

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 6 or below

Items	School	Percentiles													Mean	Standard Deviation	Sample Size
	Year	5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	10.0	11.5	13.0	13.5	14.5	15.0	16.5	17.5	20.0	21.0	23.5	30.0	33.0	18.6	7.5	351
	03/04	10.8	12.0	13.5	14.10	15.0	16.0	17.2	19.0	21.0	22.0	24.0	31.0	39.1	19.7	8.6	386
1-min. Sit-ups (times)	99/00	0	1	5	6	8	11	14	16	18	19	20	22	25	12.9	7.8	351
	03/04	0	2	6	7	9	11	13	16	18	20	21	24	27	13.6	8.5	406
Sit-and-Reach (cm)	99/00	17	19	21	22	23	25	26	27	29	30	30	32	33	25.6	5.3	351
	03/04	16	18	22	23	23	25	27	28	30	30	31	33	35	26.3	5.6	404
Handgrip (kg)	99/00	8.5	9.5	11.0	12.0	12.5	14.0	15.5	16.5	18.0	19.0	19.5	22.0	23.0	15.5	4.7	351
	03/04	8.7	10.0	12.0	13.0	14.0	16.0	17.0	18.0	19.0	20.0	20.5	22.5	24.5	16.6	5.0	389
6-minute Run / Walk (m)	99/00	640	670	720	740	760	800	810	820	850	860	880	910	940	801	100	280
	03/04	600	640	710	720	740	770	800	830	860	880	900	960	1050	807	133	394
Height (cm)	03/04	110.0	112.0	114.0	115.0	115.0	117.0	118.5	120.0	121.0	122.0	123.0	125.0	128.0	118.5	5.4	401
Weight (kg)	03/04	18.03	18.70	19.60	19.95	20.40	21.00	21.90	22.80	23.80	24.40	25.08	28.28	32.44	22.9	4.4	405

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 7

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds	99/00	10.0	11.5	13.0	14.0	14.5	16.0	17.5	19.5	23.0	25.0	27.0	34.0	38.0	20.3	9.1	369
Triceps+Calf (mm)	03/04	11.5	12.5	14.2	15.0	16.0	17.5	19.7	21.5	24.5	26.5	28.2	33.0	38.6	21.6	8.7	535
1-min. Sit-ups	99/00	1	4	8	10	12	14	16	19	21	22	23	26	28	15.8	8.2	369
(times)	03/04	2	4	8	10	11	14	16	19	21	22	24	28	31	16.5	9.0	541
Sit-and-Reach	99/00	16	17	21	22	23	24	26	27	28	29	30	32	34	25.2	5.8	368
(cm)	03/04	15	18	20	22	23	24	26	27	29	30	31	33	35	25.6	6.0	543
Handgrip	99/00	11.0	12.5	15.0	15.5	16.5	18.0	19.0	20.0	21.0	22.0	22.5	25.0	26.5	18.9	4.7	369
(kg)	03/04	10.7	12.5	15.0	15.6	16.0	18.0	19.5	21.0	22.0	23.0	23.5	26.0	28.0	19.3	5.2	528
6-minute Run / Walk	99/00	680	720	760	790	800	820	840	870	880	900	910	960	1030	842	105	282
(m)	03/04	640	680	720	740	760	790	810	850	880	900	910	960	1020	821	122	548
Height (cm)	03/04	114.0	116.5	119.0	120.0	121.0	122.5	124.0	125.5	127.0	128.0	128.5	131.0	132.9	123.7	5.9	541
Weight (kg)	03/04	19.6	20.5	21.9	22.4	22.8	23.9	25.0	26.1	27.2	28.0	29.5	33.2	35.9	25.9	5.1	544

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 8

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	10.5	11.5	14.0	14.5	15.0	17.0	19.0	22.0	25.5	28.0	32.0	39.0	44.5	22.7	11.1	340
	03/04	12.0	13.0	15.0	16.0	17.0	18.7	21.0	24.0	28.0	30.5	32.5	39.5	45.2	23.9	10.3	628
1-min. Sit-ups (times)	99/00	2	6	10	11	13	16	18	20	22	23	24	27	29	17.0	7.8	338
	03/04	3	5	10	12	13	16	19	21	23	25	26	31	33	18.4	9.6	648
Sit-and-Reach (cm)	99/00	15	18	21	22	23	24	25	27	28	29	30	32	33	25.2	5.7	339
	03/04	15	17	20	21	22	24	25	27	29	30	31	33	34	25.2	6.2	647
Handgrip (kg)	99/00	13.5	16.0	18.0	18.5	19.5	21.0	22.0	23.5	25.0	25.5	26.0	29.5	32.0	22.4	5.2	340
	03/04	12.7	15.5	18.0	19.0	20.0	21.0	22.5	24.0	25.6	26.5	28.0	30.5	32.5	22.7	5.9	628
6-minute Run / Walk (m)	99/00	710	740	800	810	830	860	880	910	940	960	980	1110	1120	904	145	264
	03/04	640	690	740	760	790	820	850	890	930	960	990	1100	1180	874	168	629
Height (cm)	03/04	119.7	121.5	124.0	125.0	126.0	127.5	129.0	130.5	132.0	133.0	134.0	137.0	140.0	129.2	6.2	629
Weight (kg)	03/04	21.1	22.5	23.8	24.4	25.1	26.4	27.8	29.4	31.1	32.3	33.9	38.5	42.6	29.2	6.6	629

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 9

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	11.0	12.0	15.0	16.0	17.0	19.5	22.0	26.0	31.0	33.0	36.5	43.0	47.5	25.5	12.1	349
	03/04	11.7	13.5	15.0	16.0	17.0	19.0	22.0	24.5	28.0	31.0	32.0	40.5	46.5	24.4	10.9	519
1-min. Sit-ups (times)	99/00	2	6	10	11	13	16	18	20	22	23	24	27	29	17.0	7.8	338
	03/04	3	6	11	13	15	18	20	22	25	26	28	31	35	19.6	9.5	528
Sit-and-Reach (cm)	99/00	12	16	19	21	22	23	25	26	28	29	30	32	34	24.4	6.3	347
	03/04	14	17	20	22	23	24	26	27	28	29	30	33	34	25.2	6.0	518
Handgrip (kg)	99/00	17.0	19.0	21.5	22.5	23.0	24.5	26.0	27.5	29.0	30.0	31.0	33.5	35.0	26.1	5.5	349
	03/04	16.5	18.0	20.5	21.5	22.8	24.2	26.0	28.0	29.5	30.5	32.0	34.5	37.0	26.2	6.3	500
6-minute Run / Walk (m)	99/00	930	970	1070	1100	1120	1160	1210	1270	1310	1320	1360	1440	1530	1218	180	265
	03/04	860	940	1030	1050	1090	1140	1200	1230	1290	1310	1360	1440	1520	1193	202	532
Height (cm)	03/04	123.5	125.5	128.0	129.0	130.0	132.0	133.5	135.0	136.5	137.5	138.0	141.0	143.6	133.3	6.0	515
Weight (kg)	03/04	23.1	24.1	25.8	26.5	27.0	28.2	29.8	31.4	34.5	35.9	37.7	43.2	47.6	31.8	7.4	518

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 10

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	11.0	13.5	16.5	17.5	18.5	22.0	25.0	28.0	33.0	36.0	38.5	45.5	51.0	27.5	12.9	402
	03/04	13.0	14.0	16.5	17.8	18.7	21.5	24.0	28.0	31.6	34.0	36.0	46.0	49.6	27.0	11.9	604
1-min. Sit-ups (times)	99/00	9	12	16	18	20	21	23	25	27	28	29	31	34	22.6	7.8	401
	03/04	6	10	14	15	17	20	22	24	27	28	30	33	37	21.8	9.4	607
Sit-and-Reach (cm)	99/00	12	16	19	20	21	23	24	26	28	29	30	32	35	24.4	6.5	402
	03/04	12	14	18	19	20	22	24	26	28	29	30	32	35	24.0	6.9	601
Handgrip (kg)	99/00	20.0	21.5	24.0	25.0	26.0	27.5	29.0	31.0	33.5	34.0	35.0	38.0	42.0	29.8	6.7	402
	03/04	19.0	21.0	23.0	24.0	25.5	27.0	29.5	31.0	34.0	35.0	36.5	40.0	42.0	29.7	7.3	604
6-minute Run / Walk (m)	99/00	960	1040	1120	1130	1140	1200	1230	1290	1340	1370	1410	1460	1520	1247	179	293
	03/04	920	990	1070	1110	1130	1180	1210	1260	1310	1330	1370	1450	1520	1221	182	598
Height (cm)	03/04	129.0	130.2	133.5	135.0	136.0	137.5	139.0	141.0	143.0	144.0	145.5	148.5	151.0	139.4	6.7	603
Weight (kg)	03/04	25.1	26.5	28.7	29.7	30.6	32.6	34.2	36.5	39.3	41.0	42.7	49.1	53.3	36.1	8.9	603

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 11

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	11.0	13.0	15.0	16.0	17.5	20.0	24.0	28.0	33.5	36.5	39.0	47.0	56.5	27.6	14.2	365
	03/04	12.0	14.0	16.5	17.5	19.0	22.0	25.0	28.4	32.5	34.5	37.5	44.4	52.0	27.4	12.2	620
1-min. Sit-ups (times)	99/00	8	13	18	20	21	23	25	27	30	31	32	35	38	24.7	8.9	365
	03/04	8	12	16	18	20	23	25	28	30	32	33	37	41	25.1	10.0	620
Sit-and-Reach (cm)	99/00	12	14	18	19	20	22	25	26	28	29	29	32	35	24.0	6.9	365
	03/04	12	15	18	19	21	22	24	26	27	29	30	32	35	23.9	6.7	619
Handgrip (kg)	99/00	22.5	24.5	27.5	29.0	29.5	32.0	33.5	36.0	39.0	40.0	41.5	47.5	54.0	35.3	9.4	365
	03/04	21.5	24.0	27.0	29.0	30.0	32.0	34.5	37.0	39.0	41.0	42.5	48.4	53.0	35.3	9.5	621
6-minute Run / Walk (m)	99/00	990	1040	1140	1190	1200	1270	1300	1360	1400	1440	1450	1600	1640	1310	196	278
	03/04	970	1020	1090	1130	1160	1200	1240	1300	1350	1380	1430	1510	1590	1260	195	613
Height (cm)	03/04	133.5	136.0	139.5	141.0	142.0	144.0	145.5	147.0	149.5	151.0	152.7	156.0	160.0	145.9	7.8	622
Weight (kg)	03/04	27.2	29.1	31.7	33.1	34.5	37.0	39.2	41.7	44.8	46.5	48.3	54.3	60.4	40.6	10.0	622

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Boys 12 or above

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	10.5	13.0	14.0	15.5	16.0	18.0	20.5	24.0	28.0	31.0	33.0	45.5	52.0	24.7	12.8	106
	03/04	11.5	13.5	16.0	17.0	18.1	20.0	24.0	27.2	31.5	33.0	35.8	43.5	50.0	26.4	12.2	277
1-min. Sit-ups (times)	99/00	16	21	24	25	25	27	30	31	33	34	35	36	38	28.8	6.5	106
	03/04	11	16	20	21	22	25	27	30	31	32	34	37	40	26.7	8.7	277
Sit-and-Reach (cm)	99/00	11	16	19	21	22	24	26	27	29	29	30	33	35	25.1	6.8	106
	03/04	12	15	18	19	20	22	24	26	28	29	30	33	35	24.1	7.0	276
Handgrip (kg)	99/00	28.0	31.0	35.0	36.0	38.0	40.0	42.0	47.0	50.0	51.5	54.0	62.5	69.5	45.1	12.4	106
	03/04	25.8	29.0	32.0	33.0	35.0	37.0	40.5	44.1	47.0	50.0	52.0	58.5	62.5	42.0	11.2	276
6-minute Run / Walk (m)	99/00	1030	1090	1200	1230	1250	1280	1340	1420	1490	1520	1550	1620	1670	1361	207	73
	03/04	1000	1070	1150	1180	1200	1230	1280	1340	1390	1420	1450	1560	1670	1306	198	272
Height (cm)	03/04	138.0	141.0	144.2	146.0	147.0	149.0	152.0	154.0	156.0	158.0	159.3	162.5	165.0	151.5	8.4	276
Weight (kg)	03/04	29.8	31.4	34.4	35.9	36.9	39.4	42.2	44.7	48.4	49.7	51.7	57.0	64.1	43.6	10.5	276

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 6 or below

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	11.5	12.5	14.5	15.0	15.5	17.0	18.0	19.0	21.0	22.5	23.5	28.0	32.0	19.8	9.0	313
	03/04	12.5	14.0	15.5	16.5	17.2	18.5	20.0	21.5	23.1	25.0	26.0	30.2	35.5	21.2	6.9	380
1-min. Sit-ups (times)	99/00	0	1	4	5	7	10	13	15	17	18	19	21	23	11.9	7.6	313
	03/04	0	2	7	8	10	12	15	18	20	21	22	26	30	14.9	8.8	394
Sit-and-Reach (cm)	99/00	19	21	23	24	25	26	28	29	30	31	31	33	34	27.2	4.6	313
	03/04	19	21	24	25	26	27	29	30	31	32	33	35	36	28.4	5.2	396
Handgrip (kg)	99/00	6.5	8.0	9.5	10.0	11.0	12.0	13.0	14.0	15.5	16.5	17.5	19.0	20.0	13.4	4.3	313
	03/04	7.0	8.5	10.5	11.0	12.0	13.8	15.0	16.5	18.0	18.5	19.5	21.5	23.2	15.0	5.0	368
6-minute Run / Walk (m)	99/00	640	680	720	740	750	770	790	810	820	840	850	880	920	788	87	247
	03/04	600	640	690	700	720	740	760	800	810	830	850	900	980	773	112	354
Height (cm)	03/04	110.0	111.0	114.0	114.5	115.0	116.5	118.0	119.0	120.5	121.6	122.5	125.0	127.6	118.1	5.2	394
Weight (kg)	03/04	17.9	18.5	19.4	19.8	20.1	20.8	21.4	22.3	23.2	23.9	24.8	26.7	28.6	22.2	3.5	396

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 7

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	12.0	13.0	15.0	16.0	16.5	18.5	20.0	21.5	23.5	24.5	26.0	31.0	36.0	21.2	7.5	335
	03/04	13.0	14.2	15.5	16.5	17.0	18.5	20.0	21.5	24.2	26.0	28.0	34.0	38.0	22.0	8.0	500
1-min. Sit-ups (times)	99/00	0	3	8	10	11	14	16	18	20	21	22	24	27	15.0	7.6	335
	03/04	0	3	7	9	11	14	16	18	20	22	23	25	28	15.4	8.6	505
Sit-and-Reach (cm)	99/00	18	20	23	25	25	27	28	29	30	31	31	34	36	27.4	5.2	335
	03/04	17	20	23	24	25	27	28	30	31	32	33	35	38	27.9	6.1	505
Handgrip (kg)	99/00	9.0	11.0	12.5	13.5	14.0	15.5	16.5	18.0	19.0	19.5	20.0	22.5	24.5	16.5	4.5	336
	03/04	9.0	11.0	13.5	14.0	15.0	16.0	17.0	19.0	20.0	21.0	22.0	24.2	26.5	17.5	5.2	485
6-minute Run / Walk (m)	99/00	670	710	730	750	770	800	810	830	850	870	890	920	970	811	94	248
	03/04	620	650	700	720	720	760	790	820	850	870	880	960	1020	804	144	511
Height (cm)	03/04	112.5	116.0	118.0	119.0	120.0	121.5	123.0	124.0	126.0	126.5	127.5	130.0	132.0	122	5.9	500
Weight (kg)	03/04	18.5	19.7	20.9	21.3	21.7	22.5	23.5	24.5	26.1	26.8	27.8	31.6	34.7	24.7	5.1	501

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 8

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	12.0	14.0	16.0	17.0	17.5	19.5	22.0	24.5	27.0	28.0	31.0	37.0	43.0	23.7	9.4	339
	03/04	13.0	15.0	17.0	17.5	18.5	20.0	21.7	24.2	27.0	28.0	30.0	37.0	43.0	24.0	8.9	589
1-min. Sit-ups (times)	99/00	1	5	10	12	13	16	18	20	22	22	23	26	30	17.0	7.9	337
	03/04	1	4	10	12	13	15	17	20	22	23	25	29	32	17.3	9.0	605
Sit-and-Reach (cm)	99/00	19	20	23	24	25	26	28	29	30	31	32	34	35	27.2	5.2	339
	03/04	19	21	23	24	25	27	28	30	31	32	33	35	37	28.0	5.6	606
Handgrip (kg)	99/00	12.0	13.5	15.0	16.5	17.0	18.0	19.5	20.5	22.0	22.5	23.5	26.0	28.5	19.7	5.2	339
	03/04	12.0	13.5	16.0	17.0	18.0	19.0	20.5	22.0	23.0	24.0	25.0	28.0	31.0	20.8	5.9	586
6-minute Run / Walk (m)	99/00	660	720	780	800	800	820	830	870	890	920	940	1040	1190	864	154	263
	03/04	660	700	720	740	760	800	810	840	880	900	920	1040	1140	841	145	591
Height (cm)	03/04	119.0	121.0	123.5	124.5	125.5	127.0	128.5	130.0	132.0	133.0	134.0	136.6	139.5	128.7	6.3	587
Weight (kg)	03/04	21.1	22.0	23.2	23.8	24.2	25.1	26.0	27.4	29.2	30.5	31.9	36.4	39.6	27.8	6.1	587

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 9

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	12.5	14.5	16.0	17.0	19.0	21.0	23.0	26.0	29.0	30.0	33.0	42.0	51.0	25.9	11.6	306
	03/04	14.0	16.0	18.0	19.0	20.0	22.5	24.5	26.5	29.5	31.2	33.5	39.5	45.5	26.3	9.6	519
1-min. Sit-ups (times)	99/00	4	8	12	14	15	18	20	22	24	24	26	29	32	19.2	8.3	305
	03/04	5	10	13	14	16	18	20	22	24	25	27	30	32	19.9	8.3	528
Sit-and-Reach (cm)	99/00	17	19	22	23	24	26	27	28	30	31	32	34	36	26.9	6.0	306
	03/04	17	20	23	24	25	27	28	29	31	31	32	35	38	27.7	6.1	518
Handgrip (kg)	99/00	15.0	15.5	17.5	18.5	20.0	21.0	22.5	24.0	25.5	26.5	27.5	30.5	33.0	22.9	5.9	306
	03/04	16.0	17.0	19.0	21.0	21.8	23.0	24.0	25.5	27.5	29.0	30.0	33.0	37.0	24.9	6.3	508
6-minute Run / Walk (m)	99/00	950	1000	1080	1100	1120	1150	1190	1210	1250	1260	1280	1350	1410	1184	147	253
	03/04	870	940	1030	1060	1080	1120	1160	1200	1240	1260	1280	1360	1440	1157	168	515
Height (cm)	03/04	124.0	126.2	129.4	130.5	131.5	133.0	134.5	136.0	138.0	139.0	140.5	144.0	146.0	134.9	6.7	513
Weight (kg)	03/04	23.3	24.5	26.1	26.7	27.5	28.8	30.3	31.9	34.6	35.6	37.1	40.5	46.1	31.9	7.2	513

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 10

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	13.0	14.5	17.0	18.0	19.5	21.0	23.0	26.0	29.0	31.0	34.0	41.0	46.5	25.8	10.3	385
	03/04	14.0	15.4	18.0	19.0	20.0	21.5	24.0	27.0	29.5	31.2	33.5	39.5	48.7	26.2	10.3	538
1-min. Sit-ups (times)	99/00	8	12	16	17	19	21	23	25	26	27	28	31	34	22.2	7.7	384
	03/04	5	10	15	16	18	20	21	24	26	27	28	32	35	21.4	8.6	540
Sit-and-Reach (cm)	99/00	14	18	21	22	23	25	26	28	29	30	31	34	36	26.1	6.3	385
	03/04	16	19	22	23	24	26	27	28	30	31	32	35	36	26.9	6.1	539
Handgrip (kg)	99/00	16.5	18.5	21.5	22.5	23.5	25.0	27.0	29.0	31.0	32.0	33.5	37.5	40.5	27.5	7.3	385
	03/04	17.8	20.0	22.0	23.0	24.0	25.5	27.5	29.0	31.0	32.0	34.5	38.2	43.2	28.3	7.7	535
6-minute Run / Walk (m)	99/00	960	1040	1110	1130	1140	1190	1210	1240	1290	1320	1340	1430	1460	1215	146	288
	03/04	930	990	1050	1080	1100	1140	1190	1210	1260	1280	1300	1380	1470	1183	166	535
Height (cm)	03/04	128.9	131.0	134.0	135.0	136.5	138.5	140.0	141.5	143.5	145.0	146.0	149.0	152.5	140.1	6.9	538
Weight (kg)	03/04	24.9	25.9	28.1	29.1	29.9	31.6	33.3	35.2	38.1	39.2	40.7	45.5	50.0	34.8	8.0	538

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 11

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	14.0	15.5	18.0	19.0	19.5	21.5	24.0	26.0	29.0	31.0	34.0	39.5	46.0	26.2	10.8	333
	03/04	15.0	16.5	18.7	19.5	20.7	23.0	25.8	28.5	31.0	33.3	35.5	42.7	47.0	27.7	10.5	592
1-min. Sit-ups (times)	99/00	9	15	18	20	21	22	24	26	28	29	30	33	37	23.9	7.9	332
	03/04	8	12	16	18	20	22	24	26	28	30	30	35	38	23.6	8.8	592
Sit-and-Reach (cm)	99/00	15	18	21	22	23	25	26	28	30	31	32	35	37	26.3	6.6	331
	03/04	17	19	22	23	24	26	28	29	32	32	34	37	39	27.9	6.9	592
Handgrip (kg)	99/00	20.5	22.5	25.5	26.5	27.0	29.0	31.0	33.0	36.0	37.0	38.0	44.0	46.0	32.0	7.9	333
	03/04	20.0	23.0	26.0	27.0	29.0	31.6	34.0	36.5	39.0	40.5	42.2	46.5	50.1	34.3	9.2	592
6-minute Run / Walk (m)	99/00	1020	1060	1130	1140	1170	1210	1240	1280	1310	1340	1360	1440	1470	1246	153	247
	03/04	950	1010	1070	1100	1120	1160	1200	1230	1270	1290	1320	1420	1500	1200	165	591
Height (cm)	03/04	134.5	137.0	141.0	142.0	143.5	145.5	147.0	149.5	151.5	153.0	154.0	157.0	160.0	147.3	7.6	591
Weight (kg)	03/04	28.1	29.6	32.6	33.8	34.6	36.4	38.6	41.0	43.4	45.0	46.9	51.9	57.6	40.2	9.4	591

Hong Kong Primary School Students' Physical Fitness Norm Tables

Age Group: Girls 12 or above

Items	School Year	Percentiles													Mean	Standard Deviation	Sample Size
		5	10	20	25	30	40	50	60	70	75	80	90	95			
Skinfolds Triceps+Calf (mm)	99/00	13.5	16.0	18.5	20.5	21.0	24.0	26.0	29.0	32.0	36.0	39.5	46.0	51.0	28.7	11.0	92
	03/04	15.2	17.0	19.3	20.6	21.6	24.0	26.0	28.0	31.5	33.7	35.5	39.9	47.6	27.8	10.1	221
1-min. Sit-ups (times)	99/00	4	8	14	18	20	21	23	25	27	27	29	31	34	21.8	8.7	92
	03/04	8	12	17	18	19	22	24	26	28	30	30	33	37	23.5	8.2	220
Sit-and-Reach (cm)	99/00	12	15	22	22	23	26	27	29	32	32	33	36	39	27.2	7.8	92
	03/04	15	18	22	23	25	27	29	30	33	34	34	37	40	28.3	7.3	221
Handgrip (kg)	99/00	24.5	27.5	31.5	33.0	34.0	38.5	39.5	41.5	45.0	46.0	46.5	53.0	57.0	39.7	9.5	92
	03/04	22.0	27.0	29.0	30.0	32.0	34.5	37.0	39.5	42.2	44.0	46.0	49.7	53.9	37.3	9.4	221
6-minute Run / Walk (m)	99/00	1020	1060	1140	1160	1180	1210	1250	1280	1340	1350	1360	1430	1480	1254	137	76
	03/04	970	1040	1090	1110	1120	1150	1200	1210	1260	1280	1320	1400	1460	1205	149	219
Height (cm)	03/04	137.6	141.5	145.0	146.0	146.8	150.0	152.0	154.0	155.0	156.0	157.0	159.4	161.0	151.0	7.0	221
Weight (kg)	03/04	29.4	31.2	34.9	35.7	36.8	39.2	40.9	42.8	44.9	45.8	47.1	53.0	57.9	41.7	8.5	221