

Scoring Tables for Physical Fitness – Boys (Primary School)

Boys aged ≤ 6

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	112.5	115.3	118.9	122.8	126.3
	Weight (kg) *	18.4	19.9	21.8	24.6	28.3
	Skinfolds Thickness (Triceps + Calf) (mm) *	12.1	14.1	17.0	21.2	28.8
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	0	4	10	16	20
	Sit-and-Reach (cm)	11	17	22	28	33
	6-min Run/Walk (m)	630	720	790	860	920
	15-meter PACER	7	9	12	16	21
	Handgrip (kg)	12	14.5	17	20.5	23
	Inclined Pull-up (repetitions)	0	0	4	9	13
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Boys aged 7

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	117.0	120.0	123.8	127.9	132.0
	Weight (kg) *	20.0	21.6	23.9	27.3	33.1
	Skinfolds Thickness (Triceps + Calf) (mm) *	12.6	14.4	17.5	22.7	31.9
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	1	5	14	19	24
	Sit-and-Reach (cm)	12	18	25	29	33
	6-min Run/Walk (m)	660	750	840	900	960
	15-meter PACER	9	11	14	20	28
	Handgrip (kg)	14	16.5	19.5	22.5	26
	Inclined Pull-up (repetitions)	0	1	6	11	15
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Boys aged 8

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	122.5	125.5	130.1	134.6	138.3
	Weight (kg) *	22.2	24.1	27.4	32.2	38.5
	Skinfolds Thickness (Triceps + Calf) (mm) *	12.8	15.1	19.2	26.3	38.4
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	4	10	18	24	30
	Sit-and-Reach (cm)	12	17	23	29	33
	6-min Run/Walk (m)	700	780	860	940	1010
	15-meter PACER	10	13	19	28	40
	Handgrip (kg)	18	20	23	27	30
	Inclined Pull-up (repetitions)	0	2	6	12	17
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Boys aged 9

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	128.4	132.2	135.8	140.0	143.6
	Weight (kg) *	24.6	27.6	31.6	38.1	45.4
	Skinfolds Thickness (Triceps + Calf) (mm) *	13.3	17.0	23.8	33.2	43.2
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	6	13	19	25	31
	Sit-and-Reach (cm)	13	18	23	28	33
	9-min Run/Walk (m)	960	1070	1210	1350	1470
	15-meter PACER	10	14	20	31	42
	Handgrip (kg)	20	22.5	26	29.5	33
	Inclined Pull-up (repetitions)	0	2	6	12	17
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Boys aged 10

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	132.4	136.5	141.0	145.8	149.7
	Weight (kg) *	26.9	30.1	34.9	43.2	50.7
	Skinfolds Thickness (Triceps + Calf) (mm) *	13.7	17.7	25.5	36.0	45.8
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	6	13	21	28	33
	Sit-and-Reach (cm)	13	18	23	28	33
	9-min Run/Walk (m)	1000	1120	1250	1390	1520
	15-meter PACER	12	17	25	36	52
	Handgrip (kg)	22	26	29.5	33.5	38
	Inclined Pull-up (repetitions)	0	1	6	12	18
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Boys aged 11

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	137.8	142.5	147.3	152.9	158.7
	Weight (kg) *	29.7	34.2	40.6	48.8	57.3
	Skinfolds Thickness (Triceps + Calf) (mm) *	13.9	18.1	26.0	37.6	48.2
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	10	17	23	30	36
	Sit-and-Reach (cm)	12	17	22	28	33
	9-min Run/Walk (m)	1050	1170	1300	1450	1600
	15-meter PACER	15	20	30	44	56
	Handgrip (kg)	26	29	33	39	44
	Inclined Pull-up (repetitions)	0	1	6	12	17
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Boys aged ≥ 12

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	139.5	145.7	152.5	158.4	165.8
	Weight (kg) *	30.8	35.2	42.7	50.4	58.9
	Skinfolds Thickness (Triceps + Calf) *	12.6	17.2	22.1	31.2	42.4
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	14	20	27	33	41
	Sit-and-Reach (cm)	17	22	25	30	33
	9-min Run/Walk (m)	1070	1210	1380	1530	1770
	15-meter PACER	15	24	34	50	74
	Handgrip (kg)	27.5	31	36.5	43	51
	Inclined Pull-up (repetitions)	0	2	10	15	25
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						