

Scoring Tables for Physical Fitness – Girls (Secondary School)

Girls aged ≤ 12

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	146.7	150.5	154.1	157.5	160.5
	Weight (kg) *	36.0	39.8	44.2	50.8	58.1
	Skinfolds Thickness (Triceps + Calf) (mm) *	19	23	29	37	44
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	10	16	23	29	34
	Sit-and-Reach (cm)	18	23	29	34	40
	9-min Run/Walk (m)	1070	1155	1260	1370	1500
	15-meter PACER	17	20	28	36	49
	Bent-knee Push-up (repetitions)	0	0	4	9	17
	Inclined Pull-up (repetitions)	0	0	3	7	11
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 13

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	149.2	152.8	156.7	160.5	164.2
	Weight (kg) *	39.6	43.1	47.2	53.3	62.1
	Skinfolds Thickness (Triceps + Calf) (mm) *	21	25	30	38	45
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	12	18	24	30	36
	Sit-and-Reach (cm)	20	25	30	36	41
	9-min Run/Walk (m)	1070	1150	1260	1360	1480
	15-meter PACER	19	22	30	37	49
	Bent-knee Push-up (repetitions)	0	0	4	11	19
	Inclined Pull-up (repetitions)	0	0	3	7	11
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 14

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	151.4	154.2	157.5	161.2	164.5
	Weight (kg) *	41.3	44.4	48.9	54.7	60.8
	Skinfolds Thickness (Triceps + Calf) (mm) *	22	26	32	39	46
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	10	17	23	31	36
	Sit-and-Reach (cm)	18	24	31	37	42
	9-min Run/Walk (m)	1060	1160	1260	1370	1460
	15-meter PACER	19	22	29	36	46
	Bent-knee Push-up (repetitions)	0	1	5	12	20
	Inclined Pull-up (repetitions)	0	0	3	7	11
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 15

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	151.5	155.3	158.6	162.5	166.0
	Weight (kg) *	42.3	46.4	51.2	56.7	64.2
	Skinfolds Thickness (Triceps + Calf) (mm) *	23	27	33	39	46
	Grading & Score	1	2	3	4	5
	1-min Sit-up (repetitions)	11	17	24	31	37
	Sit-and-Reach (cm)	17	25	31	37	43
	9-min Run/Walk (m)	1080	1170	1260	1370	1470
	15-meter PACER	18	21	29	35	46
	Bent-knee Push-up (repetitions)	0	1	6	13	21
	Inclined Pull-up (repetitions)	0	0	2	7	10
	Total Score					
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged 16

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	152.4	155.1	158.8	162.5	166.5
	Weight (kg) *	42.8	46.4	51.3	57.5	65.3
	Skinfolds Thickness (Triceps + Calf) (mm) *	22	27	33	40	49
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	12	18	24	30	36
	Sit-and-Reach (cm)	19	25	32	38	43
	9-min Run/Walk (m)	1070	1150	1280	1370	1500
	15-meter PACER	18	22	28	37	46
	Bent-knee Push-up (repetitions)	0	0	5	12	20
	Inclined Pull-up (repetitions)	0	0	2	6	10
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						

Girls aged ≥ 17

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	152.1	155	158.8	162.4	165.5
	Weight (kg) *	43	46.9	51.4	57.3	65.4
	Skinfolds Thickness (Triceps + Calf) (mm) *	22	26	33	41	48
Grading & Score		1	2	3	4	5
	1-min Sit-up (repetitions)	11	18	24	31	37
	Sit-and-Reach (cm)	18	26	33	39	43
	9-min Run/Walk (m)	1060	1170	1270	1370	1480
	15-meter PACER	18	22	30	37	45
	Bent-knee Push-up (repetitions)	0	2	7	15	21
	Inclined Pull-up (repetitions)	0	0	2	7	12
Total Score						
*Height, weight and skinfolds are for reference only. There is no need to score them.						