

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 6 years old or below)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	1	4	5	6	8	11	13	15	16	18	22	11.32	7.88
	15/16	0	3	4	5	7	10	12	15	16	17	20	10.26	7.66
	23/24	0	3	5	7	10	13	15	17	18	19	22	11.90	7.80
Sit-and-Reach (cm)	10/11	17.0	19.0	20.0	21.0	22.9	24.0	25.0	26.5	28.0	28.3	31.0	23.88	5.35
	15/16	11.0	16.0	17.0	18.0	20.0	22.0	26.0	28.0	28.0	30.0	33.0	22.68	7.69
	23/24	16.0	19.0	20.0	20.0	22.0	24.0	25.0	26.0	27.0	29.0	31.0	22.30	4.6
Handgrip Left+Right (kg)	10/11	11.0	12.5	13.5	14.0	15.5	17.0	18.0	19.5	20.0	20.5	23.0	16.74	5.08
	15/16	12.0	13.5	14.5	15.0	16.0	17.0	18.5	20.0	20.5	21.0	23.0	17.60	4.95
	23/24	12.5	13.5	14.0	14.5	15.5	16.5	17.5	19.0	19.5	20.0	21.5	17.00	3.60
6-min Run (m)	10/11	640	690	710	720	750	780	800	810	830	850	900	774.08	108.01
	15/16	630	690	720	740	770	790	820	840	860	880	920	782.70	118.40
	23/24	640	690	710	720	750	770	800	830	840	860	890	760.60	123.10
15m PACER (lap)	10/11	5	7	8	8	9	9	9	10	10	10	11	8.75	3.21
	15/16	7	9	9	10	11	12	13	15	16	18	21	13.33	6.70
	23/24	7	9	9	9	9	10	10	12	12	13	16	10.90	4.60
Inclined Pull-ups (repetition)	10/11	0	1	2	2	3	4	6	8	8	10	13	5.55	5.08
	15/16	0	0	0	1	2	4	5	8	9	10	13	5.22	5.23
Standing Long Jump (cm)	15/16	80	90	90	100	100	110	110	120	120	120	130	105.83	18.95
Height (cm)	10/11	111.1	114.0	115.0	115.9	117.2	118.5	120.1	121.4	122.0	123.0	126.2	118.10	7.48
	15/16	112.5	114.4	115.3	115.9	117.4	118.9	120.4	121.7	122.8	123.7	126.3	119.15	5.37
	23/24	113.0	115.0	115.4	116.1	118.0	119.0	120.4	122.0	122.5	123.6	125.5	119.00	5.00
Weight (kg)	10/11	18.7	19.7	20.1	20.6	21.3	22.2	23.2	24.3	25.1	26.0	29.4	23.16	4.53
	15/16	18.4	19.5	19.9	20.3	20.9	21.8	22.5	23.8	24.6	25.5	28.3	22.75	4.42
	23/24	18.0	19.1	19.6	20.1	20.9	21.5	22.2	23.5	24.1	24.5	27.3	22.20	4.10
Waist Circumference (cm)	15/16	47.3	48.6	49.2	49.8	50.4	51.3	52.3	53.3	54.3	56.0	59.6	52.63	5.38
Skinfolds Triceps + Calf (mm)	10/11	12.0	13.8	14.5	15.1	16.3	17.8	19.0	21.5	23.3	25.5	31.0	19.86	7.90
	15/16	12.1	13.6	14.1	14.7	15.7	17.0	18.4	20.0	21.2	22.7	28.8	19.23	8.18
Body Fat Percentage	23/24	5.4	7.8	8.4	8.9	10.2	11.4	13.0	14.5	15.2	16.2	20.9	13.00	6.80

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 7 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	3	7	9	10	12	14	16	19	20	22	25	14.27	7.86
	15/16	1	4	5	7	11	14	16	18	19	21	24	13.07	8.54
	23/24	4	9	11	12	14	17	19	21	22	23	26	16.50	8.30
Sit-and-Reach (cm)	10/11	17.0	19.0	20.0	21.0	23.0	24.0	26.0	27.5	28.0	29.0	32.0	24.31	5.98
	15/16	12.0	16.0	18.0	19.0	21.0	25.0	27.0	28.0	29.0	30.0	33.0	23.43	7.94
	23/24	16.0	18.0	20.0	21.0	23.0	25.0	26.0	28.0	28.0	29.0	32.0	25.50	6.40
Handgrip Left+Right (kg)	10/11	11.5	15.0	16.5	17.5	19.0	20.0	21.0	22.0	23.0	24.0	27.0	19.58	5.65
	15/16	14.0	16.0	16.5	17.0	18.0	19.5	21.0	22.0	22.5	23.5	26.0	19.72	4.55
	23/24	14.0	16.5	17.0	17.5	18.5	19.5	20.5	22.0	23.0	23.5	26.0	20.00	4.90
6-min Run (m)	10/11	660	720	730	750	790	800	830	860	880	890	960	808.15	113.59
	15/16	660	730	750	770	800	840	860	890	900	920	960	822.49	121.21
	23/24	670	720	740	760	800	820	850	880	890	900	940	812.50	110.20
15m PACER (lap)	10/11	8	9	9	9	9	10	10	11	11	12	15	10.46	3.74
	15/16	9	10	11	11	13	14	16	19	20	21	28	16.39	8.20
	23/24	9	9	10	10	11	12	13	15	16	18	22	14.00	7.10
Inclined Pull-ups (repetition)	10/11	0	2	3	3	4	5	6	9	10	11	14	6.41	4.99
	15/16	0	1	1	2	4	6	8	10	11	12	15	6.83	5.99
Standing Long Jump (cm)	15/16	90	100	100	110	110	120	120	130	130	130	140	115.15	18.34
Height (cm)	10/11	118.1	120.4	121.0	122.0	123.5	124.7	126.5	128.0	128.6	129.8	132.8	124.82	6.32
	15/16	117.0	119.2	120.0	120.9	122.5	123.8	125.0	127.0	127.9	129.0	132.0	124.13	5.79
	23/24	117.2	119.4	120.0	121.1	123.0	124.2	125.8	127.5	128.4	129.1	132.1	124.40	6.00
Weight (kg)	10/11	20.5	21.7	22.1	22.6	23.9	25.1	26.7	28.6	30.0	31.1	34.9	26.67	6.03
	15/16	20.0	21.1	21.6	22.0	22.9	23.9	25.0	26.3	27.3	28.2	33.1	25.31	5.78
	23/24	19.7	21.0	21.4	21.8	22.9	23.8	24.7	26.3	27.3	28.3	33.5	25.30	5.90
Waist Circumference (cm)	15/16	48.5	49.9	50.3	51.0	52.0	53.0	53.8	55.3	56.5	57.8	63.3	54.47	6.45
Skinfolds Triceps + Calf (mm)	10/11	12.0	14.0	14.8	15.0	16.8	18.0	20.3	22.8	24.6	27.5	33.0	20.74	8.55
	15/16	12.6	13.9	14.4	15.0	16.1	17.5	18.9	21.0	22.7	24.8	31.9	20.13	8.99
Body Fat Percentage	23/24	5.7	7.0	7.8	8.4	10.0	11.2	13.0	14.9	17.4	19.8	26.6	14.30	9.50

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 8 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	6	10	12	13	16	18	20	22	23	25	29	17.53	8.62
	15/16	4	8	10	12	15	18	20	23	24	25	30	17.56	9.49
	23/24	6	11	13	14	17	19	20	22	24	25	29	18.30	8.70
Sit-and-Reach (cm)	10/11	16.0	18.5	20.0	21.0	22.0	24.0	26.0	27.2	28.0	29.0	32.0	23.82	6.17
	15/16	12.0	15.0	17.0	19.0	21.0	23.0	25.0	27.0	29.0	30.0	33.0	22.61	7.89
	23/24	14.0	17.0	18.0	19.0	21.0	23.0	24.0	26.0	27.0	28.0	31.0	28.90	7.30
Handgrip Left+Right (kg)	10/11	15.5	18.5	19.1	20.0	21.5	23.0	24.5	26.0	27.4	28.0	31.0	23.29	6.25
	15/16	18.0	19.5	20.0	21.0	22.0	23.0	24.5	26.0	27.0	28.0	30.0	23.52	5.01
	23/24	16.5	18.5	19.5	20.0	21.0	22.0	23.5	25.0	26.0	26.5	29.0	22.60	4.70
6-min Run (m)	10/11	680	740	760	780	810	840	880	900	910	950	1010	844.74	135.65
	15/16	700	760	780	800	830	860	890	920	940	960	1010	856.95	125.57
	23/24	670	730	750	760	800	820	850	880	900	910	970	823.40	123.40
15m PACER (lap)	10/11	8	9	10	10	11	12	13	14	16	17	20	12.96	4.51
	15/16	10	12	13	14	16	19	21	25	28	30	40	21.74	12.18
	23/24	9	10	10	11	12	14	16	19	20	22	30	16.40	9.30
Inclined Pull-ups (repetition)	10/11	1	2	2	3	4	6	7	9	10	11	14	6.59	5.27
	15/16	0	1	2	3	4	6	8	10	12	13	17	7.48	6.46
Standing Long Jump (cm)	15/16	100	110	110	110	120	130	130	140	140	140	150	125.07	20.86
Height (cm)	10/11	122.3	124.5	125.4	126.7	128.1	130.0	131.5	133.2	133.9	134.6	137.9	129.71	6.59
	15/16	122.5	124.7	125.5	126.4	128.1	130.1	132.0	133.9	134.6	135.8	138.3	130.26	6.21
	23/24	122.7	126.1	126.8	127.5	129.0	130.5	132.4	134.1	135.0	136.0	139.2	130.40	6.40
Weight (kg)	10/11	22.4	24.0	24.5	25.1	26.2	27.7	29.6	31.6	33.3	34.9	40.0	29.59	7.13
	15/16	22.2	23.6	24.1	24.8	26.1	27.4	28.9	30.9	32.2	33.5	38.5	28.99	6.73
	23/24	21.9	23.3	24.0	24.5	25.9	27.5	29.2	31.2	32.7	35.0	39.4	28.90	7.30
Waist Circumference (cm)	15/16	49.8	51.3	52.0	52.9	54.0	55.0	56.8	58.3	60.0	61.9	68.0	56.80	8.57
Skinfolds Triceps + Calf (mm)	10/11	12.8	14.5	15.0	16.0	18.0	20.0	23.0	26.0	28.0	30.3	37.0	22.71	9.98
	15/16	12.8	14.5	15.1	16.1	17.8	19.2	21.4	24.8	26.3	29.7	38.4	22.71	10.87
Body Fat Percentage	23/24	5.1	7.1	8.3	9.5	11.3	12.9	15.3	18.5	21.4	23.8	31.0	15.60	10.00

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 9 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	6	10	12	14	17	19	21	24	25	26	31	18.74	9.16
	15/16	6	11	13	14	17	19	21	24	25	27	31	18.89	9.48
	23/24	10	13	15	16	19	21	23	25	26	28	32	20.70	8.60
Sit-and-Reach (cm)	10/11	14.0	17.0	18.0	19.0	22.0	23.0	25.0	26.0	28.0	29.0	31.0	22.88	6.81
	15/16	13.0	16.0	18.0	19.0	21.0	23.0	25.0	27.0	28.0	30.0	33.0	23.08	7.66
	23/24	13.0	17.0	18.0	19.0	21.0	23.0	26.0	27.0	28.0	29.0	32.0	33.00	8.60
Handgrip Left+Right (kg)	10/11	19.0	21.0	22.0	23.0	24.5	26.0	28.0	29.5	30.1	31.5	34.0	26.36	6.12
	15/16	20.0	22.0	22.5	23.0	24.5	26.0	27.0	28.5	29.5	30.0	33.0	26.06	5.23
	23/24	19.0	21.5	22.5	23.5	24.5	26.0	27.0	28.5	29.5	30.5	33.0	26.20	5.70
9-min Run (m)	10/11	980	1060	1080	1110	1150	1200	1250	1300	1340	1370	1500	1219.07	221.53
	15/16	960	1040	1070	1110	1150	1210	1270	1320	1350	1380	1470	1211.77	200.72
	23/24	960	1060	1090	1120	1150	1200	1250	1290	1320	1360	1440	1204.40	183.60
15m PACER (lap)	10/11	9	10	10	11	12	13	16	18	19	20	23	15.24	6.79
	15/16	10	13	14	15	18	20	23	30	31	34	42	23.68	12.74
	23/24	10	12	13	13	16	18	20	24	27	30	36	20.90	11.10
Inclined Pull-ups (repetition)	10/11	1	2	3	3	4	5	7	9	11	12	17	7.09	6.07
	15/16	0	1	2	3	4	6	8	10	12	13	17	7.44	6.82
Standing Long Jump (cm)	15/16	100	110	110	120	120	130	130	140	140	140	150	127.06	21.57
Height (cm)	10/11	128.0	130.6	131.5	132.5	133.9	135.5	137.0	138.8	139.7	140.5	143.5	135.58	6.19
	15/16	128.4	131.0	132.2	132.8	134.4	135.8	137.5	139.1	140.0	140.9	143.6	135.98	5.99
	23/24	128.0	130.6	131.6	132.9	134.5	136.3	137.7	140.0	140.5	141.5	144.1	136.10	6.50
Weight (kg)	10/11	24.6	26.5	27.4	28.2	30.0	31.9	34.0	36.9	37.9	39.5	44.8	33.50	8.00
	15/16	24.6	26.8	27.6	28.3	29.6	31.6	33.7	36.5	38.1	39.8	45.4	33.52	8.37
	23/24	24.3	25.9	26.7	27.3	28.7	31.0	33.0	35.5	36.7	38.9	44.7	32.90	8.50
Waist Circumference (cm)	15/16	51.8	53.8	54.5	55.3	56.5	58.8	60.8	63.6	65.3	68.0	74.0	60.82	9.21
Skinfolds Triceps + Calf (mm)	10/11	13.0	15.2	16.3	17.5	19.6	22.6	26.2	30.5	31.5	34.0	41.5	25.43	11.82
	15/16	13.3	16.0	17.0	18.5	21.0	23.8	26.7	30.9	33.2	35.7	43.2	26.33	11.99
Body Fat Percentage	23/24	5.4	7.2	8.4	9.8	11.9	13.8	17.4	21.6	23.9	26.0	33.0	17.40	11.20

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 10 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	8	12	15	16	18	20	22	25	27	28	31	20.26	9.07
	15/16	6	12	13	15	18	21	23	26	28	29	33	20.21	9.94
	23/24	10	14	15	16	20	22	24	26	28	29	32	19.30	8.10
Sit-and-Reach (cm)	10/11	13.0	16.0	17.0	18.0	20.0	22.0	24.0	26.0	27.0	28.0	32.0	22.04	6.92
	15/16	13.0	17.0	18.0	19.0	21.0	23.0	25.0	27.0	28.0	30.0	33.0	23.04	7.58
	23/24	11.0	15.0	16.0	18.0	20.0	21.0	24.0	26.0	27.0	29.0	32.0	30.70	7.60
Handgrip Left+Right (kg)	10/11	21.5	24.0	25.0	26.0	28.0	30.0	31.5	33.0	34.0	35.0	39.0	29.98	6.88
	15/16	22.0	25.0	26.0	27.0	28.0	29.5	31.0	32.5	33.5	35.0	38.0	30.06	6.49
	23/24	21.5	23.5	24.5	25.5	27.0	29.0	30.5	32.0	33.0	34.0	36.5	24.60	5.50
9-min Run (m)	10/11	1010	1080	1120	1140	1200	1230	1280	1330	1370	1440	1520	1254.28	212.89
	15/16	1000	1100	1120	1130	1190	1250	1300	1360	1390	1420	1520	1254.23	207.57
	23/24	970	1050	1100	1120	1170	1210	1260	1310	1340	1360	1450	1144.20	144.90
15m PACER (lap)	10/11	9	11	12	13	14	16	18	21	22	24	30	17.90	8.08
	15/16	12	15	17	19	21	25	30	34	36	41	52	28.92	15.73
	23/24	10	12	13	14	16	19	21	25	29	32	42	17.50	7.10
Inclined Pull-ups (repetition)	10/11	1	2	3	3	5	7	9	11	12	14	16	8.07	6.10
	15/16	0	0	1	2	4	6	8	10	12	13	18	7.43	7.13
Standing Long Jump (cm)	15/16	110	120	120	120	130	130	140	150	150	150	160	134.87	22.57
Height (cm)	10/11	132.2	135.0	136.0	137.0	138.7	140.5	142.3	144.2	145.5	146.5	150.0	140.88	7.14
	15/16	132.4	135.5	136.5	137.5	139.3	141.0	142.7	144.7	145.8	147.0	149.7	141.22	6.92
	23/24	133.0	135.7	137.0	138.2	139.5	141.2	142.5	145.0	145.8	147.2	150.6	135.70	7.00
Weight (kg)	10/11	27.4	29.4	30.1	31.2	33.1	35.6	38.9	41.7	43.7	45.9	52.6	37.96	10.18
	15/16	26.9	29.1	30.1	31.0	32.8	34.9	37.6	41.1	43.2	45.1	50.7	37.21	9.83
	23/24	26.9	28.9	29.9	30.8	32.7	34.5	36.5	40.5	42.3	44.3	49.1	30.70	7.60
Waist Circumference (cm)	15/16	52.2	55.0	55.8	56.8	58.3	60.6	63.0	67.0	68.8	71.3	77.3	62.86	9.73
Skinfolds Triceps + Calf (mm)	10/11	14.0	16.0	17.0	18.0	20.8	25.0	29.0	32.3	34.6	38.0	44.5	27.12	12.07
	15/16	13.7	16.6	17.7	18.8	22.2	25.5	29.5	33.7	36.0	37.8	45.8	27.98	12.76
Body Fat Percentage	23/24	6.0	8.8	9.6	10.5	12.6	15.2	18.6	24.7	27.8	29.6	34.1	17.50	7.20

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 11 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	10	15	16	18	21	23	25	28	29	31	35	22.85	9.45
	15/16	10	15	17	18	21	23	26	29	30	32	36	23.22	9.94
	23/24	11	16	17	19	22	24	26	28	29	30	35	23.80	9.10
Sit-and-Reach (cm)	10/11	13.0	15.2	17.0	18.0	20.0	22.0	23.0	26.0	27.0	28.0	31.0	21.84	6.85
	15/16	12.0	15.0	17.0	18.0	21.0	22.0	24.0	27.0	28.0	30.0	33.0	22.38	7.94
	23/24	11.0	14.0	15.0	16.0	18.0	21.0	23.0	26.0	26.0	28.0	31.0	42.30	12.20
Handgrip Left+Right (kg)	10/11	24.0	27.7	29.0	30.0	32.0	34.0	35.5	38.0	39.0	41.0	46.0	34.55	8.64
	15/16	26.0	28.0	29.0	30.0	31.5	33.0	35.0	37.0	39.0	40.5	44.0	34.20	7.54
	23/24	23.5	27.0	28.0	29.5	31.0	33.0	35.5	37.5	39.0	40.0	44.0	34.10	8.60
9-min Run (m)	10/11	1010	1100	1140	1170	1230	1280	1330	1370	1440	1470	1610	1291.50	234.59
	15/16	1050	1140	1170	1200	1260	1300	1360	1430	1450	1500	1600	1315.17	218.35
	23/24	980	1060	1100	1130	1200	1260	1310	1350	1380	1440	1510	1249.10	217.00
15m PACER (lap)	10/11	11	14	15	16	18	20	21	24	26	29	33	21.50	9.75
	15/16	15	19	20	22	27	30	36	42	44	47	56	34.04	17.13
	23/24	11	14	17	18	20	23	27	32	36	41	52	28.00	16.90
Inclined Pull-ups (repetition)	10/11	1	2	3	3	4	6	8	10	12	12	17	7.49	6.03
	15/16	0	0	1	2	4	6	8	11	12	14	17	7.52	7.07
Standing Long Jump (cm)	15/16	110	120	130	130	140	140	150	160	160	160	180	143.25	24.91
Height (cm)	10/11	137.7	140.8	141.6	142.5	144.4	146.7	148.8	151.2	152.3	153.9	158.0	147.29	7.97
	15/16	137.8	141.4	142.5	143.5	145.8	147.3	149.5	151.5	152.9	154.3	158.7	147.77	7.82
	23/24	138.7	142.0	143.0	144.3	146.3	148.2	150.5	152.7	153.7	155.5	159.4	148.70	8.10
Weight (kg)	10/11	30.2	33.2	34.5	35.9	38.7	41.4	44.0	47.3	49.6	51.9	58.0	42.85	10.69
	15/16	29.7	32.6	34.2	35.2	38.2	40.6	43.4	47.0	48.8	51.0	57.3	42.32	11.05
	23/24	29.3	31.3	32.7	33.8	36.4	40.1	43.6	46.3	48.5	50.9	59.8	42.30	12.20
Waist Circumference (cm)	15/16	55.0	57.0	57.7	58.5	60.8	63.1	65.7	70.0	72.3	74.7	79.7	65.46	10.07
Skinfolds Triceps + Calf (mm)	10/11	14.0	16.5	18.0	19.0	21.8	24.9	29.0	33.1	36.0	38.2	46.5	27.72	12.47
	15/16	13.9	16.8	18.1	19.7	22.7	26.0	30.2	34.9	37.6	40.2	48.2	28.91	13.30
Body Fat Percentage	23/24	5.0	7.7	8.7	9.9	12.6	15.2	19.4	24.0	26.4	28.6	36.2	18.90	12.30

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 12 years old or above)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	13	17	20	21	23	26	28	31	32	34	38	25.46	9.74
	15/16	14	18	20	22	24	27	30	32	33	34	41	26.95	10.11
	23/24	14	18	20	21	23	25	28	30	32	33	39	26.20	9.70
Sit-and-Reach (cm)	10/11	12.0	15.0	17.0	18.0	19.1	21.0	23.0	26.0	26.0	27.4	31.4	21.54	7.13
	15/16	17.0	22.0	22.0	22.0	23.0	25.0	27.0	29.0	30.0	32.0	33.0	25.07	6.72
	23/24	13.0	15.0	16.0	18.0	19.0	21.0	23.0	25.0	26.0	27.0	31.0	47.70	12.30
Handgrip Left+Right (kg)	10/11	25.9	31.3	32.0	34.0	36.0	39.0	41.5	43.8	46.0	48.0	54.2	39.63	10.93
	15/16	27.5	30.0	31.0	32.0	35.0	36.5	39.0	41.0	43.0	46.0	51.0	37.76	9.01
	23/24	30.0	31.5	32.5	34.0	36.5	39.5	41.5	44.5	46.5	51.5	57.5	41.60	11.90
9-min Run (m)	10/11	1070	1160	1200	1220	1290	1360	1410	1480	1520	1570	1640	1362.39	233.68
	15/16	1070	1150	1210	1250	1300	1380	1440	1520	1530	1560	1770	1382.10	255.48
	23/24	960	1050	1070	1100	1170	1210	1290	1390	1440	1450	1530	1237.50	237.20
15m PACER (lap)	10/11	12	14	15	16	18	20	22	26	27	29	32	21.64	8.90
	15/16	15	21	24	26	30	34	41	46	50	53	74	38.67	20.94
	23/24	11	17	19	20	24	30	33	40	43	48	58	32.70	18.50
Inclined Pull-ups (repetition)	10/11	2	4	5	6	8	10	13	17	17	18	21	11.15	7.35
	15/16	0	1	2	4	6	10	11	14	15	17	25	10.58	9.47
Standing Long Jump (cm)	15/16	120	130	130	140	150	150	160	170	170	180	190	153.89	26.89
Height (cm)	10/11	142.0	145.0	146.5	148.0	150.0	152.0	154.1	156.1	157.7	159.0	164.5	152.35	8.46
	15/16	139.5	143.0	145.7	147.7	150.1	152.5	155.0	157.4	158.4	160.0	165.8	152.58	9.51
	23/24	144.5	148.0	149.3	150.6	153.5	155.8	157.0	159.5	160.5	161.6	164.2	155.30	8.40
Weight (kg)	10/11	31.4	36.6	37.4	39.1	40.9	42.9	45.9	50.3	54.0	56.2	61.8	45.62	11.92
	15/16	30.8	33.4	35.2	37.2	40.0	42.7	45.1	47.4	50.4	52.0	58.9	44.14	12.02
	23/24	32.4	36.8	38.4	40.2	44.3	47.1	49.4	52.9	54.7	57.2	63.0	47.80	11.90
Waist Circumference (cm)	15/16	55.8	58.0	58.7	59.5	61.0	63.1	65.2	67.7	70.8	72.2	77.6	64.88	8.55
Skinfolds Triceps + Calf (mm)	10/11	13.3	15.5	16.8	18.0	20.0	22.6	26.5	31.0	33.9	37.3	43.5	26.39	12.79
	15/16	12.6	15.8	17.2	17.6	19.8	22.1	24.4	28.9	31.2	34.5	42.4	24.70	10.58
Body Fat Percentage	23/24	5.5	8.0	9.4	10.9	14.5	16.9	20.1	24.6	25.4	28.9	34.6	18.90	11.10

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 6 years old or below)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	1	4	5	6	9	11	13	16	17	18	22	11.18	7.52
	15/16	0	0	1	2	4	7	10	13	15	16	20	8.67	7.82
	23/24	1	3	5	6	10	12	14	17	18	19	24	12.30	8.30
Sit-and-Reach (cm)	10/11	18.7	22.0	23.0	24.0	25.5	27.0	28.0	30.0	30.0	31.0	32.0	26.20	5.46
	15/16	16.0	18.0	19.0	20.0	22.0	26.0	27.0	29.0	30.0	31.0	34.0	24.90	7.07
	23/24	19.0	21.0	23.0	24.0	26.0	27.0	29.0	30.0	31.0	32.0	34.0	21.40	3.70
Handgrip Left+Right (kg)	10/11	8.6	11.0	12.0	13.0	14.5	15.5	16.5	18.0	19.0	19.5	21.4	15.34	5.10
	15/16	10.5	12.5	13.0	14.0	15.0	15.5	17.0	18.0	18.0	19.0	21.0	15.87	4.38
	23/24	11.5	13.0	13.0	13.5	14.5	15.0	16.5	17.5	18.0	18.5	20.0	15.70	3.80
6-min Run (m)	10/11	620	660	680	690	710	730	750	790	800	810	870	743.04	111.90
	15/16	640	680	700	720	740	750	770	800	810	830	860	752.04	96.96
	23/24	630	670	690	700	720	740	760	790	800	810	840	736.00	86.70
15m PACER (lap)	10/11	5	7	8	8	9	9	9	9	10	10	11	8.58	2.43
	15/16	8	9	9	9	10	11	11	13	13	14	17	11.60	4.44
	23/24	7	8	9	9	9	10	10	11	11	12	13	10.20	3.40
Inclined Pull-ups (repetition)	10/11	0	0	1	2	4	5	6	8	9	10	13	5.66	4.81
	15/16	0	1	1	2	4	5	7	9	10	11	13	6.12	5.25
Standing Long Jump (cm)	15/16	80	80	90	90	90	100	100	110	110	110	120	96.86	16.96
Height (cm)	10/11	110.2	113.0	114.0	115.1	116.5	118.0	119.4	121.0	121.8	122.5	124.5	117.25	7.14
	15/16	112.5	114.0	114.5	115.5	116.7	118.3	119.3	120.8	121.5	123.0	125.1	118.39	5.22
	23/24	111.1	113.0	114.1	115.0	116.3	117.7	119.0	120.5	121.5	122.5	125.5	117.70	5.40
Weight (kg)	10/11	17.7	18.8	19.4	19.9	20.7	21.6	22.4	23.5	24.0	24.7	27.5	22.08	3.84
	15/16	18.0	18.9	19.4	19.8	20.5	21.3	22.3	23.3	24.1	24.7	27.3	22.06	3.94
	23/24	17.7	18.5	18.9	19.4	20.1	20.8	21.5	22.4	22.9	23.2	26.1	21.30	3.70
Waist Circumference (cm)	15/16	46.0	47.5	48.0	48.6	49.5	50.7	51.9	53.0	53.7	54.7	58.0	51.42	4.92
Skinfolds Triceps + Calf (mm)	10/11	13.3	15.0	15.5	16.5	17.8	19.0	20.5	22.5	23.7	24.8	28.0	20.28	6.46
	15/16	13.9	16.0	16.7	17.1	18.5	20.3	21.6	23.6	24.8	26.3	30.9	21.42	6.96
Body Fat Percentage	23/24	9.8	11.3	11.9	12.5	13.4	14.3	15.2	16.1	16.7	17.9	20.2	14.90	4.70

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 7 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	2	6	8	9	11	14	16	18	18	20	22	13.32	7.52
	15/16	0	3	5	6	10	13	15	18	19	20	24	12.35	8.42
	23/24	2	6	8	9	12	15	17	19	20	21	24	14.00	8.30
Sit-and-Reach (cm)	10/11	19.0	22.0	23.0	24.0	26.0	28.0	29.0	30.5	31.5	32.1	34.5	27.29	5.91
	15/16	17.0	19.0	20.0	21.0	23.0	26.0	28.0	29.0	30.0	31.0	34.0	25.53	6.92
	23/24	20.0	23.0	24.0	25.0	27.0	28.0	30.0	31.0	32.0	33.0	36.0	23.40	4.80
Handgrip Left+Right (kg)	10/11	11.0	14.0	15.0	16.0	18.0	19.0	20.0	21.5	22.0	22.5	25.0	18.56	5.41
	15/16	12.5	14.5	15.0	16.0	17.0	18.0	19.0	20.5	21.0	22.0	23.5	18.20	4.40
	23/24	13.5	15.0	15.5	16.0	17.0	18.0	18.5	19.5	20.0	21.0	22.5	18.00	3.60
6-min Run (m)	10/11	650	710	720	730	760	780	800	820	840	860	910	788.44	134.91
	15/16	680	720	740	750	780	800	820	840	860	870	900	796.66	89.77
	23/24	660	720	730	740	760	790	810	830	840	850	890	781.30	99.60
15m PACER (lap)	10/11	7	9	9	9	9	9	10	10	11	11	13	9.84	2.81
	15/16	9	10	10	11	12	13	15	17	18	19	23	14.81	6.92
	23/24	9	9	10	10	10	11	12	13	14	14	17	12.10	4.40
Inclined Pull-ups (repetition)	10/11	1	1	2	3	4	5	6	7	9	10	13	5.87	4.81
	15/16	0	2	2	3	4	6	8	10	11	13	16	7.30	6.00
Standing Long Jump (cm)	15/16	80	90	100	100	100	110	110	120	120	120	130	105.75	17.38
Height (cm)	10/11	115.8	118.2	119.2	120.0	121.6	123.4	125.0	126.5	127.2	128.1	131.0	123.12	7.16
	15/16	116.0	118.2	119.0	119.6	121.4	123.0	124.5	126.0	127.1	128.0	130.0	123.04	5.59
	23/24	116.0	118.0	119.0	120.0	121.4	123.0	124.5	126.0	126.9	127.8	130.3	123.00	5.60
Weight (kg)	10/11	19.4	20.8	21.4	21.9	23.1	24.0	25.4	27.0	28.3	29.3	32.5	25.22	5.38
	15/16	19.3	20.4	21.0	21.6	22.3	23.3	24.1	25.2	25.8	26.8	30.0	23.90	4.32
	23/24	19.0	19.7	20.1	20.6	21.5	22.5	23.5	24.5	25.4	26.1	29.2	23.40	4.50
Waist Circumference (cm)	15/16	46.9	48.5	49.0	49.5	50.2	51.3	52.6	53.9	54.5	55.8	59.5	52.32	5.78
Skinfolds Triceps + Calf (mm)	10/11	13.8	15.8	17.0	18.0	19.3	21.0	23.0	25.0	27.0	29.8	34.5	22.86	8.47
	15/16	14.5	16.2	17.2	17.7	19.3	20.5	22.1	23.8	24.9	27.0	31.4	21.94	7.07
Body Fat Percentage	23/24	9.4	10.7	11.2	12.0	13.1	14.1	15.3	16.6	17.3	18.4	21.7	15.20	5.80

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 8 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	4	9	11	12	14	16	18	20	22	23	27	16.14	8.41
	15/16	3	6	9	11	13	15	18	20	21	23	26	15.22	8.88
	23/24	3	9	11	13	16	17	20	21	22	24	28	17.00	8.90
Sit-and-Reach (cm)	10/11	20.0	22.0	23.0	23.5	25.0	27.0	28.0	30.0	31.0	32.0	34.0	26.69	5.79
	15/16	17.0	19.0	21.0	22.0	23.0	26.0	27.0	29.0	30.0	31.0	34.0	25.36	6.88
	23/24	18.0	21.0	23.0	24.0	25.0	28.0	29.0	31.0	32.0	33.0	35.0	27.30	5.70
Handgrip Left+Right (kg)	10/11	14.2	17.0	18.0	19.0	20.5	21.5	23.0	24.5	25.5	27.0	30.0	21.89	5.77
	15/16	16.0	17.5	18.0	19.0	20.0	21.0	22.0	23.5	24.0	25.0	27.5	21.29	4.53
	23/24	16.5	18.0	18.5	19.0	20.0	21.5	22.5	23.0	23.5	24.5	26.5	21.30	4.10
6-min Run (m)	10/11	680	730	750	760	790	810	830	860	880	900	980	824.57	154.31
	15/16	680	720	740	750	790	800	830	860	870	880	930	804.29	105.49
	23/24	680	720	740	750	780	810	830	850	870	880	940	801.40	110.00
15m PACER (lap)	10/11	9	9	9	9	10	11	11	12	13	14	17	11.48	3.24
	15/16	10	11	12	13	14	15	17	19	20	21	29	17.39	8.16
	23/24	9	10	11	11	13	15	16	18	18	19	23	15.60	6.50
Inclined Pull-ups (repetition)	10/11	0	1	2	2	4	5	6	8	10	11	14	6.20	5.27
	15/16	0	1	1	2	3	5	7	10	12	12	16	6.79	6.04
Standing Long Jump (cm)	15/16	90	100	100	100	110	110	120	120	130	130	140	113.31	19.05
Height (cm)	10/11	121.5	123.8	124.7	125.5	127.2	128.2	130.5	132.2	133.0	134.2	137.1	129.15	6.49
	15/16	122.2	124.6	125.5	126.3	128.0	129.5	130.8	133.0	133.7	134.8	137.5	129.59	5.96
	23/24	122.5	124.7	126.0	126.6	128.1	130.0	131.2	132.5	133.3	134.1	137.3	129.70	5.90
Weight (kg)	10/11	21.7	22.9	23.7	24.4	25.6	26.8	28.1	30.6	31.5	32.6	35.7	27.91	5.64
	15/16	21.5	23.0	23.7	24.2	25.1	26.1	27.6	29.6	30.8	32.3	37.0	27.79	6.23
	23/24	21.4	22.9	23.4	23.9	25.0	26.3	27.4	29.0	29.8	31.2	35.4	27.20	5.70
Waist Circumference (cm)	15/16	48.1	49.8	50.2	51.0	52.5	53.3	54.9	57.0	59.0	60.1	64.3	54.94	7.42
Skinfolds Triceps + Calf (mm)	10/11	15.0	17.0	18.0	19.0	20.5	23.0	25.0	27.8	30.0	32.0	35.8	24.57	9.05
	15/16	14.6	16.7	17.7	18.5	20.1	21.8	24.3	27.1	29.8	31.8	37.9	24.38	9.41
Body Fat Percentage	23/24	10.5	12.0	12.4	12.9	13.9	15.4	16.6	19.3	19.8	21.6	26.2	16.80	6.40

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 9 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	6	10	12	14	16	19	21	23	24	25	28	18.02	8.38
	15/16	4	10	12	13	16	19	21	23	25	26	30	18.22	9.70
	23/24	9	13	14	15	18	20	22	23	24	27	30	19.30	8.10
Sit-and-Reach (cm)	10/11	18.0	21.0	22.0	23.0	25.0	27.0	28.6	30.0	31.0	32.0	34.0	26.45	6.63
	15/16	20.0	23.0	24.0	24.0	25.0	25.0	26.0	29.0	29.0	29.0	30.0	25.46	5.05
	23/24	18.0	22.0	23.0	24.0	26.0	28.0	30.0	32.0	33.0	34.0	36.0	30.70	7.60
Handgrip Left+Right (kg)	10/11	17.5	20.0	21.0	22.0	23.1	25.0	26.5	28.5	29.0	30.5	33.0	25.10	6.13
	15/16	18.0	20.0	21.0	22.0	23.5	25.0	27.0	29.0	30.0	32.0	36.0	26.30	7.73
	23/24	17.5	19.5	20.5	21.5	22.5	24.0	25.0	27.0	28.0	28.5	31.0	24.60	5.50
9-min Run (m)	10/11	960	1030	1050	1070	1120	1150	1200	1240	1270	1290	1370	1159.40	180.16
	15/16	860	980	1030	1060	1120	1190	1230	1280	1310	1340	1420	1164.06	214.86
	23/24	980	1040	1050	1070	1110	1140	1180	1210	1220	1250	1320	1144.20	144.90
15m PACER (lap)	10/11	9	10	11	11	12	13	15	17	19	19	20	14.44	5.04
	15/16	10	13	14	15	18	20	23	27	30	33	41	23.24	12.55
	23/24	10	11	12	13	15	17	19	20	22	23	29	17.50	7.10
Inclined Pull-ups (repetition)	10/11	0	1	2	2	4	5	6	8	10	11	15	6.29	5.78
	15/16	0	0	1	2	4	6	8	10	11	12	16	6.91	6.47
Standing Long Jump (cm)	15/16	90	100	110	110	120	120	130	140	140	140	150	122.40	25.02
Height (cm)	10/11	127.1	130.0	131.0	131.8	133.5	135.3	137.3	139.0	140.1	141.0	144.5	135.40	7.31
	15/16	123.6	128.5	130.0	131.4	133.8	136.2	138.4	141.8	143.4	145.0	149.5	136.53	10.26
	23/24	127.0	129.9	131.1	132.0	133.4	135.0	137.0	139.0	140.0	141.4	145.8	135.70	7.00
Weight (kg)	10/11	24.0	25.7	26.5	27.4	29.1	30.5	32.2	34.2	35.4	37.0	42.7	32.04	7.63
	15/16	22.8	24.9	25.9	26.7	28.7	30.7	33.0	36.6	38.0	40.1	45.9	32.98	9.88
	23/24	22.8	24.4	25.3	26.1	27.3	29.0	30.7	33.1	34.2	35.9	40.1	30.70	7.60
Waist Circumference (cm)	15/16	49.1	51.2	52.0	52.9	54.3	56.1	58.3	61.3	63.0	65.5	71.3	58.38	8.75
Skinfolds Triceps + Calf (mm)	10/11	15.5	17.6	18.5	19.5	21.5	24.0	26.0	28.5	31.0	33.0	39.0	25.88	10.30
	15/16	14.3	16.5	17.5	18.7	20.9	23.7	26.3	29.6	31.8	34.4	40.5	25.78	10.86
Body Fat Percentage	23/24	10.0	12.0	12.6	13.2	14.6	15.9	17.3	19.7	21.1	22.3	26.8	17.50	7.20

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 10 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	9	13	15	16	19	20	22	24	25	27	31	20.15	8.25
	15/16	7	11	13	15	17	20	22	25	25	27	30	19.38	9.56
	23/24	9	15	16	17	19	21	23	25	26	27	30	20.70	8.40
Sit-and-Reach (cm)	10/11	18.0	21.0	22.0	23.0	25.0	27.0	29.0	30.9	31.5	32.0	35.2	26.71	6.93
	15/16	18.0	20.0	21.0	22.0	24.0	26.0	27.0	30.0	30.0	31.0	35.0	26.00	6.68
	23/24	16.0	19.0	21.0	22.0	24.0	26.0	28.0	30.0	32.0	33.0	37.0	34.90	8.50
Handgrip Left+Right (kg)	10/11	19.9	22.5	23.5	25.0	27.0	28.5	30.5	32.0	33.0	34.0	39.0	28.90	7.75
	15/16	21.0	23.5	24.0	25.0	27.0	28.5	30.0	31.5	33.0	34.0	37.5	28.81	6.53
	23/24	20.0	22.5	23.5	24.5	25.5	27.5	29.5	31.0	32.0	33.0	35.5	28.20	6.10
9-min Run (m)	10/11	1010	1060	1080	1100	1140	1190	1220	1260	1280	1310	1450	1199.88	185.83
	15/16	1000	1070	1090	1120	1160	1200	1230	1280	1310	1330	1430	1202.64	161.17
	23/24	990	1060	1070	1100	1140	1170	1200	1230	1250	1280	1360	1163.60	152.60
15m PACER (lap)	10/11	10	11	12	12	14	15	17	19	19	20	22	15.95	5.52
	15/16	13	15	17	18	19	21	23	28	30	32	37	23.79	10.44
	23/24	10	12	13	14	16	18	19	21	22	24	30	19.30	9.20
Inclined Pull-ups (repetition)	10/11	1	2	2	3	4	5	7	8	10	11	14	6.45	5.25
	15/16	0	0	1	1	3	4	6	8	10	11	15	5.89	5.97
Standing Long Jump (cm)	15/16	100	110	110	110	120	120	130	130	140	140	150	124.06	21.28
Height (cm)	10/11	133.1	136.1	137.0	138.3	140.2	141.8	144.0	145.7	147.0	148.0	151.6	142.15	7.36
	15/16	132.8	136.0	137.8	138.6	140.4	142.0	144.1	145.5	146.7	148.0	151.5	142.15	7.37
	23/24	133.0	135.8	136.6	138.0	140.1	142.2	144.4	146.2	147.1	149.0	151.5	142.20	7.30
Weight (kg)	10/11	26.9	29.1	30.0	30.8	32.8	34.7	36.9	39.7	41.7	43.3	48.3	36.54	8.91
	15/16	26.6	29.1	29.9	30.9	32.6	34.6	36.5	38.7	40.1	42.7	48.5	36.07	8.74
	23/24	25.7	27.6	28.9	29.5	30.9	32.8	35.3	38.3	39.6	41.4	46.3	35.00	8.40
Waist Circumference (cm)	15/16	50.8	53.0	54.0	54.8	56.2	57.6	59.0	61.5	63.0	64.8	69.7	59.13	7.41
Skinfolds Triceps + Calf (mm)	10/11	15.5	17.5	18.3	19.3	21.3	23.6	26.5	30.0	31.9	34.0	40.0	26.01	10.18
	15/16	16.2	18.6	19.8	21.0	23.0	25.5	28.4	31.0	32.2	34.6	40.6	27.29	10.30
Body Fat Percentage	23/24	10.9	12.6	13.5	14.3	15.2	17.0	18.5	21.1	22.8	25.1	28.8	18.90	7.30

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 11 years old)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	12	15	17	19	21	23	25	27	29	30	34	22.94	8.77
	15/16	8	13	15	17	19	22	24	26	28	29	34	21.38	9.92
	23/24	11	16	18	19	21	23	25	27	28	30	34	22.90	8.90
Sit-and-Reach (cm)	10/11	18.0	21.5	23.0	24.0	25.3	27.0	29.0	31.0	33.0	34.1	38.0	27.74	7.73
	15/16	17.0	19.0	21.0	22.0	23.0	25.0	27.0	28.0	30.0	31.0	34.0	25.10	7.79
	23/24	15.0	20.0	22.0	23.0	25.0	27.0	29.0	32.0	33.0	34.0	38.0	41.40	10.00
Handgrip Left+Right (kg)	10/11	24.0	27.0	28.5	29.8	32.0	34.0	36.5	39.0	40.0	41.0	45.0	34.38	8.29
	15/16	24.5	28.0	29.0	30.0	31.0	33.0	35.0	38.0	39.0	40.5	44.5	34.17	7.88
	23/24	25.0	27.5	28.5	29.5	31.5	33.0	35.5	37.5	39.0	40.0	44.0	34.20	8.30
9-min Run (m)	10/11	1010	1080	1120	1130	1160	1200	1250	1300	1330	1370	1460	1227.81	186.42
	15/16	1050	1110	1120	1140	1190	1210	1240	1290	1310	1360	1470	1232.52	176.98
	23/24	980	1050	1080	1100	1140	1200	1220	1280	1300	1330	1410	1189.00	168.80
15m PACER (lap)	10/11	11	13	15	15	16	18	19	20	21	24	29	18.95	7.51
	15/16	14	17	18	19	22	24	27	30	32	35	45	27.14	12.72
	23/24	11	14	15	16	18	20	22	26	28	30	36	22.50	10.70
Inclined Pull-ups (repetition)	10/11	0	1	1	2	3	4	5	7	8	10	13	5.38	5.35
	15/16	0	0	0	1	3	4	5	7	8	10	13	5.29	5.69
Standing Long Jump (cm)	15/16	100	110	110	120	120	130	130	140	150	150	160	129.21	23.12
Height (cm)	10/11	139.5	142.4	143.9	144.9	147.0	148.8	150.5	152.5	153.7	154.8	158.0	148.69	7.04
	15/16	139.3	143.0	144.6	145.3	147.0	148.9	150.8	153.5	154.3	155.3	159.0	148.88	7.45
	23/24	140.1	144.1	145.3	146.6	148.9	150.5	152.0	154.0	155.2	156.0	159.2	150.00	6.90
Weight (kg)	10/11	30.3	33.9	35.3	36.1	38.5	40.5	42.4	44.5	46.5	48.1	52.8	41.36	9.06
	15/16	30.6	33.4	34.8	35.6	37.4	39.9	42.2	45.9	47.0	49.0	56.7	41.62	10.23
	23/24	29.8	32.7	33.8	35.5	38.1	40.5	42.2	44.9	46.6	48.8	55.9	41.40	10.00
Waist Circumference (cm)	15/16	52.5	54.6	55.9	56.8	58.4	60.0	62.0	64.5	66.2	68.1	73.5	61.73	8.39
Skinfolds Triceps + Calf (mm)	10/11	16.7	19.0	19.8	20.8	23.5	26.0	28.0	31.0	33.0	35.7	42.7	27.67	10.27
	15/16	17.2	19.6	20.7	21.8	24.2	26.2	29.5	33.1	34.7	37.4	44.1	28.89	11.00
Body Fat Percentage	23/24	12.1	14.7	15.7	16.7	18.4	19.9	21.9	23.9	25.5	27.1	32.5	21.30	8.00

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 12 years old or above)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
1-min Sit-ups (repetition)	10/11	11	16	18	20	22	24	26	28	29	30	33	23.12	8.45
	15/16	11	16	17	17	19	20	24	27	28	30	33	21.85	8.91
	23/24	8	16	19	20	23	25	27	29	31	32	35	23.70	9.40
Sit-and-Reach (cm)	10/11	16.8	20.0	21.6	22.3	24.5	27.0	30.0	32.8	34.0	35.5	38.0	27.48	8.15
	15/16	14.0	21.0	23.0	23.0	26.0	28.0	28.0	30.0	32.0	33.0	35.0	25.45	9.45
	23/24	13.0	19.0	22.0	24.0	26.0	28.0	31.0	34.0	35.0	37.0	40.0	44.60	9.30
Handgrip Left+Right (kg)	10/11	29.4	31.7	33.4	35.0	37.0	39.0	41.0	43.0	45.0	46.0	50.0	39.03	8.20
	15/16	27.0	30.0	32.0	33.0	36.0	39.0	41.0	42.0	44.0	45.0	48.0	37.92	7.93
	23/24	27.5	30.5	32.5	34.5	37.0	38.0	41.0	43.0	45.0	46.5	51.0	38.60	9.70
9-min Run (m)	10/11	1060	1130	1160	1190	1230	1270	1300	1330	1380	1420	1550	1278.13	195.26
	15/16	970	1050	1090	1100	1160	1190	1220	1260	1280	1310	1420	1190.96	171.03
	23/24	960	1030	1060	1080	1110	1150	1200	1250	1260	1300	1390	1166.10	155.10
15m PACER (lap)	10/11	11	14	14	15	17	19	19	21	22	22	28	18.80	6.24
	15/16	13	16	17	18	20	22	28	30	32	33	41	25.75	12.51
	23/24	13	14	16	17	18	20	23	29	30	32	40	24.10	11.70
Inclined Pull-ups (repetition)	10/11	1	2	2	2	3	4	5	7	8	8	17	6.47	6.93
	15/16	0	0	0	0	1	4	4	6	7	8	11	4.25	4.70
Standing Long Jump (cm)	15/16	100	120	120	120	130	130	140	140	150	150	160	132.64	22.02
Height (cm)	10/11	144.9	148.1	148.6	149.2	151.3	152.3	153.4	155.0	156.1	157.6	160.6	152.22	6.19
	15/16	143.2	148.4	150.0	151.3	152.7	153.9	155.1	157.2	158.0	159.0	161.2	153.50	6.84
	23/24	146.7	149.8	150.6	151.5	153.1	155.3	156.5	157.6	159.1	160.6	162.4	154.00	7.40
Weight (kg)	10/11	34.9	36.9	38.4	39.4	41.4	43.7	45.7	47.9	49.9	51.5	56.9	44.62	8.80
	15/16	33.0	37.8	38.8	41.5	44.2	45.6	47.3	49.0	50.5	51.2	56.0	45.59	9.72
	23/24	34.1	36.8	38.6	39.2	41.5	44.1	45.4	47.5	49.3	51.4	58.2	44.60	9.30
Waist Circumference (cm)	15/16	55.3	57.6	58.6	59.6	61.3	62.1	64.8	67.0	69.2	70.0	76.1	64.20	8.84
Skinfolds Triceps + Calf (mm)	10/11	17.3	20.0	21.3	22.5	25.3	27.0	28.8	31.5	32.8	36.0	41.5	28.23	9.50
	15/16	19.1	21.8	23.5	25.3	27.9	29.7	33.1	34.3	37.1	38.7	44.5	31.55	11.43
Body Fat Percentage	23/24	13.5	17.0	17.7	18.6	20.2	21.3	23.4	25.5	27.2	28.7	32.8	22.70	7.10