

The Presidential Physical Fitness Award Benchmarks (85th Percentile)

Boys

Age	Choose One:		Shuttle Run (seconds)	Choose One:		Choose One:			Choose One:	
	Curl-Ups (# one minute)	Partial* Curl-Ups (#)		V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
							(min:sec) 1/4 mile	(min:sec) 1/2 mile		
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	31	8:48		3:30	5	17
9	41	37	10.9	3	31	8:31		3:30	5	18
10	45	35	10.3	4	30	7:57			6	22
11	47	43	10	4	31	7:32			6	27
12	50	64	9.8	4	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	5	37	6:20			11	42
16	56	73	8.7	6	38	6:08			11	44
17	55	66	8.7	7	41	6:06			13	53

Girls

Age	Choose One:		Shuttle Run (seconds)	Choose One:		Choose One:			Choose One:	
	Curl-Ups (# one minute)	Partial* Curl-Ups (#)		V-Sit Reach (inches)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	Distance Options**		Pull-Ups (#)	Rt. Angle Push-Ups (#)
							(min:sec) 1/4 mile	(min:sec) 1/2 mile		
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			4	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 Benchmarks (50th Percentile)

Boys

Age	Choose One:		Shuttle Run (seconds)	Choose One:		One-Mile Run (min:sec)	Choose One:		Pull-Ups (#)	Rt. Angle Push-Ups (#)	Flexed-Arm Hang (sec)
	Curl-Ups (# one minute)	Partial* Curl-Ups (#)		V-Sit Reach (inches)	Sit and Reach (centimeters)		Distance Options**				
							(min:sec) 1/4 mile	(min:sec) 1/2 mile			
6	22	10	13.3	1	26	12:36	2:21		1	7	6
7	28	13	12.8	1	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	25	10:30		4:14	2	12	10
10	35	24	11.5	1	25	9:48			2	14	12
11	37	26	11.1	1	25	9:20			2	15	11
12	40	32	10.6	1	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	28	7:44			5	24	20
15	45	45	9.7	2	30	7:30			6	30	30
16	45	37	9.4	3	30	7:10			7	30	28
17	44	42	9.4	3	34	7:04			8	37	30

Girls

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)
							(min:sec) 1/4 mile				
6	23	10	13.8	2.5	27	13:12	2:26		1	6	5
7	25	13	13.2	2	27	12:56	2:21		1	8	6
8	29	17	12.9	2	28	12:30		4:56	1	9	8
9	30	20	12.5	2	28	11:52		4:50	1	12	8
10	30	24	12.1	3	28	11:22			1	13	8
11	32	27	11.5	3	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	5	36	9:58			1	15	7
16	35	26	10.9	5.5	34	10:31			1	12	7
17	34	40	11	4.5	35	10:22			1	16	7