



**Physical Education Department**  
*Educating for a Lifetime of Fitness & Health*

## HAYWOOD COUNTY ELITE FITNESS AWARD

	Grade	Curl-Ups (# one minute)	Shuttle Run (seconds)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	OR	Pacer	Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)
<b>BOYS</b>	K	33	12.1	31	10:15		25	2		9
	1	36	11.5	30	9:22		31	4		14
	2	40	11.1	31	8:48		38	5		17
	3	41	10.9	31	8:31		45	5		18
	4	45	10.3	30	7:57		52	6		22
	5	47	10.0	31	7:32		57	6		27
<b>GIRLS</b>	K	32	12.4	32	11:20		20	2		9
	1	34	12.1	32	10:36		26	2		14
	2	38	11.8	33	10:02		33	2		17
	3	39	11.1	33	9:30		40	2		18
	4	40	10.8	33	9:19		46	3		20
	5	42	10.5	34	9:02		54	3		19

## HAYWOOD COUNTY ACCOMPLISHED FITNESS AWARD

	Grade	Curl-Ups (# one minute)	Shuttle Run (seconds)	Sit and Reach (centimeters)	One-Mile Run (min:sec)	OR	Pacer	Pull-Ups (#)	OR	Rt. Angle Push-Ups (#)
<b>BOYS</b>	K	22	13.3	26	12:36		15	1		7
	1	28	12.8	25	11:40		18	1		8
	2	31	12.2	25	11:05		23	1		9
	3	32	11.9	25	10:30		27	2		12
	4	35	11.5	25	9:48		31	2		14
	5	37	11.1	25	9:20		34	2		15
<b>GIRLS</b>	K	23	13.8	27	13:12		12	1		6
	1	25	13.2	27	12:56		16	1		8
	2	29	12.9	28	12:30		20	1		9
	3	30	12.5	28	11:52		24	1		12
	4	30	12.1	28	11:22		28	1		13
	5	32	11.5	29	11:17		32	1		11

*Haywood County Physical Education program strives to excel at educating for a lifetime of fitness and health by empowering students to sustain regular, lifelong physical activity as a foundation for a healthy, productive, and successful life.*