

PHYSICAL ACTIVITY

SCORING

Male cadets

TEST	POINTS	1	2	3	4	5
Speed Test	Time	28	26	25	24	23
Ball Bounce	Catches in 30 sec	30	35	40	45	50
Trunk Curl	Number in 1 Minute	20	28	34	40	45
Bailey Bridge	Number in 30 sec	12	17	19	21	22
Push up Full	Number in 1 Minute	15	23	27	34	50
Push up Half	Number in 1 Minute	25	37	44	58	68
Squat Thrust	Number in 30 sec	40	60	70	76	82
Stamina Run	Time	4:20	4:00	3:40	3:20	3:10

Note: Scoring may be counted for either, Push Up Full or Push Up Half, **but not both**

Female cadets

TEST	POINTS	1	2	3	4	5
Speed Test	Time	32	28	27	26	25
Ball Bounce	Catches in 30 sec	20	26	32	36	38
Trunk Curl	Number in 1 Minute	10	20	28	32	36
Bailey Bridge	Number in 30 sec	12	16	18	20	22
Push up Full	Number in 1 Minute	8	14	18	24	30
Push up Half	Number in 1 Minute	14	24	28	40	45
Squat Thrust	Number in 30 sec	35	50	65	72	80
Stamina Run	Time	4:50	4:30	4:10	3:50	3:40

Note: Scoring may be counted for either, Push Up Full or Push Up Half, **but not both**

Points required for stars (In one session)!

1 star	=	18 points
2 star	=	24 points
3 star	=	30 points
4 star	=	36 points

Points required for DoE

Bronze	=	24 Points
Silver	=	30 Points
Gold	=	36 Points

PLUS

2 points for each hour of training.
½ point for each 15 minute session.