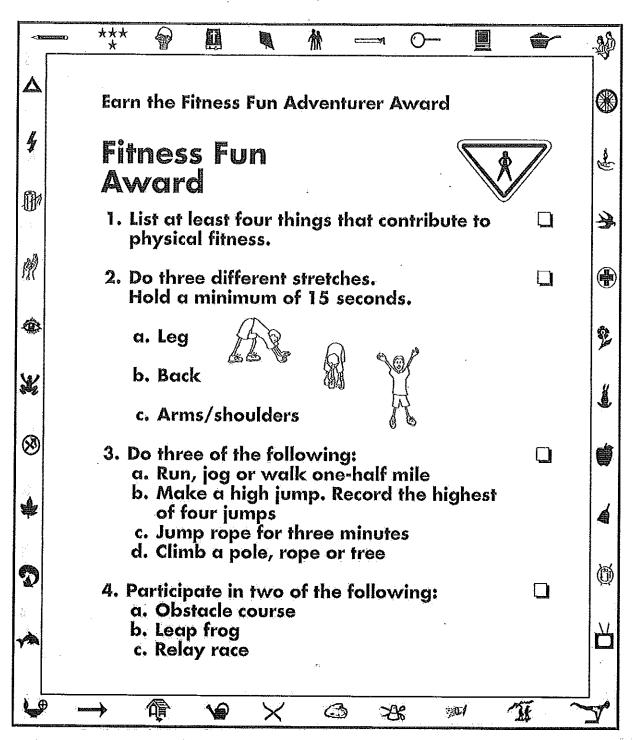
I Can Care for My Body





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A	5. D	emonstre	ate your	ability to	do four			*
4	of the following: a. Forward roll b. Ten sit ups							9 1
	c. Cartwheel d. Handstand or headstand e. Hang from a bar with hands and knees f. Back bridge							
@	6. Participate in an organized game that requires physical exercise.							
*	7. Participate in a recognized fitness test: a. President's Challenge b. An equivalent program							
8	NA.	. All equ	nvaiem p	at Ografii at Children	Norma Addida Nisi	ro-logi škiras	ià.	
4	Sugg Make this awa	Na Contraction of the Contractio	ns for	Parer Order th	Mr. 484 9. t	Leac	437 - Port 1	4
7	types of enjoying the suns	food into boxe an exercise ac hine and fresh	tivity together i	Poplars in 400 East Bloomin	t's Challenge Research Cen 7th Street gton, IN 4740	ter		Ø 4
A	President's Age Boys	Curl-Ups (in 1 minute)	Qualifying Shuttle Run (seconds)	Standards V-Sit Reach S (inches) (Sit & Reach : centimeters)	(min./sec.)	(number)	S
ħ	6 7 8 9	33 36 40 41 45	12.1 11.5 11.1 10.9 10.3	+3.5 +3.5 +3.0 +3.0 +4.0	31 30 31 31 30	10:15 9:22 8:48 8:31 7:57	2 4 5 5	- A/F
(3)	Girls 6 7 8	32 34 38	10.3 12.1 11.8	+5.5 +5.0 +4.5	32, 32, 32,	11:20 10:36 10:02	2 2 2 2 2	7
4	9 10	39 40	11.1	+5.5 +6.0	33 33	9:30 9:19	2 3	9
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