



THE SIXTH FLOOR MUSEUM
AT DEALEY PLAZA

On Your Mark...Get Set...Go! Presidential Physical Fitness Challenge

Create your own activity and demonstrate how to accomplish it!

In 1956, President Dwight D. Eisenhower formed the President's Council on Youth Fitness with the goal of improving American health and physical activity. Before he took office in 1961, John F. Kennedy was involved in sports such as football and swimming. He wrote an article in December 1960 for *Sports Illustrated* outlining his plan for getting Americans moving. In the 1961-1962 school year a physical fitness curriculum was developed for school students with more than 250,000 participants in six states the first year.

In 1966 the Presidential Physical Fitness Award was created. To win the award a participant had to place in the top 85% of students participating. The award was based on 5 challenges: long jump distance, shuttle run, number of pull ups, softball throw distance, and mile run time.

It is your mission to develop a sixth task to add to the Presidential Physical Fitness Challenge. Create a video no more than 30 seconds long of you completing the new task and submit to the Museum. You may submit videos by email (Education@jfk.org). Submissions may be made to Facebook (@SixthFloorMuseum) or to Twitter (@SixthFlrMuseum) using #SixthFloorChallenge.

The Rules:

1. Safety first!
2. Videos should be no longer than 30 seconds.
3. Creativity counts. Use your imagination to come up with your activity.
4. **All tasks should take place in your home or in your back or front yard. Please follow all social distancing rules in your area.**

Deadline: All entries must be submitted by 7:00 p.m. Central time on Sunday, April 12, 2020. The winner will be announced on The Sixth Floor Museum's Facebook page on Tuesday, April 14, 2020 at 12:00 p.m. Central time.

Submit to:

Reminder: Videos should be no longer than 30 seconds

Email: Education@jfk.org

Facebook: @SixthFloorMuseum

Learn more about the Presidential Physical Fitness Test

- U.S. Department of Health and Human Services
 - <https://www.hhs.gov/fitness/programs-and-awards/presidents-challenge/index.html>
- The Federal Government Takes on Physical Fitness; John F. Kennedy Presidential Library
 - <https://www.jfklibrary.org/learn/about-jfk/jfk-in-history/physical-fitness>
- Tools of the Trade: Presidential Physical Fitness Test
 - <https://www.npr.org/sections/ed/2014/11/24/365716113/tools-of-the-trade-the-presidential-physical-fitness-test>
- "The Soft American" by John F. Kennedy published in *Sports Illustrated*, December 26, 1960.
 - <https://vault.si.com/vault/43278>