

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)	or Sit & Reach (cm)	One-Mile Run (min:sec)	Distance Option** (min:sec) (min:sec) 1/4 mile 1/2 mile		Pull-Ups (#)	or Rt. Angle Push - Ups* (#)	or Flexed Arm Hang (sec.)
<b>BOYS</b>	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	
<b>GIRLS</b>	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	

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