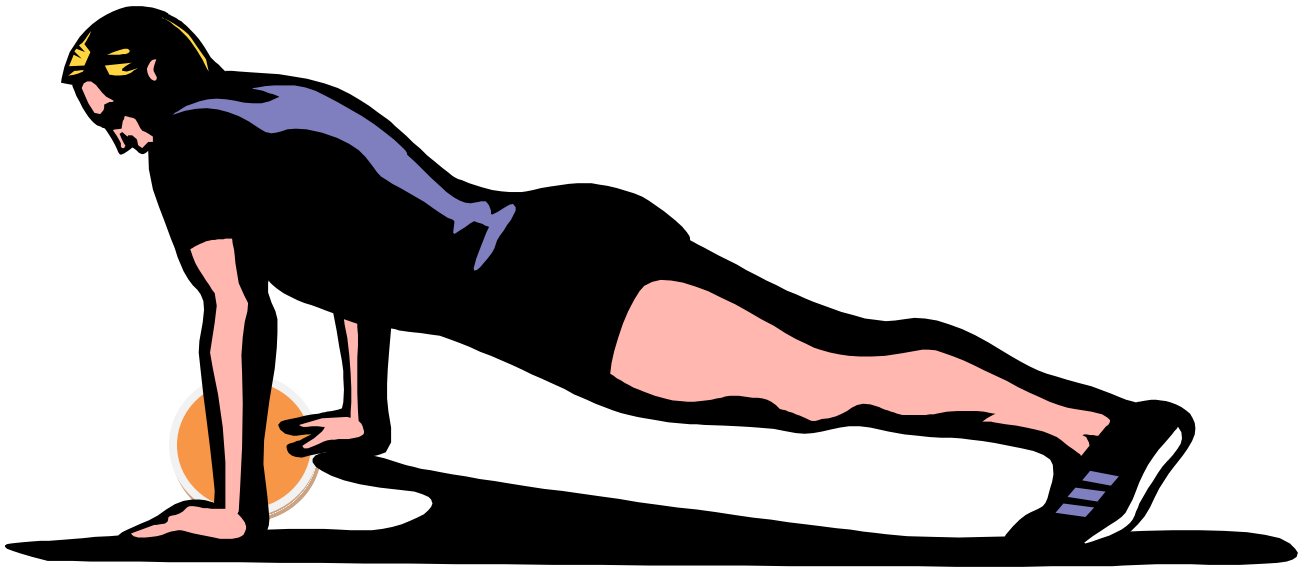


Push-Ups



**Students have to follow CD cadence correctly.
Proper form must be maintained.
One correction is permitted.
90 degree elbow bend and all the way back up.
1 ½ minutes total for a max score of 30**

Curl-Ups



Students have to follow CD cadence correctly.

Elbows must contact knees and lower shoulder blades must contact the mat.

Pockets should remain on the floor throughout the event.

Hands must remain on shoulders, not biceps or pulling on the T-shirt, etc.

1 ½ minutes for a max score of 30

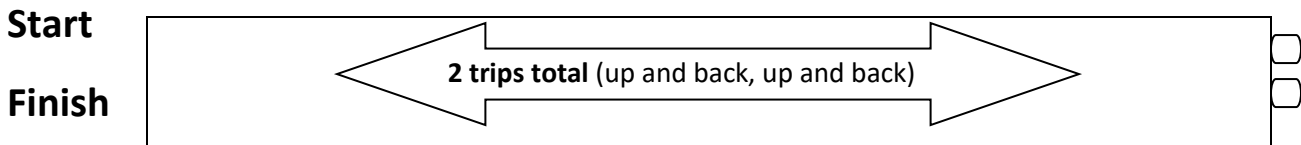
Jump Rope



Maximum repetitions for 30 seconds

Mistakes don't matter; keep going until time has expired.

Shuttle Run



30 feet

1st beanbag needs to be placed upon the floor.

(If it's dropped or tossed the time is not valid.)

2nd beanbag doesn't matter. Cross the finish line at full speed.

Record the better of the two attempts.

Accuracy Throw

The objective is to successfully toss an object inside the hoop.
Each participant will throw four times.

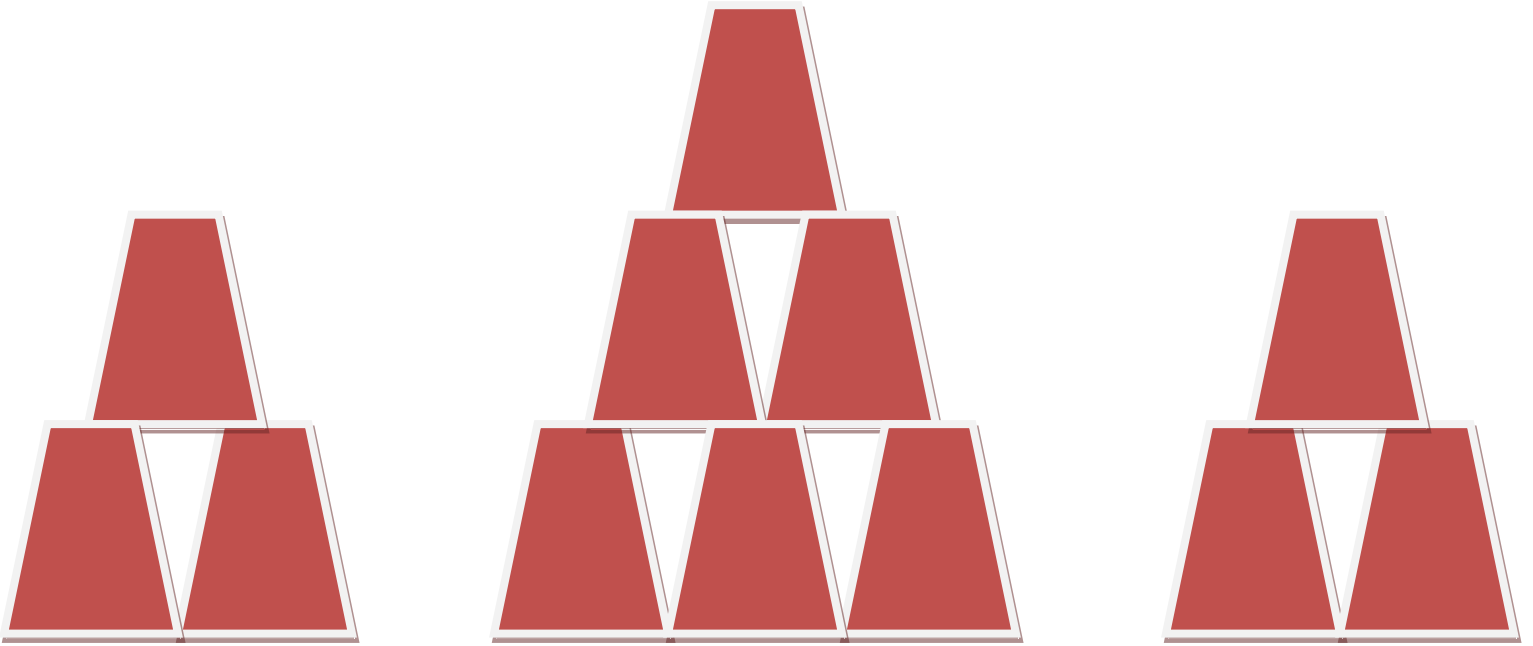
We will record the number of successful throws.

The throw is from 20 feet.

Hitting the hoop itself is considered a valid throw.



Cup Stacking



Move one direction only.

(Left to right and left to right again OR right to left and right to left again.)

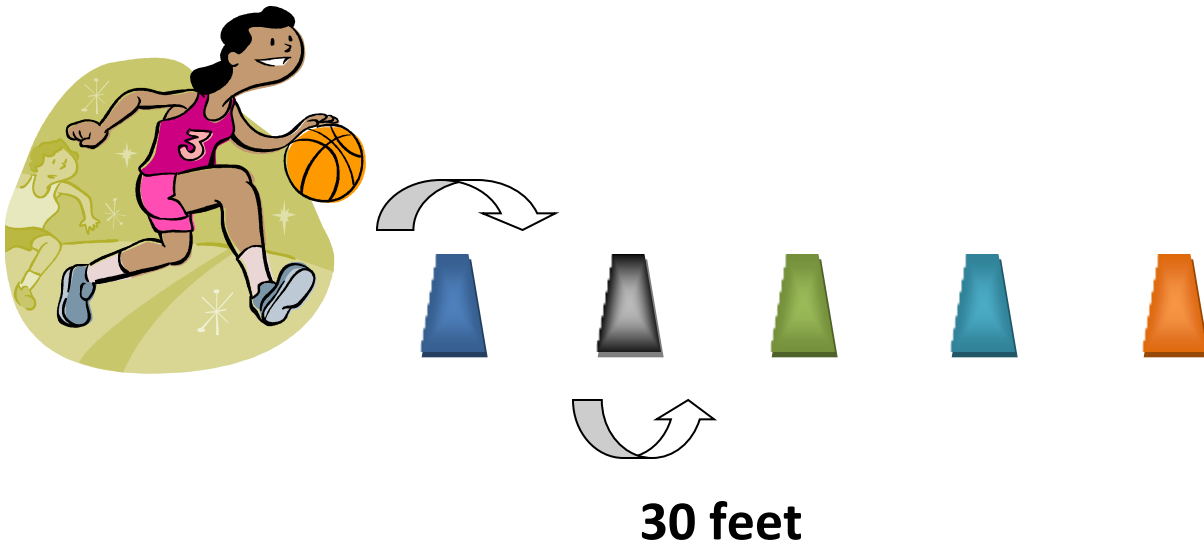
Fix fumbles when they occur before advancing to the next stack.

Begin your downstack at the first set of cups you began your upstack.

Record the better of the two times.

Basketball

Dribbling



Use either hand or both if you choose.

Mistakes don't matter; it will just slow your completion time.

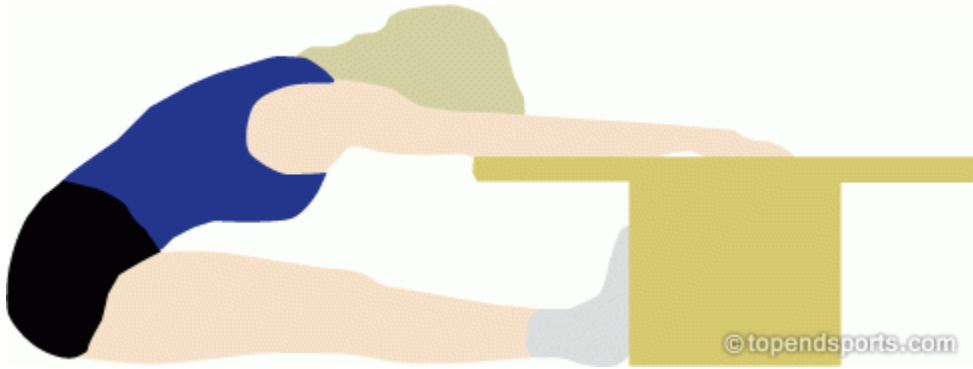
Dribble all the way AROUND the last cone and back again.

Standing Broad Jump



**We will measure the closest body part from the starting point.
If you jump out and step back, that's where we mark your jump.
You have to HOLD your landing long enough to mark.
Record the better of the three attempts.**

Sit-n-Reach



(Remove Shoes)

Hands must be stacked atop each other.

No bouncing, no “running start” and attempt must be smooth and steady.

Knees must remain in contact with the floor.

Record the better of three attempts.

200 Meter Dash



**Run in your lane the entire way.
One attempt only.
Wait for the “GO” signal.**