

## The Presidential Physical Fitness Award Qualifying Standards

In order to qualify for this award, participants must achieve at least the 85th percentile in all 5 events represented below. These standards are based on the 1985 School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
		OR	OR		OR	1/4 mile		1/2 mile	OR		
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
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	20
16	45	49	10.1	+9.0	42	8:23			1	24	
17	44	58	10.0	+8.0	42	8:15			1	25	

## The National Physical Fitness Award Qualifying Standards

In order to qualify for this award, participants must achieve at least the 50th percentile in all 5 events represented below. These standards are based on the 1985 School Population Fitness Survey and validated in 1998, by means of comparison with a large nationwide sample collected in 1994.

	Age	Curl-Ups (# one minute)	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed- Arm Hang (sec)
		OR	OR		OR	1/4 mile		1/2 mile	OR		OR	
BOYS	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	20	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	45	9.7	+2.0	30	7:30			6	30	30
GIRLS	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	

\*Norms from Canada Fitness Award Program, Health Canada, Government of Canada with permission. \*\*Note: 1/4 and 1/2 mile norms from Amateur Athletic Union Physical Fitness Program with permission.

## The Participant Physical Fitness Award Qualifying Standards

Those who attempt all five events, but have one or more scores fall below the 50th percentile (see chart above) are eligible for the Participant Award.