

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

<b>Horizontal Ladder</b>	<b>Parallel Bar Station</b>	<b>Sit ups</b>
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 = 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 = 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>
<b>Step Up Station Low Step Position</b>	<b>Step Up Station High Step Position</b>	<b>Vault Bar Station</b>
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
<b>Pull Up Station</b>	<b>Modified Pull Up Station</b>	<b>Pacer Challenge – 43 feet cadenced shuttle run</b>
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

<b>Pacer Challenge – 48 - 60 feet cadenced shuttle run</b>	<b>Flex Arm Hang</b>	<b>Sit and Reach</b>
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
<b>3-lb. Weighted Sports Hoop</b>	<b>1/4 Mile Run (K-1 only)</b>	<b>1/2 Mile Run (Grades 2-3 only)</b>
GOLD = 3 minutes	GOLD = Boys: 1:55 -- Girls: 2:00	<b>GOLD</b> = Boys: 4:50 -- Girls: 5:07
KONG = 4 minutes	KONG = Boys: 1:45 -- Girls: 1:50	<b>KONG</b> = Boys: 4:05 -- Girls: 4:20
<b>Rope Jump</b>	<b>Pole Climb</b>	
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.	<b>Pole Climb:</b> 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.	

<b>BOYS Mile Run</b>		
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
<b>GIRLS Mile Run</b>		
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
<b>KONG-Elite:</b> View our record holders on the <a href="#">Project Fit America website</a>		