



Dear Parents and Guardians,

This year, our 3rd-8th students will participate in the Presidential Fitness Test during our scheduled physical education period. This national evaluation measures core strength, cardiovascular endurance, and upper body strength through events like curl-ups, a one-mile run, and push-ups. We are required by law to administer this test in Physical Education.

Please note that student performance on these exercises will not negatively affect their grade. The test is designed to help students understand their personal fitness levels and set healthy individual goals. However, full participation is required. Refusal to participate in the activities at all will result in a zero for the day's participation grade.

Please ensure your child wears comfortable athletic clothing and sneakers on testing days. If your child has a medical condition or physical limitation that requires accommodations, please send a medical note to school as soon as possible.

Thank you for your continued support in keeping our students healthy and active.

Sincerely,

Coach Davenport

Coach Jackson



PRESIDENTIAL PHYSICAL FITNESS TEST

PRESIDENTIAL PHYSICAL FITNESS AWARD (MUST MEET BENCHMARKS IN ALL THREE CATEGORIES)

Sex	Age	Core & Abdominal Strength (STUDENT MAY PICK ONE)		Cardiorespiratory Fitness (STUDENT MAY PICK ONE)		Upper Body Strength (STUDENT MAY PICK ONE)	
		Curl-ups (in 1 min)	Plank (sec)	One Mile Run (min:sec)	20m Beep Test (# laps)	Rt. Angle Push-ups (#)	Pull-ups (#)
BOYS	6	33	73	10:15	27	9	2
	7	36	90	9:22	32	14	4
	8	40	95	8:48	39	17	5
	9	41	109	8:31	47	18	5
	10	45	119	7:57	55	22	6
	11	47	119	7:32	60	27	6
	12	50	127	7:11	65	31	7
	13	53	134	6:50	70	39	7
	14	56	134	6:26	75	40	10
	15	57	156	6:20	81	42	11
	16	57	156	6:08	84	44	11
	17+	57	156	6:06	84	53	13
GIRLS	6	32	71	11:20	22	9	2
	7	34	92	10:36	25	14	2
	8	38	92	10:02	29	17	2
	9	39	105	9:30	35	18	2
	10	40	105	9:19	41	20	3
	11	42	105	9:02	46	20	3
	12	45	127	8:23	49	20	3
	13	46	127	8:13	50	21	3
	14	47	134	7:59	50	21	3
	15	48	145	7:59	50	21	3
	16	48	145	7:59	50	24	3
	17+	48	145	7:59	50	25	3