

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 12 or below)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	12	15	17	18	21	24	28	31	33	36	44	26.06	12.49	422
Inclined Pull-up (repetitions)	09/10	0	1	2	3	5	7	10	12	13	15	19	8.53	7.38	422

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 13)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	15	19	21	23	26	30	33	38	41	42	51	31.50	14.28	456
Inclined Pull-up (repetitions)	09/10	0	2	3	5	7	9	11	14	15	17	22	10.17	8.20	461

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 14)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	19	23	25	28	31	33	38	42	46	49	58	36.58	15.16	499
Inclined Pull-up (repetitions)	09/10	2	5	7	8	10	12	15	17	18	20	23	12.62	7.99	502

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 15)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	21	27	29	30	34	38	41	45	48	52	62	39.82	16.39	489
Inclined Pull-up (repetitions)	09/10	4	7	8	10	12	14	16	19	20	21	24	14.41	8.17	485

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 16)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	23	30	31	32	36	39	42	45	50	52	59	40.29	13.86	470
Inclined Pull-up (repetitions)	09/10	5	9	10	11	13	15	17	19	21	22	26	15.45	7.90	473

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 17)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	23	30	32	34	37	41	44	50	53	55	62	42.16	15.27	403
Inclined Pull-up (repetitions)	09/10	7	10	11	13	15	17	19	21	22	23	27	16.86	7.85	413

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 18 or above)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	25	31	33	35	39	42	46	51	53	56	62	43.73	15.05	593
Inclined Pull-up (repetitions)	09/10	8	11	12	14	16	18	20	22	23	25	29	17.97	8.30	598

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 12 or below)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	10	13	14	14	16	17	18	20	21	22	27	17.95	7.21	378
Inclined Pull-up (repetitions)	09/10	0	0	0	0	0	1	2	4	5	5	9	3.09	4.60	379

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 13)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	11	13	14	15	17	18	20	22	23	25	30	19.45	7.62	427
Inclined Pull-up (repetitions)	09/10	0	0	0	0	0	2	3	4	5	6	10	3.37	4.55	428

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 14)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	11	15	16	16	18	19	21	23	25	26	30	20.41	7.78	473
Inclined Pull-up (repetitions)	09/10	0	0	0	0	0	1	2	4	5	6	9	3.07	4.22	483

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 15)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	12	15	16	17	18	19	21	23	24	26	30	20.61	7.76	429
Inclined Pull-up (repetitions)	09/10	0	0	0	0	1	1	2	4	5	6	9	3.11	4.35	436

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 16)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	11	14	15	16	18	19	21	23	25	27	31	20.33	8.43	402
Inclined Pull-up (repetitions)	09/10	0	0	0	0	1	2	3	4	5	6	9	3.11	3.82	406

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 17)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	12	15	16	17	19	19	21	23	24	26	31	20.85	7.65	415
Inclined Pull-up (repetitions)	09/10	0	0	0	0	1	2	3	4	5	6	9	3.26	4.33	426

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 18 or above)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	09/10	12	16	17	18	19	20	23	24	26	27	31	21.63	8.32	552
Inclined Pull-up (repetitions)	09/10	0	0	0	0	1	2	4	5	6	7	10	3.97	5.19	578