

Survey on Physical Fitness of Hong Kong Primary School Students (Primary Schools, 2023/24)

The Education Bureau (EDB) commissioned the Physical Fitness Association of Hong Kong, China (HKPFA) to conduct a Survey Study on Secondary School Students' Physical Fitness in the 2023/24 school year ("Fitness Survey") to facilitate the updating of the norm tables of different physical fitness parameters. The norm tables would be used as a reference to develop scoring tables for the School Physical Fitness Award Scheme ("the Scheme"), which is jointly organised by the EDB, the Hong Kong Childhealth Foundation (HKCF) and the HKPFA. The Scheme aims at promoting physical activities and health-related fitness among primary and secondary students.

1. Objectives

The Fitness Survey (Primary Schools, 2023/24) aimed to:

- develop the norm tables of different physical fitness parameters of Hong Kong primary school students in accordance with age and gender;
- investigate age and gender differences in physical fitness of primary school students; and
- assess the prevalence of underweight, overweight and obesity in primary school students.

2. Methods

Around 4,700 students from 24 primary schools (P1 to P6) were recruited using a stratified random sampling method in Hong Kong. Physical fitness testing items included:

- Height
- Weight
- Bioelectrical Impedance Analysis (BIA)
- Handgrip

- 1-min Sit-ups
- Sit-and-Reach
- 15-metre progressive aerobic cardiovascular endurance run (15m PACER)
- 6-min (for participants aged 8 or below) or 9-min (for participants aged 9 or above) run/walk

3. Results

- The summary of prevalence of underweight, normal, overweight and obesity in terms of weight-for-height was tabulated below:

Weight-for-Height	Underweight (%)			Normal (%)			Overweight and Obesity (%)		
Gender	Boys	Girls	Total	Boys	Girls	Total	Boys	Girls	Total
2015/16	0.8	1.6	1.2	77.4	81.7	79.3	21.9	16.7	19.5
2023/24	1.8	3.2	2.5	77.0	84.4	80.5	21.2	12.4	17.1

- The Department of Health (DH) announced that a set of revised growth charts with new references and definitions, i.e. the Hong Kong 2020 Growth References (HK2020) (https://www.dh.gov.hk/english/useful/useful_PP_Growth_Chart/files/growth_charts.pdf), would be adopted starting from the second half of the year 2024 as a more suitable tool to assess and monitor the growth of children and adolescents;
- Norm tables of physical fitness parameters by age and gender had been updated and uploaded to the EDB's webpage: https://www.edb.gov.hk/tc/curriculum-development/kla/pe/references_resource/fitness-survey/index.html

Report Submitted by Physical Fitness Association of Hong Kong, China

Commissioned by PE Section, EDB

August 2025