

	Age	Curl-Ups (# one minute)	OR	Partial* Curl-Ups (#)	Shuttle Run (seconds)	V-Sit Reach (inches)	OR	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)	
										(min:sec) 1/4 mile	OR	(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	09:22	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	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	

Presidential Physical Fitness Award Qualifying Standards (85th Percentile)

<https://www.presidentschallenge.org/challenge/physical/benchmarks.shtml>