


## Class Equipment List


(2) Bean Bags 

(1) Dot 

(1) Metronome App (optional)



(4) Tall Cones 

(1) Measuring Tape 

## The Presidential Physical Fitness Test - National Standards

### Girls

Age	Partial Curl Ups	Shuttle Run	Right Angle Push Ups	V-Sit and Reach
6	22	12.4	9	+5.5
7	24	12.1	14	+5.0
8	30	11.8	17	+4.5
9	37	11.1	18	+5.5
10	33	10.8	20	+6.0
11	43	10.5	19	+6.5
12	50	10.4	20	+7.0
13	59	10.2	21	+7.0
14	48	10.1	20	+8.0

### Boys

Age	Partial Curl Ups	Shuttle Run	Right Angle Push Ups	V-Sit and Reach
6	22	12.1	9	+3.5
7	24	11.5	14	+3.5
8	30	11.1	17	+3.0
9	37	10.9	18	+3.0
10	35	10.3	22	+4.0
11	43	10.0	27	+4.0
12	64	9.8	31	+4.0
13	59	9.5	39	+3.5
14	62	9.1	40	+3.5

## Test 1 - Partial Curl Ups

**Objective:** To measure abdominal strength/endurance by maximum number of curl-ups.

- Testing:**
- 1) Player being tested lies on a cushioned, clean surface with knees bent and feet about 12 inches from buttocks. The feet are not held or anchored, and arms are extended forward with fingers resting on the quads and pointing toward the knees.
  - 2) The player being tested curls up, slowly sliding the fingers up the legs until the fingertips touch the knees, then back down until the head touches the ground.
  - 3) The player should complete 1 curl-up every 3 seconds and continue until he/she can do no more at the required pace. The player should remain in motion during the entire 3-second interval.

**Scoring:** Record only those curl-ups done with proper form and in rhythm.

**Video Sample:** <https://vimeo.com/589698002/89af7fccce>

**Test 2 - Shuttle Run**

**Objective:** To measure speed and agility.

**Testing:**

- 1) Use tall cones to mark 2 start and end lines 30 feet apart and place 2 beanbags at the end cone.
- 2) Standing at the start cones, on the Coach's signal, "READY? GO!" the player runs to the beanbags, picks one up, runs back to the starting line, places the beanbag behind the startline, runs back and picks up the second beanbag, and runs back across the starting line.

**Scoring:** Players should not throw beanbags across the lines. Scores are recorded to the nearest tenth of a second (e.g., 15.5 seconds).

**Video Sample:** <https://vimeo.com/589698344/504d2416c1>

**Test 3 - Right Angle Push Ups**

**Objective:** To measure upper body strength/endurance by maximum number of push-ups completed.

**Testing:**

- 1) The player starts in push-up position (hands under shoulders, arms straight, fingers pointed forward, and legs straight, parallel, and slightly apart with toes supporting the feet).
- 2) Keeping the back and knees straight, the student then lowers the body until there is a 90-degree angle formed at the elbows, with upper arms parallel to the floor.
- 3) The player should complete 1 push-up every 3 seconds and continue until he/she can do no more at the required pace. The player should remain in motion during the entire 3-second interval.

**Scoring:** Record only those push-ups done with proper form and in rhythm.

**Video Sample:** <https://vimeo.com/589698721/7898aeb755>

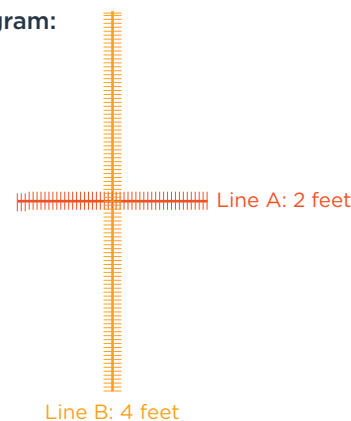
**Test 4 - V-Sit Reach**

**Objective:** To measure flexibility of lower back and hamstrings.

**Testing:**

- 1) Mark a straight line, 2 feet long, on the floor as the baseline (See Diagram Line A).
- 2) Draw a straight line, 4 feet long, perpendicular to the midpoint of the baseline. This 4-foot line should extend 2 feet above and 2 feet below the baseline and be marked off in half inches. The point where the baseline and measuring line intersect is the 0 point. (See Diagram Line B).
- 3) The player removes his/her shoes and sits on the floor with the measuring line (Line B) between their legs. Soles of feet are placed immediately behind baseline (Line A), heels 8-12 inches apart.
- 4) With hands on top of each other, palms down, the player places them on the measuring line.
- 5) The player slowly reaches forward as far as possible, keeping fingers on the measuring line and feet flexed. After 3 practice tries, the player holds the fourth reach for 3 seconds while that distance is recorded.

**Diagram:**



**Scoring:** Legs must remain straight with soles of feet held perpendicular to the floor (feet flexed). Players should be encouraged to reach slowly rather than bounce or rock while stretching. Scores, recorded to the nearest half inch, are read as plus scores for reaches beyond the baseline, minus scores for reaches behind the baseline.

**Video Sample:** <https://vimeo.com/589698942/1c674ab07e>