PRESIDENTIAL PHYSICAL FITNESS TEST

NATIONAL PHYSICAL FITNESS AWARD (MUST MEET BENCHMARKS IN ALL THREE CATEGORIES)

		Core Strength *(STUDENT MAY PICK ONE)*		Cardiovascular Endurance *(STUDENT MAY PICK ONE)*		Upper-Body Strength *(STUDENT MAY PICK ONE)*	
Sex	Age	Sit-Ups (reps/1 min)	Plank (sec)	1-Mile Run (min:sec)	20 Meter Beep Test (total laps)	Push-Ups (reps/1 min)	Pull-Ups (#)
BOYS	6	22	42	12:36	10	7	1
	7	28	50	11:40	14	8	1
	8	31	63	11:05	19	9	1
	9	32	63	10:30	23	12	2
	10	35	65	9:48	26	14	2
	11	37	71	9:20	31	15	2
	12	40	71	8:40	37	18	2
	13	42	83	8:06	42	24	3
	14	45	90	7:44	44	24	5
	15	45	98	7:30	46	30	6
	16	45	98	7:10	48	30	7
	17+	45	98	7:04	50	37	8
GIRLS	6	23	41	13:12	10	6	1
	7	25	56	12:56	12	8	1
	8	29	60	12:30	15	9	1
	9	30	66	11:52	18	12	1
	10	30	66	11:22	21	13	1
	11	32	67	11:17	24	13	1
	12	35	69	11:05	26	13	1
	13	37	69	10:23	26	13	1
	14	37	79	10:06	27	13	1
	15	37	79	9:58	28	15	1
	16	37	79	9:58	28	15	1
	17+	37	79	9:58	28	16	1