

CHART AND CHALLENGE NATIONAL STANDARDS rev. 6-28-17

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

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

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

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	8:50
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