



MASTER GUIDE PROGRAM



AY Silver Award

Physical Fitness Requirements



Men

(Pass in three of the five groups listed)

Group 1-Track (any four of the following)

	<i>Date</i>	<i>Score</i>	<i>Signature</i>
A. 50 metre dash 6.8 seconds	___ / ___ / ___	_____	_____
B. 100 metre dash 14.6 seconds	___ / ___ / ___	_____	_____
C. 200 metre dash 29.3 seconds	___ / ___ / ___	_____	_____
D. 400 metre dash 1 minute, 5 seconds	___ / ___ / ___	_____	_____
E. 1.5 km run 6 minutes	___ / ___ / ___	_____	_____
F. 3.25 km run 13 minutes, 10 seconds	___ / ___ / ___	_____	_____
G. 5 km run 23 minutes, 30 seconds	___ / ___ / ___	_____	_____

Group 2-Field (any three of the following)

A. Standing long jump 2.2 metres	___ / ___ / ___	_____	_____
B. Running long jump 4.45 metres	___ / ___ / ___	_____	_____
C. High Jump 1.45 metres	___ / ___ / ___	_____	_____
D. Shot put (5.5 kg) 7.9 metres	___ / ___ / ___	_____	_____
E. Softball throw 48 metres	___ / ___ / ___	_____	_____

Group 3-Endurance-Strength (any two of the following)

A. Sit-ups 55 in 2 minutes	___ / ___ / ___	_____	_____
B. Pull-ups 12	___ / ___ / ___	_____	_____
C. Push-ups 30	___ / ___ / ___	_____	_____
D. Rope climb 5 metres	___ / ___ / ___	_____	_____

Group 4-Coordination-Agility-Balance (any three of the following)

A. Basketball free throw 5 out of 10 shots	___ / ___ / ___	_____	_____
B. Shuttle run - 2 trips 9 metres, 10.4 seconds	___ / ___ / ___	_____	_____
C. Squat-thrusts 21 in 30 seconds	___ / ___ / ___	_____	_____
D. Rope skipping minimum of 250 without miss	___ / ___ / ___	_____	_____

Date

Score

Signature

Group 5-Swimming (any one of the following)

- | | | | |
|--|-----------------|-------|-------|
| A. Free style, 100 metres
1 minute, 40 seconds | ___ / ___ / ___ | _____ | _____ |
| B. Back stroke, 100 metres
1 minute, 50 seconds | ___ / ___ / ___ | _____ | _____ |
| C. Breast stroke, 100 metres
2 minutes | ___ / ___ / ___ | _____ | _____ |

Women

(Pass in three of the five groups listed)

Group 1-Track (any two of the following)

	Date	Score	Signature
A. 50 metre 7.5 seconds	___ / ___ / ___	_____	_____
B. 200 metre 32 seconds	___ / ___ / ___	_____	_____
C. 400 metre run-walk 1 minutes, 20 seconds	___ / ___ / ___	_____	_____

Group 2-Field (any two of the following)

A. Standing broad jump 1.6 metres	___ / ___ / ___	_____	_____
B. Running broad jump 4 metres	___ / ___ / ___	_____	_____
C. Softball throw 41 metres	___ / ___ / ___	_____	_____

Group 3-Endurance-Strength (any two of the following)

A. Sit-ups 40 in 2 minutes	___ / ___ / ___	_____	_____
B. Flexed-arm hang 19 seconds	___ / ___ / ___	_____	_____
C. Push-ups, modified 22	___ / ___ / ___	_____	_____

Group 4-Coordination-Agility-Balance (any three of the following)

A. Basketball, free throw 5 out of 10 shots	___ / ___ / ___	_____	_____
B. Shuttle run, 9 metres 2 trips, 10.4 seconds	___ / ___ / ___	_____	_____
C. Squat-thrusts 16 in 30 seconds	___ / ___ / ___	_____	_____
D. Rope skipping minimum of 300 skips without miss	___ / ___ / ___	_____	_____

Group 5-Swimming (anyone of the following)

A. Free style, 100 metres 1 minute 50 seconds	___ / ___ / ___	_____	_____
B. Back stroke, 100 metres 2 minutes, 5 seconds	___ / ___ / ___	_____	_____
C. Breast stroke, 100 metres 2 minutes, 15 seconds	___ / ___ / ___	_____	_____

Explanations

Men

Pull-ups

(Proper grip is reverse grip.) Chin must clear bar on pull-up. Arms must be nearly extended, with elbows slightly flexed in down position.

Push-ups

Weight equally distributed. Hands just below shoulders. Feet together. Push straight up, keeping body rigid. Arms extended till elbows are straight. In returning to down position, continue to keep body rigid and straight and lower body close to floor without touching it except with hands and feet. Must be continuous.

Women

Flexed-arm hang

Starting position: (A horizontal bar approximately 1 1/2 inches in diameter should be adjusted to a height approximately equal to the student's standing height) the student grasps the bar with an overhand grasp.

ACTION:

1. With the assistance of two spotters, one in front and one in back of student, the student raises her body off the floor to a position where the chin is above the bar, the elbows' flexed and the chest close to the bar.
2. The student must hold this position for at least 19 seconds to pass the test.

RULES:

1. A stop watch is started as soon as the student takes the hanging position.
2. The stop watch is stopped when (a) the student's chin touches the bar, (b) the student's head tilts backward to keep chin above the bar, or (c) when the student's chin falls below the level of the bar.
3. Record in seconds to the nearest second the length of time the subject holds the hanging position.

Push-ups (modified)

Starting position: extend arms, place hands, fingers pointing forward on floor just under and slightly outside shoulders. Knees on floor, body straight from head to knees. Bend knees and raise feet'.

ACTION:

1. Keeping body tense and straight, bend elbows and touch chest to floor,
2. Return to original position. (Keep body straight; don't raise buttocks; abdomen must not sag.)

Men and Women

Sit-ups

Starting Position: Student lies on his back with legs extended, feet about 1 foot apart. The hands, with fingers interlaced, are grasped behind the neck. Another student holds his partner's ankles and keeps heels in contact with the floor while counting each successful sit-up.

ACTION:

1. Sit up and turn the trunk to the left. Touch the right elbow to the left knee.
2. Return to starting position.
3. Sit up and turn the trunk to the right. Touch the left elbow to the right knee.
4. Return to the starting position.
5. Repeat the required number of times.
6. One complete sit-up is counted each time the student returns to the starting position.

Squat-Thrust

Equipment: A stop watch, or a watch with a sweep-second hand.

Starting Position: Student stands at attention.

ACTION:

1. Bend knees and place hands on the floor in front of the feet. Arms may be between, outside, or in front of the bent knees.
2. Thrust the legs back far enough so that the body is perfectly straight from shoulders to feet (the push-up position).
3. Return to the squat position.
4. Return to erect position.

Scoring: The teacher carefully instructs the students how to correct squat-thrusts. The teacher tells the student to do as many correct squat-thrusts as possible within a 30-second limit. The teacher gives the starting signal, "Ready! Go!" On "Go" the student begins. The partner counts each squat-thrust. At the end of 30 seconds the teacher says, "Stop."

Shuttle Run

Starting line: two erasers or similar-sized blocks 30-feet (10 metres) distance. Run, pick up one block, run back across starting line, set block down. Run back, pick up other block, run back across starting line holding it.

Forward Roll

Execute perfect form on each exercise. Do series of 3 forward rolls. Begin each at attention, squat down as forward motion starts. Chin on chest, hands and fingers forward and flat on mat, weight equally distributed. Stay doubled up, let weight down easy, land on back of neck and shoulders rather than head. Grab knees or shins with forearms, and back up to attention.

Backward Roll

Begin at attention, drop back and down as if sitting down in a low chair. Break fall with hands, fingers pointing forward. Push off, bend in middle, chin on chest as legs kept together go back toward mat. Hands go to position approximately 6 inches from each side of head with palms extended up and back. Have feet hit first (not knees) and come directly up to attention. (Series of 3.)

Frog Stand (tip up)

Hands flat on floor, elbows hooked into inside of legs about at knees. Go forward until body is balanced with neither feet nor head touching floor. (Pointer: Keep head up.) Hold 7 seconds.

Head Stand

Form equal triangle with forearms and hands flat on mat. Where hands come together place front part of head where elbows were, place hands flat, fingers straight ahead slightly spread. Go up easy, balance, keeping legs and feet together and toes pointed. Hold 7 seconds.

