

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 12 or below)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	12.6	15.4	16.2	17.3	20.2	23.2	27.4	30.8	32.9	35.2	41.6	25.67	11.61
	24/25	14	16.1	17.3	18.4	20.8	24.2	27.9	32.8	35.1	37.7	46.9	27.9	14.2
1-min. Sit-ups (repetitions)	14/15	13	17	19	20	23	25	28	30	31	33	36	24.98	9.75
	24/25	13	18	20	21	23	25	27	29	30	32	35	24.7	9.1
Sit-and-Reach (cm)	14/15	11	14	16	17	18	20	22	24	25	27	31	20.46	7.89
	19/20 & 20/21	10.7	14	16	17	20	22	24	26	28	28	32	21.44	9.04
	24/25	11	15	16	17	19	20	22	25	27	29	32	21.2	8.4
Push-ups (repetitions)	14/15	0	0	0	0	1	2	4	7	9	10	16	5.49	7.81
	24/25	1	1	2	2	2	4	5	8	9	12	18	6.5	8
9-min Run / Walk (m)	14/15	1070	1170	1210	1240	1300	1350	1400	1460	1500	1530	1630	1352.21	220.67
	24/25	1020	1090	1130	1150	1200	1280	1350	1390	1440	1450	1600	1284.9	227.7
15-m PACER (laps)	14/15	19	23	27	30	33	37	42	48	50	54	66	40	17.72
	24/25	13	17	18	21	24	30	33	38	42	46	58	32.3	17.7
Standing Long Jump (cm)	19/20 & 20/21	110	120	120	130	140	140	150	160	170	170	180	144.18	31.69
	24/25	115	125	130	135	140	145	155	165	170	175	190	149.6	30.1
Inclined Pull-ups (repetitions)	14/15	0	1	2	3	5	7	9	12	13	16	20	9	7.74
Height (cm)	14/15	143.9	148.2	149.4	150.7	152.7	155.4	157	158.7	160.1	161.5	165.2	154.71	7.94
	19/20 & 20/21	145.5	148.7	150.6	153	155.9	158.1	161.1	162.6	164.3	165	167.8	157.4	8.79
	24/25	145.4	148.5	150.1	152.3	155	156.4	159	161	162.8	164.5	167.4	156.6	8.6
Weight (kg)	14/15	33.4	37.1	38.5	40	42.8	46.1	48.9	51.1	52.8	54.9	61.7	46.95	11.26
	19/20 & 20/21	34.1	38.6	40.2	41.9	45.2	48.1	52.8	57.1	60.5	62.8	71.5	51.12	14.51
	24/25	34	37.5	39.5	40.9	44.7	46.8	50	54.5	56.8	58.9	67.6	49.3	13.4
Body Fat (%)	24/25	6.7	8.7	10	11.1	13.4	16.5	20.1	24.8	27.8	29.9	36	19.3	11.2

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 13)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	12.9	14.5	15.3	16.1	18.1	20.8	24.2	28.9	31.5	34.4	41.6	24.78	12.81
	24/25	13.6	15.1	16.1	16.8	19.2	22.1	25.2	29.6	32.9	35.2	42.8	25.7	12.9
1-min. Sit-ups (repetitions)	14/15	15	20	22	23	25	28	30	32	33	35	39	27.33	9.17
	24/25	17	20	22	23	25	27	29	31	32	33	37	27	8.5
Sit-and-Reach (cm)	14/15	12	16	17	18	20	22	24	26	28	29	34	22.35	8.33
	19/20 & 20/21	11	15	16	18	20	22	25	27	28	29	33.3	22.27	8.77
	24/25	10	14	16	17	19	22	23	26	27	28	33	21.6	8.7
Push-ups (repetitions)	14/15	0	0	1	1	2	5	7	10	12	15	20	7.79	9.1
	24/25	1	1	2	2	3	5	8	10	13	15	20	8.1	8.8
9-min Run / Walk (m)	14/15	1080	1200	1250	1280	1330	1390	1450	1520	1560	1600	1720	1398.19	233.2
	24/25	1050	1150	1200	1220	1300	1360	1430	1490	1510	1550	1650	1357.1	232.2
15-m PACER (laps)	14/15	21	29	32	35	40	44	51	57	61	65	78	47	20.83
	24/25	18	22	26	29	32	36	41	47	52	55	66	39.9	18.9
Standing Long Jump (cm)	19/20 & 20/21	110	120	130	133	140	150	160	170	180	180	200	153.08	32.58
	24/25	120	135	140	145	155	160	170	180	185	190	200	161.9	31.4
Inclined Pull-ups (repetitions)	14/15	0	3	4	6	8	10	13	15	17	19	22	11	8.32
Height (cm)	14/15	151.7	156.2	157.2	158.7	160.7	162.8	164.6	166.2	167.4	168.6	171.6	162.22	7.64
	19/20 & 20/21	151	155.5	157.2	158	160.6	162.4	164.5	166.7	167.8	169	172	162.12	8.07
	24/25	153.6	157.5	159	160.1	162.4	164	165	166.9	167.7	169	172.2	163.2	7.3
Weight (kg)	14/15	39.3	42.6	43.9	45.8	47.9	50.5	53.6	57.7	59.5	61.7	70.8	52.98	12.46
	19/20 & 20/21	39.2	42.5	44.4	46	49.2	52.9	56	60.3	62.2	65.8	75.6	55.2	15.01
	24/25	40.1	43	44.8	45.9	48.1	51.3	54.3	58.4	61.7	64.9	71.2	53.7	13
Body Fat (%)	24/25	6	8.5	9.4	10.9	13.1	15.2	18.4	21.7	23.8	27.6	34.2	18.1	10.8

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 14)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	11.9	13.9	14.7	15.9	17.3	19.6	22.6	25.8	27.9	31.4	39.3	23.17	11.67
	24/25	12.7	14.2	15.2	16.2	17.9	20.5	23.9	28.6	30.6	34.6	46	25.3	14.4
1-min. Sit-ups (repetitions)	14/15	18	23	25	26	29	31	33	35	37	38	43	30.84	9.94
	24/25	20	22	24	25	27	28	30	32	33	35	39	28.8	8
Sit-and-Reach (cm)	14/15	11	14	16	17	20	22	25	27	29	31	34	22.21	9.38
	19/20 & 20/21	12	15	16	18	20	23	26	28	30	32	36	23.31	9.54
	24/25	11	15	16	17	20	22	25	28	30	31	36	22.8	9.5
Push-ups (repetitions)	14/15	0	1	2	3	5	8	10	13	15	18	23	9.81	9.39
	24/25	1	1	2	3	5	8	11	14	15	17	20	9.6	8.3
9-min Run / Walk (m)	14/15	1180	1250	1300	1320	1400	1460	1520	1600	1630	1670	1790	1464.06	234.42
	24/25	1070	1190	1210	1240	1320	1390	1440	1520	1560	1600	1680	1376.5	251.5
15-m PACER (laps)	14/15	21	29	32	35	40	44	51	57	61	65	78	47	20.83
	24/25	19	26	29	31	35	42	48	52	55	60	69	43.6	19.5
Standing Long Jump (cm)	19/20 & 20/21	120	140	140	150	160	164	170	180	190	190	210	163.95	35.04
	24/25	125	145	150	155	160	170	180	190	195	200	210	169.6	33.4
Inclined Pull-ups (repetitions)	14/15	2	5	6	8	10	13	15	18	19	20	24	13	8.16
Height (cm)	14/15	158.8	161.6	162.5	163.9	165.5	167	169	170.9	172	173	175.8	167.15	6.77
	19/20 & 20/21	158.4	161.5	162.5	163.5	165.4	167.4	169	171	172.2	173.3	175.9	167.23	6.97
	24/25	159	163.1	164.1	165.3	167.1	168.7	170.1	171.5	172.4	173.4	176.5	168.2	6.8
Weight (kg)	14/15	43.8	47.5	48.6	49.7	52.3	54.6	57.2	61.1	63.3	65.8	75.1	57.06	12.66
	19/20 & 20/21	42.6	46.8	49.1	50.6	53.2	56.4	60	65.6	67.4	71.4	80.6	59.44	15.17
	24/25	43.2	47	48.8	49.9	52.4	55.6	58.9	63.8	66.6	69.4	76.8	58.4	14.1
Body Fat (%)	24/25	6.4	9.1	10	11.1	13.5	15.6	18.8	23.6	25.5	27.5	33.6	18.4	10.7

Hong Kong Secondary School Students’ Physical Fitness Norm Tables (Boys 15)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	11.7	13.6	14.5	15.4	17.2	19	21.7	25.7	28.2	31.1	39.4	22.89	11.75
	24/25	12.7	14.6	15.5	16.3	18.6	20.5	23.2	27.9	31.5	34.2	44.9	24.9	13.3
1-min. Sit-ups (repetitions)	14/15	20	25	26	28	30	32	34	36	37	39	44	32.04	9.18
	24/25	19	23	24	26	28	30	32	34	35	37	41	29.6	9.1
Sit-and-Reach (cm)	14/15	11	15	17	19	22	23	26	28	29	31	36	23.49	9.24
	19/20 & 20/21	11	14	15	17	20	24	26	29	31	33	36.1	23.63	9.91
	24/25	13	17	19	20	23	26	29	31	33	35	39	25.7	10.1
Push-ups (repetitions)	14/15	0	3	5	6	9	11	15	19	20	21	26	12.92	10.06
	24/25	1	3	4	5	7	10	14	17	20	20	24	11.9	9.5
9-min Run / Walk (m)	14/15	1190	1290	1320	1360	1430	1470	1520	1600	1630	1680	1790	1479.59	240.46
	24/25	1030	1150	1200	1250	1310	1390	1450	1520	1550	1600	1760	1379	278.2
15-m PACER (laps)	14/15	30	38	41	42	47	51	56	63	66	70	82	54	20.41
	24/25	24	31	32	35	41	47	54	63	68	73	83	51.4	23.4
Standing Long Jump (cm)	19/20 & 20/21	130	140	150	160	170	175	180	190	200	200	220	173.74	35.5
	24/25	135	145	150	160	170	175	185	195	200	205	220	176.7	35.1
Inclined Pull-ups (repetitions)	14/15	4	8	9	10	13	15	17	20	21	22	26	15	8.16
Height (cm)	14/15	162.3	165	165.7	166.5	168.2	170	171.5	173	173.8	175	177.5	169.89	6.26
	19/20 & 20/21	161.5	164	164.8	165.5	167.8	169.5	171.4	173.3	174.4	175.4	178.5	169.7	6.83
	24/25	163	165.4	166	167	168.6	170.5	172	173.5	174.1	175	178.2	170.4	6.1
Weight (kg)	14/15	47.1	50.5	51.4	52.4	54.4	57.5	60.1	63.4	65.3	68.3	77.1	59.98	12.54
	19/20 & 20/21	45.7	49.2	50.8	52.3	55.5	58.5	62.3	66.2	69.2	70.8	81.2	61.42	14.83
	24/25	47.4	50.6	52.4	53.9	57	60	62.3	66.6	68.5	71.6	81.6	62.1	13.3
Body Fat (%)	24/25	6.8	9.3	10.1	11.1	12.8	14.8	17.7	20.7	22.5	24.6	29.6	16.9	8.8

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 16)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	11	12.7	13.4	14.2	16	17.7	20.4	24.3	26.7	31	36.5	21.7	11.78
	24/25	12.1	14.4	15.4	16.1	18.2	21.1	24.1	28.1	30.4	32.9	40.9	24.1	11.9
1-min. Sit-ups (repetitions)	14/15	20	24	26	27	30	32	34	37	38	40	45	32.03	9.56
	24/25	19	23	25	26	28	30	32	34	36	37	41	30.1	8.7
Sit-and-Reach (cm)	14/15	12	16	17	19	22	24	27	29	31	33	37	24.1	9.77
	19/20 & 20/21	12	15	17	19	22	24	27	30	32	33.9	38	24.66	9.9
	24/25	12	16	18	20	24	27	29	32	34	35	41	26.1	11.2
Push-ups (repetitions)	14/15	0	3	5	6	10	13	17	20	22	25	30	14.48	11.34
	24/25	1	4	5	7	10	11	15	20	20	22	29	13.8	11
9-min Run / Walk (m)	14/15	1200	1300	1340	1380	1440	1490	1550	1610	1640	1680	1800	1491.2	237.15
	24/25	1040	1150	1210	1230	1300	1380	1450	1530	1570	1610	1720	1381.5	267.8
15-m PACER (laps)	14/15	33	40	42	44	49	53	60	66	70	73	83	56	20.8
	24/25	24	31	34	36	42	50	55	61	67	71	82	51.4	22.1
Standing Long Jump (cm)	19/20 & 20/21	130	150	150	160	170	180	190	200	200	210	220	176.61	34.19
	24/25	135	150	155	160	170	180	190	200	205	210	230	179.5	35.5
Inclined Pull-ups (repetitions)	14/15	3	9	11	12	15	17	20	21	22	24	27	17	8.73
Height (cm)	14/15	163.4	165.6	166.6	167.5	169.1	170.4	171.8	173.6	174.9	175.7	178.1	170.64	6
	19/20 & 20/21	164	166.3	167.4	168.3	170	172	173.4	175	175.6	177	179	171.61	6.24
	24/25	163	165.8	166.7	167.5	169	171	172.3	173.5	175	176.6	179.5	171	6.6
Weight (kg)	14/15	48.1	51.1	52.9	54.2	56.2	58.9	61.5	64.9	67.4	70.3	77.5	61.22	12.51
	19/20 & 20/21	48.3	51.5	53.3	55.4	58.5	60.9	63.7	68.6	71	75	86.4	64.12	15.17
	24/25	48.3	52.5	54.2	55.5	58.3	61.4	64.7	69	72	75.1	83.7	64.1	13.9
Body Fat (%)	24/25	5.2	7.7	8.8	10.1	12	13.7	15.9	17.9	19.5	20.7	24.3	14.5	6.9

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 17 or above)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	10.7	12.7	13.6	14.4	16.5	18.4	20.8	24.7	26.8	28.1	35	21.17	10.33
	24/25	12	14	15.1	15.9	17.8	21.9	24.9	29.4	31.5	34.6	45.9	25.5	14.4
1-min. Sit-ups (repetitions)	14/15	20	24	26	27	30	32	34	37	38	40	44	31.9	9.82
	24/25	19	23	25	26	28	30	32	35	36	38	42	30.4	9.2
Sit-and-Reach (cm)	14/15	11	16	18	19	22	26	28	31	33	34	38	24.95	9.95
	19/20 & 20/21	11	16	18	19	23	26	29	31	32.5	34	38	25.05	10.67
	24/25	12	17	19	21	23	27	30	32	33	35	41	26.3	11
Push-ups (repetitions)	14/15	2	6	9	10	13	16	20	22	24	25	30	16.75	11.27
	24/25	1	4	6	8	10	12	15	20	20	22	27	13.9	10.1
9-min Run / Walk (m)	14/15	1200	1310	1360	1400	1460	1520	1600	1660	1680	1730	1840	1520.07	251.98
	24/25	990	1130	1210	1240	1320	1390	1450	1540	1580	1620	1740	1377.9	290.9
15-m PACER (laps)	14/15	32	41	43	45	51	56	61	68	73	78	90	59	21.58
	24/25	25	32	35	38	43	48	54	61	65	69	80	50.9	21.5
Standing Long Jump (cm)	19/20 & 20/21	130	150	160	160	170	180	190	200	210	210	224	177.86	43.37
	24/25	130	145	155	160	170	180	195	205	210	215	225	181	38.8
Inclined Pull-ups (repetitions)	14/15	6	11	12	14	17	19	21	23	24	25	30	18	8.64
Height (cm)	14/15	164	166.3	167.1	168	169.5	171	172.8	174.4	175.4	176.5	179.5	171.39	6.16
	19/20 & 20/21	164.3	167.3	168	168.9	170.5	171.6	173.4	174.8	175.5	176.5	179.2	171.7	6.18
	24/25	164.9	167.4	168.3	169.5	171	172.8	174.5	176.7	177.4	178.2	181.1	172.9	6.5
Weight (kg)	14/15	50.1	53.3	55.2	56.6	58.8	61.5	64.2	67	69.4	71.3	78.7	63.32	12.01
	19/20 & 20/21	49.8	53.7	55.8	57.4	60.3	63.4	67.2	71.8	73.9	77	87.7	66.22	14.98
	24/25	51	55.6	57.3	58.6	60.8	64.1	67.6	72.3	74.6	78.4	86.7	67.1	14.8
Body Fat (%)	24/25	6.9	9.8	10.9	11.6	13.1	14.9	17.2	19	20.1	21.2	25.1	15.7	6.7

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 12 or below)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	18.6	21.6	22.9	24	26.8	28.5	30.4	34.8	37	39.2	44.3	30.33	9.92
	24/25	18	20.1	21.4	22.4	24.5	26.7	30.3	32.9	35.1	37.5	47.3	29.5	11.8
1-min. Sit-ups (repetitions)	14/15	10	14	16	18	20	23	25	28	29	30	34	22.53	9.6
	24/25	9	15	17	18	20	22	24	27	28	29	32	21.7	8.7
Sit-and-Reach (cm)	14/15	18	22	23	24	27	29	31	33	34	36	40	28.7	8.31
	19/20 & 20/21	16	20.5	23	24	26	28	31	34	36	37	40	28.38	9.97
	24/25	15	20	22	23	25	28	31	33	35	37	39	28	9.2
Bent-knee Push-ups (repetitions)	14/15	0	0	0	1	2	4	6	7	9	11	17	6.4	7.73
	24/25	1	1	2	2	2	5	7	10	11	13	18	7.3	7.7
9-min Run / Walk (m)	14/15	1070	1130	1155	1180	1220	1260	1290	1340	1370	1400	1500	1269	166.35
	24/25	970	1050	1080	1090	1160	1210	1260	1290	1310	1350	1440	1203.2	171.6
15-m PACER (laps)	14/15	17	19	20	21	24	28	31	34	36	41	49	30	13.51
	24/25	13	16	17	18	20	23	26	30	31	33	41	25.1	11
Standing Long Jump (cm)	19/20 & 20/21	100	110	110	110	120	122.5	130	140	140	150	160	125.87	25.03
	24/25	95	110	110	115	120	130	135	140	145	150	165	129.5	25.9
Inclined Pull-ups (repetitions)	14/15	0	0	1	1	2	3	4	6	7	8	11	4	5.1
Height (cm)	14/15	146.7	149.4	150.5	151.2	153	154.1	155.2	156.6	157.5	158	160.5	153.88	5.47
	19/20 & 20/21	146.5	149.8	150.6	151.4	153.1	154.6	156	158	158.7	159.7	162	154.75	8.45
	24/25	146.3	149.5	150.9	151.6	153.5	154.6	156.3	158.5	159.4	160.1	163	154.8	6.4
Weight (kg)	14/15	36	38.6	39.8	40.7	42.9	44.2	46.4	49.4	50.8	52.2	58.1	45.9	9
	19/20 & 20/21	35	38.5	39.8	41.2	43.1	45.8	48	50.9	53.4	54.9	61.2	47.26	10.72
	24/25	34.9	37.4	38.9	39.7	42.2	44.2	47.2	50.2	52.1	55	62	46.5	10.8
Body Fat (%)	24/25	14.7	17	17.9	18.8	20.6	22.2	24.4	28.6	29.8	31.8	37	24.3	8.7

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 13)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	20.6	23.7	24.8	26.1	28.1	30.4	32.7	35.4	37.8	39.4	44.7	31.8	9.72
	24/25	19.4	22.1	24	25.2	27	29.4	31.9	35.6	37.2	39.7	49.1	32	12.2
1-min. Sit-ups (repetitions)	14/15	12	16	18	20	21	24	26	29	30	32	36	23.84	9.47
	24/25	9	14	16	18	21	23	25	27	28	30	32	21.8	8.7
Sit-and-Reach (cm)	14/15	20	23	25	26	28	30	32	35	36	37	41	30.13	8.15
	19/20 & 20/21	15	20	22	24	27	30	32	34	36	37.5	41	28.85	9.72
	24/25	16	21	23	25	26	29	31	34	36	37	41	28.7	9.6
Bent-knee Push-ups (repetitions)	14/15	0	0	0	1	3	4	6	9	11	13	19	7.17	8.49
	24/25	1	2	2	2	3	4	6	9	12	14	17	7	7.4
9-min Run / Walk (m)	14/15	1070	1130	1150	1180	1210	1260	1290	1340	1360	1390	1480	1264.51	165.25
	24/25	980	1050	1080	1100	1150	1200	1230	1290	1320	1360	1430	1197.6	174.3
15-m PACER (laps)	14/15	19	21	22	24	26	30	32	35	37	40	49	31	12.38
	24/25	13	16	17	18	20	21	23	28	30	32	40	24	10.3
Standing Long Jump (cm)	19/20 & 20/21	90	110	110	110	120	120	130	140	140	150	160	129.94	27.02
	24/25	95	105	110	115	125	130	140	145	150	155	165	131.2	26.9
Inclined Pull-ups (repetitions)	14/15	0	0	1	1	1	3	4	6	7	8	11	4	4.91
Height (cm)	14/15	149.2	151.8	152.8	153.5	155.3	156.7	158	159.6	160.5	161.4	164.2	156.6	5.77
	19/20 & 20/21	150	152	153.1	154	155.4	156.8	157.9	159.3	160	161	164	156.69	5.39
	24/25	150.5	152.5	153	153.8	155.1	157.4	158.7	160	160.9	162	165	157.3	5.8
Weight (kg)	14/15	39.6	42.3	43.1	43.8	45.6	47.2	49.3	51.7	53.3	55.2	62.1	49.03	9.05
	19/20 & 20/21	38.4	40.8	42.1	43.1	45.2	46.9	49.3	51.8	53.7	55.5	61.6	48.83	9.86
	24/25	39.4	41.9	43	44.1	46.1	47.9	49.1	51.4	53.7	57.5	62.9	49.6	10.2
Body Fat (%)	24/25	17.5	20.1	21.2	21.7	23.2	25.3	26.9	28.5	30.2	31.5	37.5	26.3	8

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 14)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	21.7	24.9	26.3	27.1	29.3	31.5	33.9	36.4	38.6	40.3	45.6	32.82	9.68
	24/25	20.3	23.3	24.9	25.7	28.2	30.5	32.9	36	38.9	41.7	50	25.7	12.9
1-min. Sit-ups (repetitions)	14/15	10	15	17	18	21	23	26	29	31	32	36	23.47	10.12
	24/25	11	15	17	18	20	22	24	27	28	30	34	22.2	9
Sit-and-Reach (cm)	14/15	18	23	24	26	28	31	33	35	37	38	42	30.23	8.9
	19/20 & 20/21	19	24	26	27	30	33	35	38	39	40	44	32	9.43
	24/25	15	20	22	24	26	29	33	36	37	39	43	29.4	10.4
Bent-knee Push-ups (repetitions)	14/15	0	0	1	2	3	5	8	10	12	14	20	7.64	8.34
	24/25	1	1	2	2	3	5	7	10	12	13	18	7.4	7.9
9-min Run / Walk (m)	14/15	1060	1130	1160	1190	1220	1260	1300	1340	1370	1400	1460	1264.19	160.84
	24/25	980	1060	1090	1110	1150	1180	1230	1290	1340	1360	1440	1199.4	188.5
15-m PACER (laps)	14/15	19	21	22	24	26	29	31	34	36	39	46	31	11.6
	24/25	13	17	18	19	19	21	23	28	30	32	39	24.7	11.4
Standing Long Jump (cm)	19/20 & 20/21	100	110	110	110	120	130	140	140	150	150	170	130.04	25.26
	24/25	100	110	115	120	125	130	135	145	150	150	165	130.8	25.9
Inclined Pull-ups (repetitions)	14/15	0	0	1	1	2	3	4	6	7	8	11	4	4.87
Height (cm)	14/15	151.4	153.5	154.2	155	156.3	157.5	159	160.4	161.2	162	164.5	157.81	5.33
	19/20 & 20/21	151.6	154	155	156	157.2	158.8	160.1	162	162.8	163.7	165.4	158.7	5.49
	24/25	151	153.4	154.3	155.9	156.6	157.9	159.9	161.6	162.9	164	166.1	158.6	5.8
Weight (kg)	14/15	41.3	43.6	44.4	45.1	47.1	48.9	51	53	54.7	55.9	60.8	50.23	8.39
	19/20 & 20/21	41.2	43.8	45.1	46	47.8	49.4	51.5	54.8	56.2	58.1	64.4	51.35	9.54
	24/25	39.9	42.9	43.9	44.9	47.3	49.4	51.7	54.8	56.9	59.2	67.1	51.3	10.3
Body Fat (%)	24/25	18.8	21.1	21.8	22.7	24.5	26.4	28.7	30.3	32.1	33.7	40.2	27.7	8.3

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 15)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	23	26.1	27	28.5	31.2	33.1	35.5	37.9	39.1	41.1	45.5	34.12	9.69
	24/25	21.5	24.2	25.3	26.7	29.6	32.1	34.5	36.8	39.9	42.5	51.4	34.5	13
1-min. Sit-ups (repetitions)	14/15	11	16	17	19	21	24	27	30	31	33	37	23.98	9.99
	24/25	8	15	17	18	20	22	24	27	29	30	34	22.2	10
Sit-and-Reach (cm)	14/15	17	23	25	26	29	31	34	36	37	39	43	30.53	9.4
	19/20 & 20/21	17	21	24	26	29	32	35.7	38	40	41.6	45	31.32	10.55
	24/25	17	21	23	24	28	30	33	36	37	39	43	29.9	9.9
Bent-knee Push-ups (repetitions)	14/15	0	0	1	2	4	6	8	11	13	16	21	8.38	8.47
	24/25	1	1	2	2	4	5	7	10	11	14	20	8	8.7
9-min Run / Walk (m)	14/15	1080	1140	1170	1200	1220	1260	1300	1350	1370	1400	1470	1270.84	161.93
	24/25	940	1030	1060	1080	1120	1170	1220	1270	1290	1310	1410	1172.8	184.8
15-m PACER (laps)	14/15	18	20	21	23	25	29	31	33	35	38	46	30	11.43
	24/25	13	16	18	19	21	23	26	30	31	32	41	25.3	11.5
Standing Long Jump (cm)	19/20 & 20/21	100	110	110	120	120	130	140	140	150	150	168.6	130.12	26.46
	24/25	95	110	115	115	125	130	140	150	155	160	170	133.1	26.9
Inclined Pull-ups (repetitions)	14/15	0	0	1	1	1	2	4	6	7	8	10	4	4.78
Height (cm)	14/15	151.5	154.3	155.3	156.2	157.5	158.6	160.1	161.4	162.5	163.4	166	158.81	5.51
	19/20 & 20/21	152.7	155.1	155.6	156.6	157.9	159	160.5	162.3	163.4	164.2	166	159.41	5.26
	24/25	152.2	154.6	155.8	157	158.5	159.5	160.4	161.8	163	163.8	168.2	159.7	5.8
Weight (kg)	14/15	42.3	45.2	46.4	47.1	49	51.2	52.8	55.5	56.7	58.7	64.2	52.37	33.1
	19/20 & 20/21	41.6	43.9	45.1	46	47.9	50.4	52.3	54.9	56.3	58	63.1	51.79	9.95
	24/25	42	44.4	45.6	46.6	48.2	50.2	52.4	55.1	56.3	58.3	64.6	52.6	11.3
Body Fat (%)	24/25	19.8	21.5	22.3	23.1	24.4	26	28	29.6	30.7	32.2	36.6	27.1	7.2

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 16)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	22.3	25.7	27	28.1	30.6	33	35.8	38.9	40.3	42.9	48.8	34.51	10.31
	24/25	21.5	24.4	26	27.8	30.2	32.7	34.5	37.9	40.2	42.8	49.3	34.6	13
1-min. Sit-ups (repetitions)	14/15	12	16	18	20	22	24	26	29	30	32	36	24.25	9.59
	24/25	12	17	18	19	21	23	24	27	28	30	35	23.1	9.2
Sit-and-Reach (cm)	14/15	19	24	25	27	30	32	34	36	38	39	43	31.02	9.1
	19/20 & 20/21	17	22	24.5	26	29	32	35	37.7	39	40	43.8	30.89	10.63
	24/25	18	22	24	25	28	31	35	37	39	40	44	31.1	10
Bent-knee Push-ups (repetitions)	14/15	0	0	0	1	3	5	7	11	12	14	20	7.92	8.89
	24/25	1	1	2	2	3	5	7	10	12	14	20	7.3	7.7
9-min Run / Walk (m)	14/15	1070	1130	1150	1190	1230	1280	1300	1350	1370	1400	1500	1266.52	175.61
	24/25	950	1020	1050	1070	1120	1140	1180	1220	1250	1280	1340	1142.5	172.6
15-m PACER (laps)	14/15	18	21	22	23	25	28	32	35	37	40	46	30	11.94
	24/25	15	18	19	19	21	22	26	28	30	31	35	24.5	8.9
Standing Long Jump (cm)	19/20 & 20/21	100	110	110	120	120	130	140	150	150	160	170	132.24	28.18
	24/25	100	110	115	115	125	130	135	145	150	150	165	131.6	26
Inclined Pull-ups (repetitions)	14/15	0	0	1	1	1	2	3	5	6	7	10	3	4.32
Height (cm)	14/15	152.4	154.4	155.1	156	157.3	158.8	160.2	161.7	162.5	163.4	166.5	158.93	5.37
	19/20 & 20/21	154.1	156	156.7	157.5	158.7	159.9	161.5	163.3	164.3	165.5	168.1	160.62	5.48
	24/25	151.9	155	156	156.7	158.1	160	161.4	162.3	163	164.6	167.4	159.7	5.9
Weight (kg)	14/15	42.8	45.7	46.4	47.5	49.3	51.3	53.5	56.4	57.5	59.6	65.3	53.14	9.95
	19/20 & 20/21	42.5	45.7	46.7	47.7	50.1	51.4	53.4	55.6	57	59.2	64.4	53.05	9.47
	24/25	43.3	46	47.1	48.1	49.5	51	53.5	57.3	58.8	60.3	68.7	54	11.1
Body Fat (%)	24/25	20.2	22	22.8	23.6	24.8	26.4	28	29.6	30.7	31.8	35.6	27.2	6.5

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 17 or above)

Items	School Year	Percentiles											Mean	Standard Deviation
		10	20	25	30	40	50	60	70	75	80	90		
Skinfolds Triceps + Calf (mm)	14/15	22.3	25.3	26.4	27.9	30.3	33.2	35.8	38.8	40.6	42.5	48.1	34.47	11.05
	24/25	21.9	24.3	26	26.6	28.3	31.1	33.7	37.3	39	42.4	47.9	33.5	11.8
1-min. Sit-ups (repetitions)	14/15	11	16	18	20	22	24	27	30	31	32	37	24.39	10.24
	24/25	11	16	18	19	21	23	25	28	29	30	36	23.1	9.2
Sit-and-Reach (cm)	14/15	18	24	26	27	30	33	35	38	39	40	43	31.64	9.52
	19/20 & 20/21	16.4	23	26	27	30	33	35	37	38	40	43	30.91	10.74
	24/25	19	22	24	25	29	32	34	36	37	39	44	30.9	9.5
Bent-knee Push-ups (repetitions)	14/15	0	1	2	3	5	7	10	13	15	16	21	9.19	8.66
	24/25	1	1	2	2	3	5	7	10	11	14	20	7.2	7.3
9-min Run / Walk (m)	14/15	1060	1150	1170	1190	1230	1270	1300	1350	1370	1400	1480	1272.24	169.04
	24/25	860	960	990	1030	1060	1100	1140	1180	1210	1260	1350	1101.7	173
15-m PACER (laps)	14/15	18	21	22	24	27	30	31	34	37	40	45	31	11.88
	24/25	12	17	18	19	20	22	25	29	30	31	37	24.2	10
Standing Long Jump (cm)	19/20 & 20/21	90	110	110	120	120	130	140	150	150	150	170	128.68	36.77
	24/25	100	110	115	120	125	130	140	145	150	155	165	133.6	25.4
Inclined Pull-ups (repetitions)	14/15	0	0	1	1	1	2	4	6	7	8	12	4	5.15
Height (cm)	14/15	152.1	154.3	155	155.6	157.2	158.8	160	161.7	162.4	163.3	165.5	158.69	5.32
	19/20 & 20/21	152.8	155.2	156	156.7	158.2	160	161.1	162.6	163.6	164.5	166.7	159.8	5.56
	24/25	153.3	156	157	157.6	159	160.3	162	163.5	164.2	165.4	167.8	160.6	5.5
Weight (kg)	14/15	43	45.8	46.9	47.8	49.4	51.4	53.7	55.8	57.3	59.4	65.4	53.1	9.38
	19/20 & 20/21	44.6	47.5	48.3	49.1	50.8	53.4	55.2	58.1	60.1	61.5	69.2	55.04	9.98
	24/25	43.2	46.3	47.4	48.7	50.5	52.6	54.8	57	59.3	60.8	66.4	54.3	10.9
Body Fat (%)	24/25	20.5	22.3	23	23.7	25	26.4	27.7	29.8	30.5	31.7	35.8	27.3	6.3