

## APPENDIX "F"

Scores in Selected Motor Fitness Components  
and Gymnastic Performance of School National Level

Number of subjects = 50

Description of variables :

Variable number	Description
1.	: Thirty Mts. Run (Secs.)
2.	: 4 x 10 Y Agility (Secs.)
3.	: Medicine Ball Throw (mts.)
4.	: Chin_ups (No.)
5.	: Sit_ups (No.)
6.	: Sargent Jump (Cms.)
7.	: Side Split (Cms.)
8.	: Forward to Rear Split (Cms.)
9.	: Shoulder Rotation (Cms.)
10.	: Bridge Distance (Cms.)
11.	: Dynamic Balance (Points)
12.	: Speed of Movement (Secs.)
13.	: Gymnastic Performance (Points)

1	2	3	4	5	6	7	8	9	10	11	12	13
4.7	9.8	4.00	19	300	53.0	5.7	3.0	22.5	32.0	98	.255	95.60
5.0	10.2	3.60	15	180	49.0	24.0	22.0	68.0	49.0	94	.256	74.05
5.0	9.7	3.20	14	100	51.5	11.3	2.2	53.0	46.0	90	.259	72.45
5.0	10.0	3.80	17	200	52.5	3.5	2.4	48.0	46.0	96	.252	94.20
5.3	9.7	3.50	10	80	47.0	23.5	5.5	70.0	42.0	89	.246	71.35
5.0	9.8	3.90	14	101	49.0	27.3	10.0	75.5	61.0	91	.242	74.65
5.0	9.8	3.30	13	75	50.0	15.0	3.0	50.0	30.0	85	.252	70.40
4.2	9.5	3.75	15	100	44.5	25.0	9.2	67.5	61.5	95	.261	71.25
4.4	9.7	3.70	13	165	45.5	2.0	1.5	64.0	45.0	99	.261	76.60
4.3	9.6	3.40	11	122	40.0	13.3	3.7	55.0	22.0	92	.255	74.85
4.4	9.9	3.60	12	40	49.0	27.4	22.4	75.0	39.0	80	.256	68.30
5.2	10.6	3.80	13	70	51.0	17.0	3.5	43.0	36.0	82	.242	67.65
5.5	10.5	4.00	15	90	54.0	31.0	30.0	39.0	34.0	80	.248	65.35
4.6	10.2	3.75	14	151	51.0	6.5	6.0	60.0	45.0	98	.234	78.20
5.4	10.0	3.60	6	67	45.0	20.0	10.5	65.0	48.0	78	.258	62.95
4.8	10.2	3.80	16	140	41.0	11.0	5.0	32.0	29.5	89	.243	77.20
5.0	10.1	3.50	12	59	53.0	10.0	4.5	44.0	36.0	75	.250	65.00
4.7	10.2	3.70	15	120	49.0	7.5	7.0	63.0	56.0	90	.259	74.20
4.6	10.0	3.30	12	85	49.0	31.0	10.0	36.5	38.0	80	.237	66.65
4.7	10.5	2.60	10	60	42.0	18.0	13.5	58.0	31.0	75	.242	64.15
5.0	10.3	2.80	11	168	32.0	13.6	11.4	60.0	35.0	90	.256	73.45
5.3	10.5	3.10	10	70	39.0	24.0	20.7	63.0	50.0	72	.243	64.10
4.5	9.8	3.20	12	86	47.0	21.0	14.0	55.0	42.0	85	.250	70.90
5.5	11.2	3.40	13	150	41.0	11.5	9.5	27.0	24.0	76	.246	68.75

## APPENDIX "F" contd.

1	2	3	4	5	6	7	8	9	10	11	12	13
4.7	10.3	2.60	8	113	40.0	22.3	16.0	75.0	40.0	50	.243	65.55
4.3	9.2	3.60	13	100	50.0	17.0	4.5	49.0	65.0	90	.255	73.70
5.3	10.4	3.40	10	95	42.0	26.0	20.5	70.0	44.0	70	.242	64.75
5.6	10.5	3.00	6	50	40.0	28.6	23.0	58.0	32.0	72	.258	62.40
5.3	10.7	2.40	10	65	42.6	14.4	9.5	59.0	38.0	75	.261	66.40
5.1	10.4	3.75	12	50	61.0	8.5	6.3	27.0	25.0	82	.259	65.95
4.4	9.6	4.20	13	100	58.0	6.2	9.0	56.0	41.0	90	.242	74.90
4.3	10.3	3.90	15	160	50.0	32.0	13.0	73.0	32.0	95	.243	78.40
4.6	9.5	3.80	15	225	41.5	25.0	14.2	33.0	43.0	98	.250	82.70
4.5	10.2	4.00	15	150	47.0	13.6	5.6	63.0	41.0	95	.255	82.65
5.1	10.8	3.20	10	150	44.5	9.6	5.2	49.0	31.0	80	.237	70.40
4.7	9.8	2.40	8	110	46.0	2.6	1.2	33.0	19.0	35	.255	70.35
4.6	9.5	2.20	13	35	34.0	10.5	9.2	38.0	28.0	70	.246	60.45
5.1	10.0	2.70	15	110	40.0	6.2	4.2	41.5	23.0	85	.248	72.65
4.7	10.4	3.60	17	115	43.0	18.0	7.5	56.0	34.0	38	.242	75.25
4.3	9.7	3.85	14	175	54.0	10.2	4.6	44.0	54.0	86	.256	79.40
5.5	11.5	2.20	11	80	44.6	10.5	8.0	47.0	20.0	80	.243	66.95
5.0	10.2	3.95	14	260	57.0	6.2	3.5	25.0	30.0	95	.256	73.35
5.2	10.4	2.50	3	96	44.0	25.0	19.2	68.0	45.0	75	.261	63.85
5.6	10.5	2.80	7	49	40.0	26.6	16.0	60.0	34.0	71	.237	61.05
4.6	9.5	3.90	14	225	44.5	14.4	12.3	31.0	44.0	99	.261	87.00
4.6	9.9	3.50	17	125	51.0	6.5	6.0	51.0	65.0	92	.258	75.50
5.0	10.1	3.55	6	65	43.0	21.3	11.2	66.0	50.0	76	.252	60.90
5.0	10.2	3.70	15	185	53.0	22.5	20.0	67.0	48.0	94	.259	74.15
5.3	9.9	2.85	15	160	50.0	4.2	2.3	46.0	45.2	97	.236	73.75
5.5	11.4	2.25	9	50	45.0	11.3	9.2	50.0	22.0	75	.261	60.45