

- |    |                           |  |
|----|---------------------------|--|
| 3. | 60-yard dash              | 8 seconds                                  |
|    | or                        |  |
|    | 100-yard dash             | 13 $\frac{2}{5}$ seconds                   |
| 4. | Baseball throw (accuracy) | 3 strikes out<br>of 5 throws at<br>45 feet |
|    | or                        |  |
|    | Baseball throw (distance) | 195 feet                                   |

Third test:

- |    |                               |  |
|----|-------------------------------|--|
| 1. | Pull-up (chinning)            | 9 times                                    |
|    | or                            |  |
|    | Rope climb (using hands only) | 16 feet                                    |
| 2. | Running high jump             | 4' 4"                                      |
|    | or                            |  |
|    | Running broad jump            | 14 feet                                    |
| 3. | 220-yard run                  | 28 seconds                                 |
|    | or                            |  |
|    | 100-yard dash                 | 12 $\frac{3}{5}$ seconds                   |
| 4. | Baseball throw (accuracy)     | 3 strikes out<br>of 5 throws<br>at 50 feet |
|    | or                            |  |
|    | Baseball throw (distance)     | 220 feet                                   |
|    | or                            |  |
|    | 8 lb. shot put                | 28 feet                                    |

Test for GirlsFirst test:

- |    |  |  |
|----|--|--|
| 1. | Balancing (1 deep knee bend)             | 24 feet, 2 trials                          |
| 2. | Potato race                              | 22 seconds                                 |
|    | or                                       |  |
|    | All-up Indian club race                  | 30 seconds                                 |
|    | or                                       |  |
|    | 50-yard dash                             | 8 seconds                                  |
| 3. | Basketball throw (distance)              | 35 feet                                    |
|    | or                                       |  |
|    | 12-inch indoor baseball throw (accuracy) | 2 strikes out<br>of 5 throws at<br>25 feet |
| 4. | Volleyball serve                         | 2 in 5                                     |
|    | or                                       |  |
|    | Tennis serve                             | 3 in 6                                     |
|    | or                                       |  |
|    | Basketball goal throw (10-foot line)     | 2 in 5                                     |
|    | or                                       |  |
|    | 12-inch indoor baseball throw and catch  | 3 errors allowed                           |

Second test:

- |    |  |                   |
|----|--|-------------------|
| 1. | Balancing (book on head; 1 deep knee bend) | 24 feet, 2 trials |
| 2. | Potato race                                | 20 seconds        |
|    | or   |                   |
|    | All-up Indian club race                    | 28 seconds        |