PRESIDENTIAL PHYSICAL FITNESS TEST

PRESIDENTIAL 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	33	73	10:15	27	9	2
	7	36	90	9:22	32	14	4
	8	40	95	8:48	39	17	5
	9	41	109	8:31	47	18	5
	10	45	1119	7:57	55	22	6
	11	47	119	7:32	60	27	6
	12	50	127	7:11	65	31	7
	13	53	134	6:50	70	39	7
	14	56	134	6:26	75	40	10
	15	57	156	6:20	81	42	11
	16	57	156	6:08	84	44	11
	17+	57	156	6:06	84	53	13
GIRLS	6	32	71	11:20	22	9	2
	7	34	92	10:36	25	14	2
	8	38	92	10:02	29	17	2
	9	39	105	9:30	35	18	2
	10	40	105	9:19	41	20	3
	11	42	105	9:02	46	20	3
	12	45	127	8:23	49	20	3
	13	46	127	8:13	50	21	3
	14	47	134	7:59	50	21	3
	15	48	145	7:59	50	21	3
	16	48	145	7:59	50	24	3
	17+	48	145	7:59	50	25	3