

香港小學生體適能常模表（男生6歲或以下）

| 項目                      | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值    | 標準差    |
|-------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
|                         |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |        |        |
| 一分鐘仰臥起坐<br>（次）          | 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   |
| 坐前伸<br>（厘米）             | 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    |
| 手握力<br>左+右（千克）          | 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   |
| 六分鐘跑/步行<br>（米）          | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數） | 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   |
| 傾斜式引體向上<br>（次）          | 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   |
| 立定跳遠<br>（厘米）            | 15/16 | 80    | 90    | 90    | 100   | 100   | 110   | 110   | 120   | 120   | 120   | 130   | 105.83 | 18.95  |
| 身高<br>（厘米）              | 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   |
| 體重<br>（千克）              | 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   |
| 腰圍<br>（厘米）              | 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   |
|                         | 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   |
| 脂肪百分比                   | 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   |

香港小學生體適能常模表（男生7歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值    | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |        |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 六分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>(厘米)             | 15/16 | 90    | 100   | 100   | 110   | 110   | 120   | 120   | 130   | 130   | 130   | 140   | 115.15 | 18.34  |
| 身高<br>(厘米)               | 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   |
| 體重<br>(千克)               | 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   |
| 腰圍<br>(厘米)               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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   |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（男生8歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值    | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |        |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 六分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 100   | 110   | 110   | 110   | 120   | 130   | 130   | 140   | 140   | 140   | 150   | 125.07 | 20.86  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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  |

香港小學生體適能常模表（男生9歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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  |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 100   | 110   | 110   | 120   | 120   | 130   | 130   | 140   | 140   | 140   | 150   | 127.06  | 21.57  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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  |

香港小學生體適能常模表（男生10歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 110   | 120   | 120   | 120   | 130   | 130   | 140   | 150   | 150   | 150   | 160   | 134.87  | 22.57  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（男生11歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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  |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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  |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 110   | 120   | 130   | 130   | 140   | 140   | 150   | 160   | 160   | 160   | 180   | 143.25  | 24.91  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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  |
| 腰圍<br>（厘米）               | 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  |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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  |

香港小學生體適能常模表（男生12歲或以上）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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  |
| 手握力<br>左+右<br>（千克）       | 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  |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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  |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 120   | 130   | 130   | 140   | 150   | 150   | 160   | 170   | 170   | 180   | 190   | 153.89  | 26.89  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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  |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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  |

香港小學生體適能常模表（女生6歲或以下）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值    | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |        |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 六分鐘跑/步行<br>（米）           | 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  |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>(厘米)             | 15/16 | 80    | 80    | 90    | 90    | 90    | 100   | 100   | 110   | 110   | 110   | 120   | 96.86  | 16.96  |
| 身高<br>(厘米)               | 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   |
| 體重<br>(千克)               | 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   |
| 腰圍<br>(厘米)               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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   |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（女生7歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值    | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |        |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 六分鐘跑/步行<br>（米）           | 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  |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 80    | 90    | 100   | 100   | 100   | 110   | 110   | 120   | 120   | 120   | 130   | 105.75 | 17.38  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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   |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（女生8歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值    | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |        |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 六分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 90    | 100   | 100   | 100   | 110   | 110   | 120   | 120   | 130   | 130   | 140   | 113.31 | 19.05  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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   |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（女生9歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 90    | 100   | 110   | 110   | 120   | 120   | 130   | 140   | 140   | 140   | 150   | 122.40  | 25.02  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（女生10歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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   |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 100   | 110   | 110   | 110   | 120   | 120   | 130   | 130   | 140   | 140   | 150   | 124.06  | 21.28  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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   |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（女生11歲）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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  |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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  |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>（厘米）             | 15/16 | 100   | 110   | 110   | 120   | 120   | 130   | 130   | 140   | 150   | 150   | 160   | 129.21  | 23.12  |
| 身高<br>（厘米）               | 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   |
| 體重<br>（千克）               | 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  |
| 腰圍<br>（厘米）               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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   |

香港小學生體適能常模表（女生12歲或以上）

| 項目                       | 學年    | 百分位值  |       |       |       |       |       |       |       |       |       |       | 平均值     | 標準差    |
|--------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|--------|
|                          |       | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |         |        |
| 一分鐘仰臥起坐<br>（次）           | 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   |
| 坐前伸<br>（厘米）              | 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   |
| 手握力<br>左+右<br>（千克）       | 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   |
| 九分鐘跑/步行<br>（米）           | 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 |
| 十五米漸進式<br>心肺耐力跑<br>（轉數）  | 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  |
| 傾斜式引體向上<br>（次）           | 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   |
| 立定跳遠<br>(厘米)             | 15/16 | 100   | 120   | 120   | 120   | 130   | 130   | 140   | 140   | 150   | 150   | 160   | 132.64  | 22.02  |
| 身高<br>(厘米)               | 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   |
| 體重<br>(千克)               | 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   |
| 腰圍<br>(厘米)               | 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   |
| 皮摺厚度<br>三頭肌+小腿內側<br>（毫米） | 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  |
| 脂肪百分比                    | 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   |