

School Physical Fitness Award Scheme

One-minute Sit-up

+

Sit-and-Reach

+

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

OR

15m PACER

+

Hand Grip (For Primary)

Push-up (For Secondary Boys) /

Bent-knee Push-up (For Secondary 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