-138	16-20	3-8	12.8-13.1	12:41-13:50
10 years of age	Outstanding	A	5	>36	>174cm	>35cm	>22	<11.1sec	<9:30
	Very Good	B	4	31-36	165-174	32-35	19-22	11.1-11.6	9:30-10:30
	Good	C	3	26-30	156-164	28-31	14-18	11.7-12.0	10:31-11:40
	Good	D	2	21-25	146-155	23-27	9-13	12.1-12.4	11:41-12:40
	Satisfactory	E	1	17-20	137-145	18-22	3-8	12.5-12.9	12:41-13:40
11 years of age	Outstanding	A	5	>39	>188cm	>37cm	>23	<10.7sec	<8:50
	Very Good	B	4	34-39	177-188	34-37	20-23	10.7-11.2	8:50-10:00
	Good	C	3	30-33	166-176	30-33	15-19	11.3-11.6	10:01-11:10
	Good	D	2	25-29	155-165	25-29	10-14	11.7-12.0	11:11-12:20
	Satisfactory	E	1	20-24	144-154	20-24	4-9	12.1-12.5	12:21-13:30
12 years of age	Outstanding	A	5	>41	>202cm	>39cm	>24	<10.4sec	<8:40
	Very Good	B	4	36-41	189-202	36-39	21-24	10.4-10.9	8:40-9:40
	Good	C	3	32-35	176-188	32-35	16-20	11.0-11.3	9:41-10:40
	Good	D	2	27-31	163-175	28-31	11-15	11.4-11.7	10:41-11:40
	Satisfactory	E	1	22-26	150-162	23-27	5-10	11.8-12.2	11:41-12:30

Age group	Performance Band	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	1.6 / 2.4 km Run-Walk time (min : sec)
13 years of age	Outstanding	A	5	>42	>214cm	>41cm	>25	<10.3sec	<8:10
	Very Good	B	4	38-42	202-214	38-41	22-25	10.3-10.7	8:10-9:10
	Good	C	3	34-37	189-201	34-37	17-21	10.8-11.1	9:11-10:10
	Good	D	2	29-33	176-188	30-33	12-16	11.2-11.5	10:11-11:00
	Satisfactory	E	1	25-28	164-175	25-29	7-11	11.6-11.9	11:01-12:00
14 years of age	Outstanding	A	5	>42	>225cm	>43cm	>26	<10.2sec	<11:01
	Very Good	B	4	40-42	216-225	40-43	23-26	10.2-10.4	11:01-12:00
	Good	C	3	27-39	206-215	36-39	18-22	10.5-10.8	12:01-13:00
	Good	D	2	33-36	196-205	32-35	13-17	10.9-11.2	13:01-14:10
	Satisfactory	E	1	29-32	186-195	27-31	8-12	11.3-11.6	14:11-15:20

Age group	Performance Band	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Pull-ups in 30 sec	4 X 10m Shuttle Run Time	2.4 km Run-Walk time (min : sec)
15 years of age	Outstanding	A	5	>42	>237cm	>45cm	>7	<10.2sec	<10:41
	Very Good	B	4	40-42	228-237	42-45	6-7	10.2-10.3	10:41-11:40
	Good	C	3	37-39	218-227	38-41	5	10.4-10.5	11:41-12:40
	Good	D	2	34-36	208-217	34-37	3-4	10.6-10.9	12:41-13:40
	Satisfactory	E	1	30-33	198-207	29-33	1-2	11.0-11.3	13:41-14:40

1.6 km Run-Walk time (All students between 9 to 13 years old), 2.4 km Run-Walk time (All students 14 years and above)

Performance Band	Performance grade	Points
Outstanding	A	5
Very Good	B	4
Good	C	3
Good	D	2
Satisfactory	E	1
Needs Improvement	-	0

AWARD REQUIREMENTS	
Awards	Minimum Scores
Gold	C grade in all 6 stations with a minimum of 21 points
Silver	D grade in all 6 stations with a minimum of 15 points
Bronze	E grade in all 6 stations with a minimum of 6 points



NAPFA STANDARDS (PRIMARY) - FEMALES

Age group	Performance Band	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	1.6 km Run-Walk time (min : sec)
9 years of age	Outstanding	A	5	>26	>158cm	>33cm	>14	<11.8sec	<10:40
	Very Good	B	4	22-26	148-158	31-33	12-14	11.8-12.3	10:40-11:40
	Good	C	3	18-21	139-147	28-30	9-11	12.4-12.8	11:41-12:50
	Good	D	2	14-17	129-138	24-27	6-8	12.9-13.3	12:51-13:50
	Satisfactory	E	1	10-13	119-128	19-23	2-5	13.4-13.8	13:51-15:00
10 years of age	Outstanding	A	5	>27	>161cm	>35cm	>14	<11.7sec	<10:30
	Very Good	B	4	23-27	152-161	33-35	12-14	11.7-12.2	10:30-11:25
	Good	C	3	19-22	143-151	30-32	9-11	12.3-12.7	11:26-12:30
	Good	D	2	15-18	134-142	26-29	6-8	12.8-13.2	12:31-13:25
	Satisfactory	E	1	11-14	125-133	21-25	3-5	13.3-13.7	13:26-14:30
11 years of age	Outstanding	A	5	>28	>164cm	>37cm	>15	<11.6sec	<10:20
	Very Good	B	4	24-28	156-164	35-37	13-15	11.6-12.1	10:20-11:10
	Good	C	3	20-23	147-155	32-34	10-12	12.2-12.5	11:11-12:10
	Good	D	2	16-19	138-146	28-31	7-9	12.6-12.9	12:11-13:00
	Satisfactory	E	1	12-15	129-137	23-27	3-6	13.0-13.4	13:01-14:00
12 years of age	Outstanding	A	5	>29	>167cm	>39cm	>15	<11.5sec	<10:10
	Very Good	B	4	25-29	159-167	37-39	13-15	11.5-11.9	10:10-11:00
	Good	C	3	21-24	150-158	34-36	10-12	12.0-12.3	11:01-12:00
	Good	D	2	17-20	141-149	30-33	7-9	12.4-12.7	12:01-12:50
	Satisfactory	E	1	13-16	132-140	25-29	3-6	12.8-13.2	12:51-13:50
13 years of age	Outstanding	A	5	>30	>170cm	>41cm	>16	<11.3sec	<10:00
	Very Good	B	4	26-30	162-170	39-41	13-16	11.3-11.7	10:00-10:50
	Good	C	3	22-25	153-161	36-38	10-12	11.8-12.2	10:51-11:50
	Good	D	2	18-21	144-152	32-35	7-9	12.3-12.7	11:51-12:40
	Satisfactory	E	1	14-17	135-143	27-31	3-6	12.8-13.2	12:41-13:40

Age group	Performance Band	Performance grade	Points	No. of Sit-ups in 1 min	Standing Broad Jump	Sit & Reach Distance	No. of Inclined Pull-ups in 30 sec	4 X 10m Shuttle Run Time	2.4 km Run-Walk time (min : sec)
14 years of age	Outstanding	A	5	>30	>177cm	>43cm	>16	<11.5sec	<14:21
	Very Good	B	4	28-30	169-177	41-43	14-16	11.5-11.8	14:21-15:20
	Good	C	3	24-27	160-168	38-40	10-13	11.9-12.2	15:21-16:20
	Good	D	2	20-23	151-159	34-37	7-9	12.3-12.6	16:21-17:20
	Satisfactory	E	1	16-19	142-150	29-33	3-6	12.7-13.0	17:21-18:20
15 years of age	Outstanding	A	5	>30	>182cm	>45cm	>16	<11.3sec	<14:11
	Very Good	B	4	29-30	174-182	43-45	14-16	11.3-11.6	14:11-15:10
	Good	C	3	25-28	165-173	39-42	10-13	11.7-12.0	15:11-16:10
	Good	D	2	21-24	156-164	35-38	7-9	12.1-12.4	16:11-17:10
	Satisfactory	E	1	17-20	147-155	30-34	3-6	12.5-12.8	17:11-18:10

1.6 km Run-Walk time (All students between 9 to 13 years old), 2.4 km Run-Walk time (All students 14 years and above)

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Outstanding	A	5
Very Good	B	4
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Needs Improvement	-	0

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Awards	Minimum Scores
Gold	C grade in all 6 stations with a minimum of 21 points
Silver	D grade in all 6 stations with a minimum of 15 points
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