

**Project Fit America
Standards
NATIONAL GOLD AND KONG LEVEL ACTIVITIES**

Horizontal Ladder	Parallel Bar Station	Sit ups
GOLD = 3 reps down and up. (Rep = Start at high end and go to low end, go backup. 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 backup. 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. <i>Please note: Place mat on sit up bench for student comfort during Kong Elite challenge.</i>
Step Up Station Low Step Position	Step Up Station High Step Position	Vault Bar Station
GOLD = In approximately 50 in 60 seconds, up-up-down-down steps at a consistent, steady pace	GOLD = In approximately 25 in 60 seconds, up-up-down-down steps at a consistent, steady pace	GOLD = 36 vault jumps at consistent, steady pace
KONG = In approximately 60 in 60 seconds, up-up-down-down steps at a consistent, steady pace	KONG = In 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 = Shuttle run to level 12
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 = Shuttle run to level 15

Pacer Challenge – 48 - 60 feet cadenced shuttle run	Flex Arm Hang	Sit and Reach
GOLD = Shuttle run to level 9	GOLD = 1:00 minutes	GOLD = Girls K-5: 34 cm; Grades 6-8: 38 cm, Boys K-5: 31 cm; Grades 6-8: 35 cm
KONG = Shuttle run to level 10	KONG = 1:30 minutes	KONG = Girls K-5: 38 cm; Grades 6-8: 42 cm Boys K-5: 35 cm; Grades 6-8: 39 cm
3-lb. Weighted Sports Hoop	1/4 Mile Run (K-1 only)	1/2 Mile Run (Grades 2-3 only)
GOLD = 3 minutes	GOLD = Boys: 1:55 -- Girls: 2:00	GOLD = Boys: 4:50 -- Girls: 5:07
KONG = 4 minutes	KONG = Boys: 1:45 -- Girls: 1:50	KONG = Boys: 4:05 -- Girls: 4:20
Rope Jump	Pole Climb	
GOLD = Grades K-2 45 sec; grades 3-5 90 sec; grades 6-8 90 sec	GOLD = 4 up and downs	
KONG = Grades K-2 90 sec; grades 3-5 180 sec; grades 6-8 180 sec	KONG = 10 up and downs	
Rope Jump: Students will jump rope forward using a single rope without any misses for the following 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.	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.	

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		
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
KONG-Elite: View our record holders on the Project Fit America website		