



The President's Challenge

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The Presidential Physical Fitness Award

	Age	Curl-Ups (# 1 min)	OR Partial Curl-ups* (#)	Shuttle Run (sec)	V-Sit Reach (in)	OR Sit & Reach (cm)	1 Mile Run (min:sec)	OR Distance Option		Pull- ups (#)	OR Rt. Angle Push- ups* (#)
								(min:sec) 1/4 mi	(min:sec) 1/2 mi		
B O Y S	6	33	22	12.1	+3.5	31	10:15	1:55		2	9
	7	36	24	11.5	+3.5	30	9:22	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
16	56	73	8.7	+6.0	38	6:08			11	44	
17	55	66	8.7	+7.0	41	6:06			13	53	
G I R L S	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	21
16	45	49	10.1	+9.0	42	8:23			1	24	
17	44	58	10.0	+8.0	42	8:15			1	25	

The National Physical Fitness Award

* Participants must at least reach these levels in all 5 events in order to qualify for the National Physical Fitness Award. These levels represent the 50th percentile based on the 1985 School Population Fitness Survey.

	Age	Curl-Ups (# 1 min)	OR	Shuttle Run (sec)	V-Sit Reach (in)	OR	1 Mile Run (min:sec)	OR		Pull- ups (#)	OR	Flexed Arm Hang (sec)	
			Partial Curl-ups* (#)			Sit & Reach (cm)		(min:sec)	(min:sec)		Rt. Angle Push- ups* (#)		
B O Y S	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	17	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	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	
	G I R L S	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	

The Participant Physical Fitness Award

Boys and Girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

* Norms for partial curl-ups and right angle push-ups are from the 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.

[Click here to download The President's Challenge Normative Data Spreadsheet](#)

Note: You will need Microsoft Excel to view the spreadsheet once you have downloaded it

The Physical Fitness Awards Program						
★	Description	Events	Qualifying Standards	Presidential	National	★
★	Participant	State Champion	Tips	Awards	Fitness Scorecard	★

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