

Scoring Tables for Physical Fitness – Girls (Primary School)

Girls aged ≤ 6

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	112.5	114.5	118.3	121.5	125.1
	Weight (kg) *	18.0	19.4	21.3	24.1	27.3
	Skinfolds Thickness (Triceps + Calf) (mm) *	13.9	16.7	20.3	24.8	30.9
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	0	1	7	15	20
	Sit-and-Reach (cm)	16	19	26	30	34
	6-min Run/Walk (m)	640	700	750	810	860
	15-meter PACER	8	9	11	13	17
	Handgrip (kg)	10.5	13	15.5	18	21
	Inclined Pull-up (repetitions)	0	1	5	10	13
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 7

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	116.0	119.0	123.0	127.1	130.0
	Weight (kg) *	19.3	21.0	23.3	25.8	30.0
	Skinfolds Thickness (Triceps + Calf) (mm) *	14.5	17.2	20.5	24.9	31.4
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	0	5	13	19	24
	Sit-and-Reach (cm)	17	20	26	30	34
	6-min Run/Walk (m)	680	740	800	860	900
	15-meter PACER	9	10	13	18	23
	Handgrip (kg)	12.5	15	18	21	23.5
	Inclined Pull-up (repetitions)	0	2	6	11	16
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 8

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	122.2	125.5	129.5	133.7	137.5
	Weight (kg) *	21.5	23.7	26.1	30.8	37.0
	Skinfolds Thickness (Triceps + Calf) (mm) *	14.6	17.7	21.8	29.8	37.9
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	3	9	15	21	26
	Sit-and-Reach (cm)	17	21	26	30	34
	6-min Run/Walk (m)	680	740	800	870	930
	15-meter PACER	10	12	15	20	29
	Handgrip (kg)	16	18	21	24	27.5
	Inclined Pull-up (repetitions)	0	1	5	12	16
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 9

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	123.6	130.0	136.2	143.4	149.5
	Weight (kg) *	22.8	25.9	30.7	38.0	45.9
	Skinfolds Thickness (Triceps + Calf) (mm) *	14.3	17.5	23.7	31.8	40.5
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	4	12	19	25	30
	Sit-and-Reach (cm)	20	24	25	29	30
	9-min Run/Walk (m)	860	1030	1190	1310	1420
	15-meter PACER	10	14	20	30	41
	Handgrip (kg)	18	21	25	30	36
	Inclined Pull-up (repetitions)	0	1	6	11	16
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 10

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	132.8	137.8	142.0	146.7	151.5
	Weight (kg) *	26.6	29.9	34.6	40.1	48.5
	Skinfolds Thickness (Triceps + Calf) (mm) *	16.2	19.8	25.5	32.2	40.6
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	7	13	20	25	30
	Sit-and-Reach (cm)	18	21	26	30	35
	9-min Run/Walk (m)	1000	1090	1200	1310	1430
	15-meter PACER	13	17	21	30	37
	Handgrip (kg)	21	24	28.5	33	37.5
	Inclined Pull-up (repetitions)	0	1	4	10	15
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 11

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	139.3	144.6	148.9	154.3	159.0
	Weight (kg) *	30.6	34.8	39.9	47.0	56.7
	Skinfolds Thickness (Triceps + Calf) (mm) *	17.2	20.7	26.2	34.7	44.1
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	8	15	22	28	34
	Sit-and-Reach (cm)	17	21	25	30	34
	9-min Run/Walk (m)	1050	1120	1210	1310	1470
	15-meter PACER	14	18	24	32	45
	Handgrip (kg)	24.5	29	33	39	44.5
	Inclined Pull-up (repetitions)	0	0	4	8	13
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged ≥ 12

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	143.2	150.0	153.9	158.0	161.2
	Weight (kg) *	33.0	38.8	45.6	50.5	56.0
	Skinfolds Thickness (Triceps + Calf) (mm) *	19.1	23.5	29.7	37.1	44.5
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	11	17	20	28	33
	Sit-and-Reach (cm)	14	23	28	32	35
	9-min Run/Walk (m)	970	1090	1190	1280	1420
	15-meter PACER	13	17	22	32	41
	Handgrip (kg)	27	32	39	44	48
	Inclined Pull-up (repetitions)	0	0	4	7	11
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						