

Name: _____

Age: _____

The Presidential Physical Fitness

	Score	Tests
Mile	_____	Aerobic Capacity
Pull-Ups	_____	Muscular Strength
Sit and Reach	_____	Flexibility
Shuttle Run	_____	Agility
One minute Sit-Ups	_____	Muscular Endurance

The National Physical Fitness Award (This represents the 50th percentile.)

	Age	Curl-Ups (# one minute)	Partial* or Curl-Ups (#)	Shuttle Run (sec.)	V-Sit Reach (inches)	Sit & Reach (cm)	One-Mile Run (min:sec)	Distance Option** (min:sec) (min:sec) 1/4 mile 1/2 mile	Pull-Ups (#)	Rt. Angle Push - Ups* (#)	Flexed Arm Hang (sec.)
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		1	9	10
	9	32	17	11.9	+1.0	25	10:30		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	40	9.7	+2.0	30	7:30		6	30	28
	16	45	37	9.4	+3.0	30	7:10		7	30	28
17	44	42	9.4	+3.0	34	7:04		8	37	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		1	9	8
	9	30	20	12.5	+2.0	28	11:52		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	

Parent Signature: _____