

## The Presidents Challenge Physical Fitness Test

This program will again be offered to all 5<sup>th</sup>, 6<sup>th</sup> and 9<sup>th</sup> grade students enrolled in the Pikeville Independent School System. This program helps assess the current fitness level of our youth and encourages them to stay active.

### What it's all about...

The Presidential Physical Fitness Program offered at Pikeville Independent Schools includes five events that measure muscular strength/endurance, cardio respiratory endurance, speed, agility, and flexibility. The five events are Curl – Ups, Shuttle Run, Endurance Run/Walk, V-Set Reach, and Right Angle Push –Ups. All five events are listed below so you and your family can prepare for the President's Challenge.

### 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.

**The percentile requirements for male/female and age are posted and available at each school.**

### Guidelines

**At Pikeville Independent Schools, we test our students at the end of the school year usually during the last two weeks of May (April - Pikeville Elementary). This is part of a complete wellness program offered by our schools which includes Physical Education, Community collaboration with our local YMCA, extracurricular and youth league sports, as well as daily physical exercise periods (K – 6). We encourage all parents to help prepare their children for the events outlined below by making exercise a fun and important part of family time.**

At the onset of testing, we make sure everyone taking the test knows the correct techniques of each event, including proper pacing and running styles.

### Events

#### Curl-ups (or partial curl-ups)

This event measures abdominal strength and endurance.

#### Curl-ups test

Have student lie on cushioned, clean surface with knees flexed and feet about 12 inches from buttocks. Partner holds feet. Arms are crossed with hands placed on opposite shoulders and elbows held close to chest. Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up. To start, a timer calls out the signal "Ready? Go!" and begins timing student for one minute. The student stops on the word "stop."



### **Curl-ups scoring**

"Bouncing" off the floor is not permitted. The curl-up should be counted only if performed correctly.

### **Shuttle Run**

This event measures speed, quickness and agility.

#### **Shuttle Run Testing**

Mark two parallel lines 30 feet apart and place two blocks of wood or similar object behind one of the lines. Students start behind opposite line. On the signal "Ready? Go!" the student runs to the blocks, picks one up, runs back to the starting line, places block behind the line, runs back and picks up the second block and runs back across starting line.

#### **Shuttle run tip**

Be sure the participants understand the importance of running through the finish line.



### **Endurance run/walk**

This event measures heart/lung endurance.

#### **Endurance run/walk testing**

On a safe, one-mile distance, students begin running on the count "Ready? Go!" Walking may be interspersed with running. However, the students should be encouraged to cover the distance in as short a time as possible.

#### **Endurance run/walk tip**

Use a large enough running area so that no more than eight laps are necessary to complete a mile. Help participants learn proper pacing for the mile by having them run at the mile pace for short distances during warm-up time.



### **Right angle push-ups testing**

The student lies face down on the mat in push-up position with hands under shoulders, fingers straight, and legs straight, parallel, and slightly apart, with the toes supporting the feet. The student straightens the arms, keeping the back and knees straight, then lowers the body until there is a 90-degree angle at the elbows, with the upper arms parallel to the floor. A partner holds her / his hand at the point of the 90-degree angle so that the student being tested goes down only until her / his shoulder touches the partner's hand, then back up. The push-ups are done to a metronome (or audio tape, clapping, drums) with one complete push-up every three seconds, and are continued until

the student can do no more in rhythm (has not done the last three in rhythm) or has reached the target number for the PPFA.

### **Right angle push-ups tip**

As with the pull-up, spend as little time as possible in the starting position beforehand in order to increase the number of repetitions. Any extra movement may also decrease the number of repetitions.

### **Right angle push-ups scoring**

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

### **Right angle push-ups rationale**

The student's body weight has less effect on right angle push-ups than it does on pull-ups. This makes right angle push-ups a better indicator of the range of strength and endurance found in students, whereas many are unable to do any pull-ups. Pull-ups remain an option for students at higher levels of strength and endurance.

### **V-sit reach (or sit and reach)**

This event measures flexibility of the lower back and hamstrings.

#### **V-sit testing**

Mark a straight line two feet long on the floor as the baseline. Draw a measuring line perpendicular to the midpoint of the baseline extending two feet on each side and marked off in half-inches. The point where the baseline and measuring line intersect is the "0" point. Student removes shoes and sits on floor with measuring line between legs and soles of feet placed immediately behind baseline, heels 8-12" apart. Student clasps thumbs so that hands are together, palms down and places them on measuring line. With the legs held flat by a partner, student slowly reaches forward as far as possible, keeping fingers on baseline and feet flexed. After three practice tries, the student holds the fourth reach for three seconds while that distance is recorded.



#### **V-sit tip**

Participants are most flexible after a warm-up run. Best results may occur immediately after performing the endurance run.

#### **V-sit rules**

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