

School Physical Fitness Award Scheme

Scoring Method

Bent-knee Sit-ups



Sit-and-Reach



Endurance **6min (P.3 or below)/**
Run / Walk **9min (P.4 or above)**



- **Hand Grip (For Primary Schools Pupils)**
- **Push-ups (For Secondary School Boys) / Bent-knee Push-ups (For Secondary School Girls)** **OR** **Inclined Pull-up**

Score	Certificate
16 or above	Gold
13 - 15	Silver
10 - 12	Bronze

Age Adjustment

Primary

- If primary school student aged more than 12, age will be calculated as 12
- If primary school student aged less than 6, age will be calculated as 6
- Endurance Run/Walk
(P.3 or below: 6 min; P.4 or above: 9 min)
 - P.3 student or below: If aged more than 8, age will be calculated as 8
 - P.3 student or below: If aged less than 6, age will be calculated as 6
 - P.4 student or above: If aged more than 12, age will be calculated as 12
 - P.4 student or above: If aged less than 9, age will be

Secondary

- If secondary school student aged more than 17, age will be calculated as 17
- If secondary school student aged less than 12, age will be calculated as 12