

Presidents Challenge-St Ignatius School

National Physical Fitness

	Age	Curl Ups	Shuttle Run	Pull Ups	Push Ups	Sit and Reach	One Mile Run
		one min.	min. and sec.	one min	one min	centimeters	min. and sec.
BOYS	7	28	12.8	1	8	25	11:40
	8	31	12.2	1	9	25	11:05
	9	32	11.9	2	12	25	10:30
	10	35	11.5	2	14	25	9:48
	11	37	11.1	2	15	25	9:20
	12	40	10.6	2	18	26	8:40
	13	42	10.2	3	24	26	8:06
	14	45	9.9	5	24	28	7:44
GIRLS	7	25	13.2	1	8	27	12:56
	8	29	12.9	1	9	28	12:30
	9	30	12.5	1	12	28	11:52
	10	30	12.1	1	13	28	11:22
	11	32	11.5	1	11	29	11:17
	12	35	11.3	1	10	30	11:05
	13	37	11.1	1	11	31	10:23
	14	37	11.2	1	10	33	10:06

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		one min.	min. and sec.	one min	one min	centimeters	min. and sec.
BOYS	7	28	12.8	1	8	25	11:40
	8	31	12.2	1	9	25	11:05
	9	32	11.9	2	12	25	10:30
	10	35	11.5	2	14	25	9:48
	11	37	11.1	2	15	25	9:20
	12	40	10.6	2	18	26	8:40
	13	42	10.2	3	24	26	8:06
	14	45	9.9	5	24	28	7:44
GIRLS	7	25	13.2	1	8	27	12:56
	8	29	12.9	1	9	28	12:30
	9	30	12.5	1	12	28	11:52
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	11	32	11.5	1	11	29	11:17
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	13	37	11.1	1	11	31	10:23
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Name_____

Curl-Ups_____

Shuttle Run_____

Pull-Ups_____

Push-Ups_____

Sit/Reach_____

One Mile_____

Presidents Challenge-St Ignatius School

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BOYS	7	28	12.8	1	8	25	11:40
	8	31	12.2	1	9	25	11:05
	9	32	11.9	2	12	25	10:30
	10	35	11.5	2	14	25	9:48
	11	37	11.1	2	15	25	9:20
	12	40	10.6	2	18	26	8:40
	13	42	10.2	3	24	26	8:06
	14	45	9.9	5	24	28	7:44
GIRLS	7	25	13.2	1	8	27	12:56
	8	29	12.9	1	9	28	12:30
	9	30	12.5	1	12	28	11:52
	10	30	12.1	1	13	28	11:22
	11	32	11.5	1	11	29	11:17
	12	35	11.3	1	10	30	11:05
	13	37	11.1	1	11	31	10:23
	14	37	11.2	1	10	33	10:06

Name_____

Curl-Ups_____

Shuttle Run_____

Pull-Ups_____

Push-Ups_____

Sit/Reach_____

One Mile_____

Presidents Challenge-St Ignatius School

National Physical Fitness

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Presidents Challenge-St Ignatius School

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