

# President's Physical Fitness Challenge: Parent Information

The President's Physical Fitness Challenge promotes physical fitness and activity. We encourage all students to participate in this optional program, sponsored by the PTA. Students received a Practice Log including instructions and photos demonstrating how to complete each of the five events, and the exercises were demonstrated in their class. All students who attempt the five events will earn one of the following awards.

If you want to help your child practice for this fitness challenge, refer to the chart for award standards.

**President's Award**- the student must meet the standard on the left side of each column in **all 5 areas**.  
(top 15<sup>th</sup> percentile nationwide)

**National Award**- the student must meet the standard on the right side of each column in **all 5 areas**.  
(top 50<sup>th</sup> percentile nationwide)

**Participant Award**- the student must **attempt all 5 challenges**.

Presidential / National Award Levels

|       | Age* | Sit and Reach<br>distance in<br>inches | Curl-ups<br># one<br>minute | Push Ups<br># | Shuttle Run<br>time in<br>sec. | Endurance Run<br>time in<br>min:sec |          |
|-------|------|--|-----------------------------|---------------|--------------------------------|-------------------------------------|----------|
| Boys  | 6    | +3.5 / +1.0                            | 33 / 22                     | 9 / 7         | 12.1 / 13.3                    | 1:55 / 2:21                         | 1/4 mile |
|       | 7    | +3.5 / +1.0                            | 36 / 28                     | 14 / 8        | 11.5 / 12.8                    | 1:48 / 2:10                         | 1/4 mile |
|       | 8    | +3.0 / +0.5                            | 40 / 31                     | 17 / 9        | 11.1 / 12.2                    | 3:30 / 4:22                         | 1/2 mile |
|       | 9    | +3.0 / +1.0                            | 41 / 32                     | 18 / 12       | 10.9 / 11.9                    | 3:30 / 4:14                         | 1/2 mile |
|       | 10   | +4.0 / +1.0                            | 45 / 35                     | 22 / 14       | 10.3 / 11.5                    | 7:57 / 9:48                         | 1 mile   |
|       | 11   | +4.0 / +1.0                            | 47 / 37                     | 27 / 15       | 10.0 / 11.1                    | 7:32 / 9:20                         | 1 mile   |
| Girls | 6    | +5.5 / +2.5                            | 32 / 23                     | 9 / 6         | 12.4 / 13.8                    | 2:00 / 2:26                         | 1/4 mile |
|       | 7    | +5.0 / +2.0                            | 34 / 25                     | 14 / 8        | 12.1 / 13.2                    | 1:55 / 2:21                         | 1/4 mile |
|       | 8    | +4.5 / +2.0                            | 38 / 29                     | 17 / 9        | 11.8 / 12.9                    | 3:58 / 4:56                         | 1/2 mile |
|       | 9    | +5.5 / +2.0                            | 39 / 30                     | 18 / 12       | 11.1 / 12.5                    | 3:53 / 4:50                         | 1/2 mile |
|       | 10   | +6.0 / +3.0                            | 40 / 30                     | 20 / 13       | 10.8 / 12.1                    | 9:19 / 11:22                        | 1 mile   |
|       | 11   | +6.5 / +3.0                            | 42 / 32                     | 19 / 11       | 10.5 / 11.5                    | 9:02 / 11:17                        | 1 mile   |

\*Age on May 25, 2010



## FREE CLASSES AT LULULEMON ATHLETICA

Bathgate is partnering with lululemon athletica at the Irvine Spectrum where FREE classes will be held each Saturday in April at 9:00. Join their trained fitness leaders for yoga, stretching and strength-building exercises. Bathgate students, friends and their parents are welcome to join in the fun. Classes count as training sessions on student practice logs. (Near Nordstrom at the Irvine Spectrum. Visit [www.lululemon.com](http://www.lululemon.com) or call 949-585-9830.)

Why not join your child and improve your fitness together? Visit the President's Challenge website at [www.presidentschallenge.org](http://www.presidentschallenge.org) for instructions and practice forms for adults or details on how to conduct each exercise. For questions on the Bathgate Program, please contact Sue McNair at [susanmcnair@msn.com](mailto:susanmcnair@msn.com).

### PRESIDENT'S CHALLENGE VOLUNTEER FORM

I would like to volunteer! I understand I do not need to be fingerprinted to help with this program.

- I would like to join the President's Challenge Committee and help plan events or train students.
- I would like to volunteer during Challenge Days, May 25-June 4.
- I can donate one or more cases of water to keep our Blazers hydrated during Challenge Days.

Parents Name: \_\_\_\_\_  
 Email: \_\_\_\_\_  
 Phone: \_\_\_\_\_

My Child's Teacher's Name/Grade: \_\_\_\_\_  
 \_\_\_\_\_