

# PHYSICAL FITNESS CHALLENGE SHEET

LAST NAME \_\_\_\_\_

PERIOD \_\_\_\_\_

FIRST NAME \_\_\_\_\_

DAY \_\_\_\_\_

FALL / age ____		
Event	Your Goal	Score
MILE		
SHUTTLE RUN		
PUSH-UPS		
ONE MINUTE SIT-UPS		
V-SIT & REACH		

SPRING / age ____		
Event	Your Goal	Score
MILE		
SHUTTLE RUN		
PUSH-UPS		
ONE MINUTE SIT-UPS		
V-SIT & REACH		

PRESIDENTIAL = Circle your score if presidential					
A G E	MILE B/G	SHR B/G	PUSHUPS B/G	SIT-UPS B/G	VSR B/G
10	7.57/9.19	10.3/10.8	22/20	45/40	+4/+6
11	7.32/9.02	10/10.5	27/19	47/42	+4/+6.5
12	7.11/8.23	9.8/10.4	31/20	50/45	+4/+7
13	6.50/8.13	9.5/10.2	39/21	53/46	+3.5/+7
14	6.26/7.59	9.1/10.1	40/20	56/47	+4.5/+8

NATIONAL = Square your score if national					
A G E	MILE B/G	SHR B/G	PUSHUPS B/G	SIT-UPS B/G	VSR B/G
10	9.48/11.22	11.5/12.1	14/13	35/30	+1/+3
11	9.20/11.17	11.1/11.5	15/11	37/32	+1/+3
12	8.40/11.05	10.6/11.3	18/10	40/35	+1/+3.5
13	8.06/10.23	10.2/11.1	24/11	42/37	+5/+3.5
14	7.44/10.06	9.9/11.2	24/10	45/37	+1/+4.5

**Shuttle Run:** Try not to overrun the shuttle. Run straight through the finish line with the second shuttle; do not slow down until after you have passed the line.

**Push-Ups:** must start with elbows locked (arms straight) and drop down to a right angle (90 degrees) and return to the start position. Push-ups are done until part of your body other than your hands and feet come to rest on the floor. You can take a three second break (approximately 3 breaths) in the elbows locked position (body up).

**Sit-Ups:** Knees bent at a 45 degree angle (triangle shape). Cross arms and place hands on shoulders. No arm swinging. Bring upper body to right angle with the mat. Then down until shoulder blades touch the mat.

**V-Sit & Reach:** Shoes off, heels on raised edge, knees locked. Reach forward and hold for three seconds.