

The President's Challenge Fitness Testing Guidelines and Events.

The PCPFS recommends fitness testing at least twice each year, in the fall and spring. It works best as part of a complete physical education program that supports testing with educational and motivational information.

Before conducting The President's Challenge, or any youth fitness test, you should review each student's medical status to identify medical, orthopedic or other health problems that should be considered.

Before you begin, make sure all students know the correct techniques for all tests, including proper pacing and running style. There is no limit to the number of tries students may have on each event.

When determining award levels, use the age of the student at the start of testing.

Physical Fitness Test Events

- Curl-ups (or partial curl-ups)
- Shuttle run
- Endurance run/walk
- Pull-ups (or push-ups or flexed-arm hang)
- V-sit reach (or sit and reach)

Qualifying Standards

The Presidential Physical Fitness Award

Participants must at least reach these levels in all 5 events in order to qualify for the Presidential Physical Fitness Award. These levels represent the 85th percentile based on the 1985 School Population Fitness Survey.

The National Physical Fitness Award

Participants must at least reach these levels in all 5 events in order to qualify for the National Physical Fitness Award. These levels represent the 50th percentile based on the 1985 School Population Fitness Survey.

The Participant Physical Fitness Award

Boys and Girls who attempt all five items, but whose scores fall below the 50th percentile on one or more of them are eligible to receive the Participant Award.

To see more specific percentiles for these test events, you can also download the President's Challenge Normative Data Spreadsheet.