

**The National Physical Fitness Award (This represents the 50<sup>th</sup> percentile.)**

|              | Age | Curl-Ups       | Partial*        | Shuttle Run (sec.) | V-Sit          | Sit &      | One-Mile Run (min:sec) | Distance Option**  |                    | Pull-Ups (#) | Rt. Angle     | Flexed Arm Hang (sec.) |
|--------------|-----|----------------|-----------------|--------------------|----------------|------------|------------------------|--------------------|--------------------|--------------|---------------|------------------------|
|              |     | (# one minute) | or Curl-Ups (#) |                    | Reach (inches) | Reach (cm) |                        | (min:sec) 1/4 mile | (min:sec) 1/4 mile |              | Push-Ups* (#) |                        |
| <b>BOYS</b>  | 6   | 22             | 10              | 13.3               | +1.0           | 26         | 12:36                  | 2:21               |                    | 1            | 7             | 6                      |
|              | 7   | 28             | 13              | 12.8               | +1.0           | 25         | 11:40                  | 2:10               |                    | 1            | 8             | 8                      |
|              | 8   | 31             | 17              | 12.2               | +0.5           | 25         | 11:05                  |                    | 4:22               | 1            | 9             | 10                     |
|              | 9   | 32             | 17              | 11.9               | +1.0           | 25         | 10:30                  |                    | 4:14               | 2            | 12            | 10                     |
|              | 10  | 35             | 24              | 11.5               | +1.0           | 25         | 9:48                   |                    |                    | 2            | 14            | 12                     |
|              | 11  | 37             | 26              | 11.1               | +1.0           | 25         | 9:20                   |                    |                    | 2            | 15            | 11                     |
|              | 12  | 40             | 32              | 10.6               | +1.0           | 26         | 8:40                   |                    |                    | 2            | 18            | 12                     |
|              | 13  | 42             | 39              | 10.2               | +0.5           | 26         | 8:06                   |                    |                    | 3            | 24            | 14                     |
|              | 14  | 45             | 40              | 9.9                | +1.0           | 28         | 7:44                   |                    |                    | 5            | 24            | 20                     |
|              | 15  | 45             | 40              | 9.7                | +2.0           | 30         | 7:30                   |                    |                    | 6            | 30            | 28                     |
|              | 16  | 45             | 37              | 9.4                | +3.0           | 30         | 7:10                   |                    |                    | 7            | 30            | 28                     |
| 17           | 44  | 42             | 9.4             | +3.0               | 34             | 7:04       |                        |                    | 8                  | 37           | 30            |                        |
| <b>GIRLS</b> | 6   | 23             | 10              | 13.8               | +2.5           | 27         | 13:12                  | 2:26               |                    | 1            | 6             | 5                      |
|              | 7   | 25             | 13              | 13.2               | +2.0           | 27         | 12:56                  | 2:21               |                    | 1            | 8             | 6                      |
|              | 8   | 29             | 17              | 12.9               | +2.0           | 28         | 12:30                  |                    | 4:56               | 1            | 9             | 8                      |
|              | 9   | 30             | 20              | 12.5               | +2.0           | 28         | 11:52                  |                    | 4:50               | 1            | 12            | 8                      |
|              | 10  | 30             | 24              | 12.1               | +3.0           | 28         | 11:22                  |                    |                    | 1            | 13            | 8                      |
|              | 11  | 32             | 27              | 11.5               | +3.0           | 29         | 11:17                  |                    |                    | 1            | 11            | 7                      |
|              | 12  | 35             | 30              | 11.3               | +3.5           | 30         | 11:05                  |                    |                    | 1            | 10            | 7                      |
|              | 13  | 37             | 40              | 11.1               | +3.5           | 31         | 10:23                  |                    |                    | 1            | 11            | 8                      |
|              | 14  | 37             | 30              | 11.2               | +4.5           | 33         | 10:06                  |                    |                    | 1            | 10            | 9                      |
|              | 15  | 36             | 26              | 11.0               | +5.0           | 36         | 9:58                   |                    |                    | 1            | 15            | 7                      |
|              | 16  | 35             | 26              | 10.9               | +5.5           | 34         | 10:31                  |                    |                    | 1            | 12            | 7                      |
| 17           | 34  | 40             | 11.0            | +4.5               | 35             | 10:22      |                        |                    | 1                  | 16           | 7             |                        |