

The Presidential Physical Fitness Award

(This represents the 85th percentile.)

	Age	Curl-Ups	Partial*	Shuttle Run	Y-Sit	Sit &	One-Mile	Distance Option**		Pull-Ups	Rt. Angle*
		(# one minute)	OR Curl-Ups (#)		Reach (inches)	Reach (cm)		(min:sec) 1/4 mile	(min:sec) 1/2 mile		
BOYS	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
GIRLS	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

Angle*
ih-Ups
(#)

9

14

17

18

22

27

31

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44

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