

# CHART AND CHALLENGE NATIONAL STANDARDS rev. 12-10-2019

NOTE: Each teacher sets his or her own *Bronze and Silver* levels and should adapt their *Gold and Kong* levels accordingly.

<b>Horizontal Ladder</b>	<b>Parallel Bar Station</b>	<b>Sit Ups</b>
<b>GOLD</b> = 3 reps down and up (Rep = Start at high end and go to low end, go back up. No skipping or touching foot bars.)	<b>GOLD</b> = 1X Down forward and backward once with no rests (feet cannot ever touch ground)	<b>GOLD</b> = 60 at a consistent, steady pace
<b>KONG</b> = 4 reps down and up (Rep = Start at high end and go to low end, go back up. No skipping or touching foot bars.)	<b>KONG</b> = 2X Down forward and backward twice with no rests (feet cannot ever touch ground)	<b>KONG</b> = 70 at a consistent, steady pace. Please note: Place mat on sit up bench for student comfort during Kong Elite
<b>Step Up Station- Low Step Position</b>	<b>Step Up Station- High Step Position</b>	<b>Vault Bar Station</b>
<b>GOLD</b> = Approximately 50 in 60 seconds, up-up- down-down steps at a consistent, steady pace	<b>GOLD</b> = Approximately 25 in 60 seconds, up-up- down-down steps at a consistent, steady pace	<b>GOLD</b> = 36 vault jumps at consistent, steady pace
<b>KONG</b> = Approximately 60 in 60 seconds, up-up- down-down steps at a consistent, steady pace	<b>KONG</b> = Approximately 30 in 60 seconds, up-up- down-down steps at a consistent, steady pace	<b>KONG</b> = 42 vault jumps at consistent, steady pace
<b>Pull Up Station</b>	<b>Modified Pull Up Station</b>	<b>Pacer Challenge - 43 feet cadenced shuttle run</b>
<b>GOLD</b> = 6 full Extension Pull Ups with chin above pull up maintaining a fairly consistent rhythm/pace.	<b>GOLD</b> = 40 modified pull ups in 60 seconds	<b>GOLD</b> = laps 85 or level 9
<b>KONG</b> = 8 full Extension Pull Ups with chin above pull up maintaining a fairly consistent rhythm/pace	<b>KONG</b> = 50 modified pull ups in 60 seconds	<b>KONG</b> = laps 125 or level 13
<b>Pacer Challenge - 15 meter cadenced shuttle run</b>	<b>Pacer Challenge - 20 meter cadenced shuttle run</b>	<b>Flex Arm Hang</b>
<b>GOLD</b> = laps 75 or level 8	<b>GOLD</b> = Grades K-2 40 laps or level 5; Grades 3-5 70 laps or level 8; Grades 6-8 94 laps or level 10	<b>GOLD</b> = 1:00 minute
<b>KONG</b> = laps 115 or level 12	<b>KONG</b> = Grades K-2 60 laps or level 7; Grades 3-5 100 laps or level 11; Grades 6-8 118 laps or level 12	<b>KONG</b> = 1:30 minutes
<b>Tennis Ball Challenge***</b>	<b>3-lb Weighted Sports Hoop</b>	<b>1/4 Mile Run (K-1 only)</b>
<b>GOLD</b> = Grades K-1 5 balls; grades 2-5 7 balls; grades 6-8 9 balls	<b>GOLD</b> = 3 minutes	<b>GOLD</b> = 2:10
<b>KONG</b> = Grades K-1 6 balls; grades 2-5 10 balls; grades 6-8 12 balls	<b>KONG</b> = 4 minutes	<b>KONG</b> = 1:45

<b>1/2 Mile Run (Grades 2-3 only)</b>	<b>Mile Run (Grades 4-5)</b>	<b>Mile Run (Grades 6-8)</b>
<b>GOLD</b> = 4:15	<b>GOLD</b> = 8:30	<b>GOLD</b> = 7:30
<b>KONG</b> = 3:45	<b>KONG</b> = 7:30	<b>KONG</b> = 6:30
<b>Pole Climb*</b>	<b>Rope Jump**</b>	
<b>GOLD</b> = 4 up and downs	<b>GOLD</b> = Grades K-2 45 sec; grades 3-5 90 sec; grades 6-8 90 sec	
<b>KONG</b> = 10 up and downs	<b>KONG</b> = Grades K-2 90 sec; grades 3-5 180 sec; grades 6-8 180 sec	

**\*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](http://www.projectfitamerica.org/AllStarTeacherShowcase/showcase2002/berg_lessonplans.html#tennisBallChallenge)