

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-ups (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
Push-up (repetitions)		0	0	2	9	16
Inclined Pull-ups (repetitions)		0	2	7	13	20
*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-ups (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
Push-up (repetitions)		0	0	5	12	20
Inclined Pull-ups (repetitions)		0	4	10	17	22
*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-ups (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
	Push-up (repetitions)	0	2	8	15	23
	Inclined Pull-ups (repetitions)	2	6	13	19	24
*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-ups (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
	Push-up (repetitions)	0	5	11	20	26
	Inclined Pull-ups (repetitions)	4	9	15	21	26
*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-ups (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
	Push-up (repetitions)	0	5	13	22	30
	Inclined Pull-ups (repetitions)	3	11	17	22	27
*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-ups (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
	Push-up (repetitions)	2	9	16	24	30
	Inclined Pull-ups (repetitions)	6	12	19	24	30
*Height, weight and skinfolds are for reference only. There is no need to score them.						