Presidential Physical Fitness Test - Questions and Answers

What is it?
It is a fitness test that has been around since the 1960s. Was developed to test school children’s fitness level in all of the five components of fitness (muscular strength, muscular endurance, body composition, flexibility and cardiovascular endurance). You will be tested in the mile run, pull-ups, sit-ups, shuttle run and the sit and reach.

Why are we doing this?
By participating in this test it gives the teacher the ability to see where your physical fitness level is at and what areas need improvement. You will be able to see your marks from last year and all the marks you received this year to see how you have progressed from year to year.

When will we be doing this test and how long will it take?
You will be participating in this test three times this year (1st, 3rd and 4th Quarters). It will take around 3-5 class periods to finish this each testing.

How many times do we have to run the mile?
You will run the mile at least twice this year and could run it up to six times this year.

How do I earn the Presidential Physical Fitness Award?
You must achieve presidential marks for all five fitness tests (mile run, pull-ups, sit-ups, shuttle run and the sit and reach).

Can I earn any other awards?
Yes, you can earn the National Fitness Award. You must achieve either national or presidential marks on all five of the fitness tests (mile run, pull-ups, sit-ups, shuttle run and the sit and reach).

If you have any other questions just let me know and I can answer them for you.
**Presidential Physical Fitness Sheet**

Name: ____________________________________  Period: ______

**7th Grade**
- Shuttle Run: ______
- Sit-ups: ______
- Sit & Reach: ______
- Pull-ups: ______
- Mile: ______

**8th Grade - Fall 2013**
- Shuttle Run: ______
- Sit-ups: ______
- Sit & Reach: ______
- Pull-ups: ______
- Mile: ______

Better/Worse (+/-)  
- Shuttle Run: ______  
- Sit-ups: ______  
- Sit & Reach: ______  
- Pull-ups: ______  
- Mile: ______

**Spring 2014 - Goal**
- Shuttle Run: ______
- Sit-ups: ______
- Sit & Reach: ______
- Pull-ups: ______
- Mile: ______

**8th Grade - Spring 2014**
- Shuttle Run: ______
- Sit-ups: ______
- Sit & Reach: ______
- Pull-ups: ______
- Mile: ______

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<th>7th</th>
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<th>Goal</th>
<th>Spring</th>
<th>Better/Worse (+/-)</th>
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**7th to 8th - Better/Worse (+/-)**
- Shuttle Run: ____________________________
- Sit-ups: ____________________________
- Sit & Reach: ____________________________
- Pull-ups: ____________________________
- Mile: ____________________________

**Spring Final Grade:** ___/100 Points  
A / A- / B+ / B / B- / C+ / C / C- / D+ / D / D- / F