

Abdominal Strength and Endurance

Curl-ups/Sit Ups

GIRLS CURL UPS/SIT UPS

AGE	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
	1	2	3	4	5	6	7	8	9	10	11	12
14	0-3	4-7	8-12	13-17	18-21	22-25	26-29	30-32	33-39	40-44	45-49	50+
15	0-3	4-7	8-12	13-17	18-22	23-27	28-32	33-35	36-42	42-47	48-52	53+
16	0-3	4-7	8-12	13-17	18-22	23-27	28-32	33-35	36-42	42-47	48-52	53+
17	0-3	4-7	8-12	13-17	18-22	23-27	28-32	33-35	36-42	42-47	48-52	53+
18	0-3	4-7	8-12	13-17	18-22	23-27	28-32	33-35	36-42	42-47	48-52	53+

BOYS CURL UPS/SIT UPS

AGE	LIMITED		APPROACHING		MEETING HEALTHY FITNESS ZONE				EXCEEDING			
	1	2	3	4	5	6	7	8	9	10	11	12
14	1-10	11-15	16-20	21-25	24-29	30-34	35-39	40-45	46-53	54-60	61-65	66+
15	1-10	11-15	16-20	21-25	24-30	31-36	37-41	42-47	48-55	56-63	64-68	69+
16	1-10	11-15	16-20	21-25	24-30	31-36	37-41	42-47	48-55	56-63	64-68	69+
17	1-10	11-15	16-20	21-25	24-30	31-36	37-41	42-47	48-55	56-63	64-68	69+
18	1-10	11-15	16-20	21-25	24-30	31-36	37-41	42-47	48-55	56-63	64-68	69+

Test Objective: To complete as many curl-ups as possible up to a maximum of 80 at a specified pace. The test measures abdominal strength and endurance.

Test Instructions: Allow students to select a partner. Partner A will perform the curl ups while Partner B counts and watches for form errors. Partner A lies in a supine position on the mat with knees bent at an angle of approximately 140°, feet flat on floor, legs slightly apart, arms straight with palms resting on mat. The measuring strip is placed at tips of Partner A's fingers. Partner B gets into a position to count and watch for form breaks.

Correct Form: *Heels remain in contact with mat

*Head return to mat each repetition

*Pauses and rest periods are not allowed. The movement should be continuous and with the cadence

*Fingertips must touch the far side of the measuring strip

When to Stop: Students are stopped after completing 80 curl-ups, when the **second** form correction is made, or when they can no longer continue.