



PRESIDENTIAL PHYSICAL FITNESS TEST

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

Sex	Age	Core & Abdominal Strength (STUDENT MAY PICK ONE)		Upper Body Strength (STUDENT MAY PICK ONE)		Cardiorespiratory Fitness (STUDENT MAY PICK ONE)	
		Sit-ups (in 1 min)	Plank (sec)	Pull-ups/Chin-ups (#)	Rt. Angle Push-ups (in 1 min)	One Mile Run (min:sec)	20m Beep Test (# laps)
BOYS	6	33	73	2	9	10:15	27
	7	36	90	4	14	9:22	32
	8	40	95	5	17	8:48	39
	9	41	109	5	18	8:31	47
	10	45	119	6	22	7:57	55
	11	47	119	6	27	7:32	60
	12	50	127	7	31	7:11	65
	13	53	134	7	39	6:50	70
	14	56	134	10	40	6:26	75
	15	57	156	11	42	6:20	81
	16	57	156	11	44	6:08	84
	17+	57	156	13	53	6:06	84
GIRLS	6	32	71	2	9	11:20	22
	7	34	92	2	14	10:36	25
	8	38	92	2	17	10:02	29
	9	39	105	2	18	9:30	35
	10	40	105	3	20	9:19	41
	11	42	105	3	20	9:02	46
	12	45	127	3	20	8:23	49
	13	46	127	3	21	8:13	50
	14	47	134	3	21	7:59	50
	15	48	145	3	21	7:59	50
	16	48	145	3	24	7:59	50
	17+	48	145	3	25	7:59	50