

CURL-UP

This event measures abdominal strength and endurance

CURL-UP TEST

- Have student lie on cushioned, clean surface
- With knees flexed and feet about 12 inches from buttocks.
- Partner holds feet.
- Arms are crossed with hands placed on opposite shoulders
- Elbows held close to chest.
- Keeping this arm position, student raises the trunk curling up to touch elbows to thighs and then lowers the back to the floor so that the scapulas (shoulder blades) touch the floor, for one curl-up.
- To start, a timer calls out the signal “Ready? Go!” and begins timing student for one minute. The student stops on the word “stop.”

CURL-UP TIP

Instruct helpers to count aloud the number of repetitions.

CURL-UP SCORING

- “Bouncing” off the floor is not permitted.
- The curl-up should be counted only if performed correctly.