

# The President's Challenge Physical Fitness Test

## History

The President's Council on Youth Fitness was founded in 1956 by then President Dwight D. Eisenhower. Its purpose was to encourage American children to be healthy and active children, after a study indicating that American youths are less physically fit than European children. In 1963, President John F. Kennedy then changed its title to President's Council on Physical Fitness to reflect its role to serve all Americans. Over the years, each president has taken a role in improving the fitness of our youth and current President Barack Obama promises to "encourage physical education by supporting increased funding for physical education through (PEP grants) and other initiatives, targeting schools in states with the highest rates of childhood obesity. The President's Challenge Physical Fitness program has rewarded and motivated millions of youths.

## The PCPFT at Coal Mountain Elementary School

Students in grades 3 - 5 take the PCPFT each Spring. Students are given ample practice time throughout the year. In October, students are introduced to the PCPFT by way of a fitness portfolio. Students are instructed the correct techniques to performing the 5 tests, and are given two days, bi-monthly to practice for these events. Students record their results in a portfolio which will be sent home with their final scores in May.

## Five Physical Fitness Test used at Coal Mountain Elementary School

The Physical Fitness Test consists of:

1. Curl ups per one minute to measure abdominal strength
2. Pull ups to measure upper body strength
3. Sit and Reach to measure flexibility of hamstrings and lower back
4. Shuttle Run to measure speed and agility
5.  $\frac{1}{2}$  or One Mile run (depending on age) to measure cardiovascular endurance

Qualifying Standards for President's Award (85<sup>th</sup> percentile or higher)

*8 & 9 year olds run  $\frac{1}{2}$  mile instead of mile*

Gender	Age	Curl Ups	Shuttle Run (sec)	Sit and Reach	$\frac{1}{2}$ or 1 mile run (min:sec)	Pull ups
Boys	8	40	11.1	31	3:30	5
Boys	9	41	10.9	31	3:30	5
Boys	10	45	10.3	30	7:57	6
Boys	11	47	10.0	31	7:32	6
Boys	12	50	9.8	31	7:11	7
Girls	8	38	11.8	33	10:02	2
Girls	9	39	11.1	33	9:30	2
Girls	10	40	10.8	33	9:19	3
Girls	11	42	10.5	34	9:02	3
Girls	12	45	10.4	36	8:23	2

Qualifying Standards for National Award (50<sup>th</sup> percentile or higher)

*8 & 9 year olds run  $\frac{1}{2}$  mile instead of mile*

Gender	Age	Curl Ups	Shuttle Run (sec)	Sit and Reach	$\frac{1}{2}$ or 1 mile run (min:sec)	Pull ups
Boys	8	31	12.2	25	4:22	1
Boys	9	32	11.9	25	4:14	2
Boys	10	35	11.5	25	9:48	2
Boys	11	37	11.1	25	9:20	2
Boys	12	40	10.6	26	8:40	2
Girls	8	29	12.9	28	12:30	1
Girls	9	30	12.5	28	11:52	1
Girls	10	30	12.1	28	11:22	1
Girls	11	32	11.5	29	11:17	1
Girls	12	35	11.3	30	11:05	1

*When determining award levels, we use the student's age at the start of testing.*

May Awards Presentation

Students will receive a badge or magnet along with a certificate for both awards. All presidential recipient names will be posted on the school website.

#### **The Presidential Physical Fitness Award**

This award recognizes students who achieve an outstanding level of physical fitness. Boys and girls who score at or above the 85th percentile (based on the 1985 School Population Fitness Survey) on all five events are eligible for this award.

#### **The National Physical Fitness Award**

Students who score above the 50th percentile on all five events - demonstrating a basic, yet challenging, level of physical fitness - are eligible for this award.