

CHART AND CHALLENGE NATIONAL STANDARDS rev. 10-24-17

NOTE: Each teacher sets his or her own *Bronze and Silver* levels.

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| Horizontal Ladder | Parallel Bar Station | Sit Ups |
| GOLD = 3 reps down and up (Rep = Start at high end and go to low end, go back up. No skipping or touching foot bars.) | GOLD = 1X Down forward and backward once with no rests (feet cannot ever touch ground) | GOLD = 60 at a consistent, steady pace |
| KONG = 4 reps down and up (Rep = Start at high end and go to low end, go back up. No skipping or touching foot bars.) | KONG = 2X Down forward and backward twice with no rests (feet cannot ever touch ground) | KONG = 70 at a consistent, steady pace. Please note: Place mat on sit up bench for student comfort during Kong Elite |
| Step Up Station- Low Step Position | Step Up Station- High Step Position | Vault Bar Station |
| GOLD = Approximately 50 in 60 seconds, up-up-down-down steps at a consistent, steady pace | GOLD = Approximately 25 in 60 seconds, up-up-down-down steps at a consistent, steady pace | GOLD = 36 vault jumps at consistent, steady pace |
| KONG = Approximately 60 in 60 seconds, up-up-down-down steps at a consistent, steady pace | KONG = Approximately 30 in 60 seconds, up-up-down-down steps at a consistent, steady pace | KONG = 42 vault jumps at consistent, steady pace |
| Pull Up Station | Modified Pull Up Station | Pacer Challenge - 43 feet cadenced shuttle run |
| GOLD = 6 full Extension Pull Ups with chin above pull up maintaining a fairly consistent rhythm/pace. | GOLD = 40 modified pull ups in 60 seconds | GOLD = laps 85 or level 9 |
| KONG = 8 full Extension Pull Ups with chin above pull up maintaining a fairly consistent rhythm/pace | KONG = 50 modified pull ups in 60 seconds | KONG = laps 125 or level 13 |
| Pacer Challenge - 48 feet cadenced shuttle run | Pacer Challenge - 20 meter cadenced shuttle run | Flex Arm Hang |
| GOLD = laps 75 or level 8 | GOLD = Grades K-2 40 laps; Grades 3-5 70 KONG = Grades K-2 60 laps; Grades 3-5 100 | GOLD = 1:00 minute |
| KONG = laps 115 or level 12 | KONG = laps 62 or level 7 | KONG = 1:30 minutes |
| Sit and Reach | 3-lb Weighted Sports Hoop | 1/4 Mile Run (K-1 only) |
| GOLD = Girls K-5: 34 cm; Grades 6-8: 38 cm; Boys K- | GOLD = 3 minutes | GOLD = Boys: 1:55 -- Girls: 2:00 |

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| 5: 31 cm; Grades 6-8: 35cm | | |
| KONG = Girls K-5:38 cm; Grades 6-8: 42 cm; Boys K-5: 35 cm; Grades 6-8: 39cm | KONG = 4 minutes | KONG = Boys: 1:45 -- Girls: 1:50 |

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| 1/2 Mile Run (Grades 2-3 only) | Pole Climb* | Rope Jump** |
| GOLD = Boys: 4:50 -- Girls: 5:07 | GOLD = 4 up and downs | GOLD = Grades K-2 45 sec; grades 3-5 90 sec; grades 6-8 90 sec |
| KONG = Boys: 4:05 -- Girls: 4:20 | KONG = 10 up and downs | KONG = Grades K-2 90 sec; grades 3-5 180 sec; grades 6-8 180 sec |
| Tennis Ball Challenge*** | Push-Ups**** | |
| GOLD = Grades K-1 5 balls; grades 2-5 7 balls; grades 6-8 9 balls | GOLD = 30 | |
| KONG = Grades K-1 6 balls; grades 2-5 10 balls; grades 6-8 12 balls | KONG = 50 | |

***POLE CLIMB:** Place a piece of tape 12 inches from the bottom of pole. Students must climb up the pole using a hand-over-hand technique. They must use a hand-under-hand technique for coming down the pole, and must touch the tape mark before attempting to go up again. Feet cannot touch the ground in between climbs.

****JUMP ROPE:** Students will jump rope forward using a single rope without any misses for the stated GOLD/KONG amounts of time to qualify for PFA Gold and Kong. Students may use a single or double bounce style while jumping 2 feet to 2 feet

*****TENNIS BALL CHALLENGE:** Lesson description:
http://www.projectfitamerica.org/AllStarTeacherShowcase/showcase2002/berg_lessonplans.html#tennisBallChallenge

******PUSH-UP TECHNIQUE:** Full push-ups, no bottom in air, arms 90 degree angle, legs & belly cannot touch the floor, perform to the push-up cadence (on Fitnessgram CD)

BOYS MILE RUN

| Age | Gold | Kong |
|-----|-------|-------|
| 6 | 12:36 | 10:15 |
| 7 | 11:40 | 9:22 |
| 8 | 11:05 | 8:48 |
| 9 | 10:30 | 8:31 |
| 10 | 9:48 | 7:57 |
| 11 | 9:20 | 7:32 |
| 12 | 8:40 | 7:11 |
| 13 | 8:06 | 6:50 |
| 14 | 7:44 | 6:26 |
| 15 | 7:30 | 6:20 |

GIRLS MILE RUN

| Age | Gold | Kong |
|------------|-------------|-------------|
| 6 | 13:12 | 11:20 |
| 7 | 12:56 | 10:36 |
| 8 | 12:30 | 10:02 |
| 9 | 11:52 | 9:30 |
| 10 | 11:22 | 9:19 |
| 11 | 11:17 | 9:02 |
| 12 | 11:05 | 8:23 |
| 13 | 10:23 | 8:13 |
| 14 | 10:06 | 7:59 |
| 15 | 9:58 | 8:08 |