

Scoring Tables for Physical Fitness – Boys (Secondary School)

Boys aged ≤ 12

| Item | Result & Score | Percentile (%) | | | | |
|---|---|----------------|----------|----------|----------|----------|
| | | 10 | 25 | 50 | 75 | 90 |
| | Height (cm)* | 143.9 | 149.4 | 155.4 | 160.1 | 165.2 |
| | Weight (kg) * | 33.4 | 38.5 | 46.1 | 52.8 | 61.7 |
| | Skinfolds Thickness (Triceps + Calf) (mm) * | 13 | 16 | 23 | 33 | 42 |
| | Grading & Score | 1 | 2 | 3 | 4 | 5 |
| | 1-min Sit-up (repetitions) | 13 | 19 | 25 | 31 | 36 |
| | Sit-and-Reach (cm) | 11 | 16 | 20 | 25 | 31 |
| | 9-min Run/Walk (m) | 1070 | 1210 | 1350 | 1500 | 1630 |
| | 15-meter PACER | 19 | 27 | 37 | 50 | 66 |
| | Push-up (repetitions) | 0 | 0 | 2 | 9 | 16 |
| | Inclined Pull-up (repetitions) | 0 | 2 | 7 | 13 | 20 |
| | Total Score | | | | | |
| *Height, weight and skinfolds are for reference only. There is no need to score them. | | | | | | |

Boys aged 13

| Item | Result & Score | Percentile (%) | | | | |
|---|---|----------------|----------|----------|----------|----------|
| | | 10 | 25 | 50 | 75 | 90 |
| | Height (cm)* | 151.7 | 157.2 | 162.8 | 167.4 | 171.6 |
| | Weight (kg) * | 39.3 | 43.9 | 50.5 | 59.5 | 70.8 |
| | Skinfolds Thickness (Triceps + Calf) (mm) * | 13 | 15 | 21 | 32 | 42 |
| | Grading & Score | 1 | 2 | 3 | 4 | 5 |
| | 1-min Sit-up (repetitions) | 15 | 22 | 28 | 33 | 39 |
| | Sit-and-Reach (cm) | 12 | 17 | 22 | 28 | 34 |
| | 9-min Run/Walk (m) | 1080 | 1250 | 1390 | 1560 | 1720 |
| | 15-meter PACER | 21 | 32 | 44 | 61 | 78 |
| | Push-up (repetitions) | 0 | 0 | 5 | 12 | 20 |
| | Inclined Pull-up (repetitions) | 0 | 4 | 10 | 17 | 22 |
| | Total Score | | | | | |
| *Height, weight and skinfolds are for reference only. There is no need to score them. | | | | | | |

Boys aged 14

| Item Result & Score | | Percentile (%) | | | | |
|---|--|----------------|----------|----------|----------|----------|
| | | 10 | 25 | 50 | 75 | 90 |
| Height (cm)* | | 158.8 | 162.5 | 167.0 | 172.0 | 175.8 |
| Weight (kg) * | | 43.8 | 48.6 | 54.6 | 63.3 | 75.1 |
| Skinfolds Thickness (Triceps + Calf) (mm) * | | 12 | 15 | 20 | 28 | 39 |
| Grading & Score | | 1 | 2 | 3 | 4 | 5 |
| 1-min Sit-up (repetitions) | | 18 | 25 | 31 | 37 | 43 |
| Sit-and-Reach (cm) | | 11 | 16 | 22 | 29 | 34 |
| 9-min Run/Walk (m) | | 1180 | 1300 | 1460 | 1630 | 1790 |
| 15-meter PACER | | 28 | 38 | 51 | 66 | 82 |
| Push-up (repetitions) | | 0 | 2 | 8 | 15 | 23 |
| Inclined Pull-up (repetitions) | | 2 | 6 | 13 | 19 | 24 |
| Total Score | | | | | | |
| *Height, weight and skinfolds are for reference only. There is no need to score them. | | | | | | |

Boys aged 15

| Item Result & Score | | Percentile (%) | | | | |
|---|--|----------------|----------|----------|----------|----------|
| | | 10 | 25 | 50 | 75 | 90 |
| Height (cm)* | | 162.3 | 165.7 | 170.0 | 173.8 | 177.5 |
| Weight (kg) * | | 47.1 | 51.4 | 57.5 | 65.3 | 77.1 |
| Skinfolds Thickness (Triceps + Calf) (mm) * | | 12 | 15 | 19 | 28 | 39 |
| Grading & Score | | 1 | 2 | 3 | 4 | 5 |
| 1-min Sit-up (repetitions) | | 20 | 26 | 32 | 37 | 44 |
| Sit-and-Reach (cm) | | 11 | 17 | 23 | 29 | 36 |
| 9-min Run/Walk (m) | | 1190 | 1320 | 1470 | 1630 | 1790 |
| 15-meter PACER | | 30 | 41 | 51 | 66 | 82 |
| Push-up (repetitions) | | 0 | 5 | 11 | 20 | 26 |
| Inclined Pull-up (repetitions) | | 4 | 9 | 15 | 21 | 26 |
| Total Score | | | | | | |
| *Height, weight and skinfolds are for reference only. There is no need to score them. | | | | | | |

Boys aged 16

| Item | Result & Score | Percentile (%) | | | | |
|---|---|----------------|----------|----------|----------|----------|
| | | 10 | 25 | 50 | 75 | 90 |
| | Height (cm)* | 163.4 | 166.6 | 170.4 | 174.9 | 178.1 |
| | Weight (kg) * | 48.1 | 52.9 | 58.9 | 67.4 | 77.5 |
| | Skinfolds Thickness (Triceps + Calf) (mm) * | 11 | 13 | 18 | 27 | 37 |
| Grading & Score | | 1 | 2 | 3 | 4 | 5 |
| | 1-min Sit-up (repetitions) | 20 | 26 | 32 | 38 | 45 |
| | Sit-and-Reach (cm) | 12 | 17 | 24 | 31 | 37 |
| | 9-min Run/Walk (m) | 1200 | 1340 | 1490 | 1640 | 1800 |
| | 15-meter PACER | 33 | 42 | 53 | 70 | 83 |
| | Push-up (repetitions) | 0 | 5 | 13 | 22 | 30 |
| | Inclined Pull-up (repetitions) | 3 | 11 | 17 | 22 | 27 |
| Total Score | | | | | | |
| *Height, weight and skinfolds are for reference only. There is no need to score them. | | | | | | |

Boys aged ≥ 17

| Item | Result & Score | Percentile (%) | | | | |
|---|---|----------------|----------|----------|----------|----------|
| | | 10 | 25 | 50 | 75 | 90 |
| | Height (cm)* | 163.5 | 166.7 | 171.0 | 175.0 | 179.0 |
| | Weight (kg) * | 49.5 | 54.6 | 60.8 | 69.1 | 78.5 |
| | Skinfolds Thickness (Triceps + Calf) (mm) * | 11 | 14 | 18 | 27 | 35 |
| Grading & Score | | 1 | 2 | 3 | 4 | 5 |
| | 1-min Sit-up (repetitions) | 20 | 26 | 32 | 38 | 44 |
| | Sit-and-Reach (cm) | 11 | 18 | 26 | 33 | 38 |
| | 9-min Run/Walk (m) | 1200 | 1360 | 1520 | 1680 | 1840 |
| | 15-meter PACER | 32 | 43 | 56 | 73 | 90 |
| | Push-up (repetitions) | 2 | 9 | 16 | 24 | 30 |
| | Inclined Pull-up (repetitions) | 6 | 12 | 19 | 24 | 30 |
| Total Score | | | | | | |
| *Height, weight and skinfolds are for reference only. There is no need to score them. | | | | | | |