

# I Can Care for My Body 3

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## Earn the Fitness Fun Adventurer Award

# Fitness Fun Award

1. List at least four things that contribute to physical fitness.
2. Do three different stretches. Hold a minimum of 15 seconds.

a. Leg

b. Back

c. Arms/shoulders
3. Do three of the following:

  - a. Run, jog or walk one-half mile
  - b. Make a high jump. Record the highest of four jumps
  - c. Jump rope for three minutes
  - d. Climb a pole, rope or tree
4. Participate in two of the following:

  - a. Obstacle course
  - b. Leap frog
  - c. Relay race

5. Demonstrate your ability to do four of the following:
- Forward roll
  - Ten sit ups
  - Cartwheel
  - Handstand or headstand
  - Hang from a bar with hands and knees
  - Back bridge
6. Participate in an organized game that requires physical exercise.
7. Participate in a recognized fitness test:
- President's Challenge
  - An equivalent program

## Suggestions for Parents or Leaders

Make this award fun by:

- building food group collages or sorting types of food into boxes.
- enjoying an exercise activity together in the sunshine and fresh air.
- having a healthy water-drinking contest.

Order the information for the fitness tests from:

President's Challenge  
 Poplars Research Center  
 400 East 7th Street  
 Bloomington, IN 47405

### President's Challenge Qualifying Standards

Age	Curly-Ups (in 1 minute)	Shuttle Run (seconds)	V-Sit Reach (inches)	Sit & Reach (centimeters)	1-mile-Run (min./sec.)	Pull-Ups (number)
<b>Boys</b>						
6	33	12.1	+3.5	31	10:15	2
7	36	11.5	+3.5	30	9:22	4
8	40	11.1	+3.0	31	8:48	5
9	41	10.9	+3.0	31	8:31	5
10	45	10.3	+4.0	30	7:57	6
<b>Girls</b>						
6	32	12.4	+5.5	32	11:20	2
7	34	12.1	+5.0	32	10:36	2
8	38	11.8	+4.5	33	10:02	2
9	39	11.1	+5.5	33	9:30	2
10	40	10.8	+6.0	33	9:19	3