

THE PRESIDENTS CHALLENGE

The Presidents Challenge is a fun and exiting way for young people to increase their strength, flexibility and cardiovascular endurance as they learn the basic principles of a healthy mind and body through physical fitness and activity. At the same time, they earn Presidential recognition for their efforts and accomplishments.

Girls and boys who score at or above the 85th percentile on all five items (sit-ups, push-ups, sit and reach, shuttle run, and mile run) of The Presidents Challenge are eligible to receive the award.

Former President Bill Clinton once wrote; ..."We must teach our nations young people that both academic excellence and physical fitness are important goals to achieve on their journey to adulthood. Empowered with energy, health, and a wold-class education, they will be well prepared to meet the challenges of the future".

Former President John F. Kennedy once said; "We do not want in the United States a nation of spectators. We want a nation or participants in the vigorous life".

QUALIFYING STANDARDS

GRADE 3

- Curl Ups in One Minute B=40, G=38
- Shuttle Run B=11.1, G=11.8
- V Sit Reach B=+3.0, G=+4.5
- One Mile Run B=8:48, G=10:02
- Right Angle Push Ups B=17, G=17 or Pull Ups B=5, G=2

GRADE 4

- Curl Ups in One Minute B=41, G=39
- Shuttle Run B=10.9, G=11.1
- V Sit Reach B=+3.0, G=+5.5
- One Mile Run B=8:31, G=9:30
- Right Angle Push Ups B=18, G=18 or Pull Ups B=5, G=2

GRADE 5

- Curl Ups B=45, G=40
- Shuttle Run B=10.3, G=10.8
- V Sit Reach B=+4.0, G=+6.0
- One Mile Run B=7:57, G=9.19
- Right Angle Push Ups B=22, G=20 or Pull Ups B=7, G=2