

# Every BODY is a Winner in Fitness

## Qualifying Standards for all students – The Presidential Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)		Shuttle Run (seconds)	V-Sit Reach (inches)		Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
		OR	Partial* Curl-Ups (#)		OR	(min:sec) 1/4 mile			(min:sec) 1/2 mile			
BOYS	6	33	22	12.1	+3.5	31	10:15	1:55		2	9	
	7	36	24	11.5	+3.5	30	09:22	1:48		4	14	
	8	40	30	11.1	+3.0	31	8:48		3:30	5	17	
	9	41	37	10.9	+3.0	31	8:31		3:30	5	18	
	10	45	35	10.3	+4.0	30	7:57			6	22	
	11	47	43	10.0	+4.0	31	7:32			6	27	
	12	50	64	9.8	+4.0	31	7:11			7	31	
	13	53	59	9.5	+3.5	33	6:50			7	39	
	14	56	62	9.1	+4.5	36	6:26			10	40	
	15	57	75	9.0	+5.0	37	6:20			11	42	
GIRLS	6	32	22	12.4	+5.5	32	11:20	2:00		2	9	
	7	34	24	12.1	+5.0	32	10:36	1:55		2	14	
	8	38	30	11.8	+4.5	33	10:02		3:58	2	17	
	9	39	37	11.1	+5.5	33	9:30		3:53	2	18	
	10	40	33	10.8	+6.0	33	9:19			3	20	
	11	42	43	10.5	+6.5	34	9:02			3	19	
	12	45	50	10.4	+7.0	36	8:23			2	20	
	13	46	59	10.2	+7.0	38	8:13			2	21	
	14	47	48	10.1	+8.0	40	7:59			2	20	
	15	48	38	10.0	+8.0	43	8:08			2	20	
16	45	49	10.1	+9.0	42	8:23			1	24		
17	44	58	10.0	+8.0	42	8:15			1	25		

\*Chart reflects 85th percentile of scores that students must reach.

## The National Physical Fitness Award

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 National School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)		Shuttle Run (seconds)	V-Sit Reach (inches)		Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed Arm Hang (sec)
		OR	Partial* Curl-Ups (#)		OR	(min:sec) 1/4 mile			(min:sec) 1/2 mile				
BOYS	6	22	10	13.3	+1.0	26	12:36	2:21		1	7	6	
	7	28	13	12.8	+1.0	25	11:40	2:10		1	8	8	
	8	31	17	12.2	+0.5	25	11:05		4:22	1	9	10	
	9	32	20	11.9	+1.0	25	10:30		4:14	2	12	10	
	10	35	24	11.5	+1.0	25	9:48			2	14	12	
	11	37	26	11.1	+1.0	25	9:20			2	15	11	
	12	40	32	10.6	+1.0	26	8:40			2	18	12	
	13	42	39	10.2	+0.5	26	8:06			3	24	14	
	14	45	40	9.9	+1.0	28	7:44			5	24	20	
	15	45	45	9.7	+2.0	30	7:30			6	30	30	
GIRLS	6	23	10	13.8	+2.5	27	13:12	2:26		1	6	5	
	7	25	13	13.2	+2.0	27	12:56	2:21		1	8	6	
	8	29	17	12.9	+2.0	28	12:30		4:56	1	9	8	
	9	30	20	12.5	+2.0	28	11:52		4:50	1	12	8	
	10	30	24	12.1	+3.0	28	11:22			1	13	8	
	11	32	27	11.5	+3.0	29	11:17			1	11	7	
	12	35	30	11.3	+3.5	30	11:05			1	10	7	
	13	37	40	11.1	+3.5	31	10:23			1	11	8	
	14	37	30	11.2	+4.5	33	10:06			1	10	9	
	15	36	26	11.0	+5.0	36	9:58			1	15	7	
16	35	26	10.9	+5.5	34	10:31			1	12	7		
17	34	40	11.0	+4.5	35	10:22			1	16	7		

\*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. \*\*Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission. \*Chart reflects 50th percentile of scores that students must reach for the National Physical Fitness Award.

## The Participant Physical Fitness Award

Those who attempt all five events, but have one or more scores below the 50th percentile (see chart above) are eligible for the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet at [www.presidentschallenge.org](http://www.presidentschallenge.org). Click on "Teachers" and choose the "download" option.