

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 6 or below

Items	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	10.0	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	14.0	15.0	16.0	17.0	19.0	21.0	22.0	24.0	31.0	39.0	19.7	8.6	386
	05-06	10.5	12.0	13.5	14.0	15.0	16.0	17.0	18.5	21.0	22.5	24.5	31.0	36.0	19.33	7.77	455
Sit-ups / min (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
	05-06	0	0	2	3	4	6	8	11	14	15	17	21	24	9.84	8.09	451
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
	05-06	18.0	20.0	22.5	23.3	24.0	26.0	27.0	28.0	30.0	31.0	32.0	34.0	36.0	26.97	5.48	453
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
	05-06	9.0	10.0	12.5	13.0	14.0	15.5	16.5	17.5	19.0	20.0	21.0	23.5	25.5	16.73	4.98	454
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
	05-06	600	640	680	700	710	740	770	790	830	840	860	920	1010	777.78	120.17	428
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
	05-06	109.0	111.0	113.5	114.5	115.5	117.5	119.0	120.5	121.5	122.5	123.5	126.5	129.0	118.81	6.54	451
Weight (kg)	03-04	18.0	18.7	19.6	20.0	20.4	21.0	21.9	23.0	24.0	24.4	25.0	28.5	32.5	22.9	4.4	405
	05-06	17.8	18.6	19.8	20.2	20.8	21.4	22.3	23.2	24.5	25.2	26.3	29.8	32.5	23.3	4.7	451

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 7

Items	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	10.0	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
	03-04	11.5	12.5	14.0	15.0	16.0	17.5	19.5	21.5	24.5	26.5	28.0	33.0	38.5	21.6	8.7	535
	05-06	11.0	12.0	14.0	15.0	15.5	16.5	18.0	20.5	23.0	25.0	27.0	33.5	38.5	20.85	8.94	540
Sit-ups / min (times)	99-00	1	4	8	10	12	14	16	19	21	22	23	26	28	15.8	8.2	369
	03-04	2	4	8	10	11	14	16	19	21	22	24	28	31	16.5	9.0	541
	05-06	1	2	5	6	7	10	13	15	18	19	21	24	27	13.04	8.27	537
Sit-and-Reach (cm)	99-00	16	17	21	22	23	24	26	27	28	29	30	32	34	25.2	5.8	368
	03-04	15	18	20	22	23	24	26	27	29	30	31	33	35	25.6	6.0	543
	05-06	17.0	19.5	22.0	23.0	24.0	25.5	27.0	28.0	30.0	31.0	31.5	34.0	35.5	26.75	5.59	539
Handgrip (kg)	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
	03-04	10.5	12.5	15.0	15.5	16.0	18.0	19.5	21.0	22.0	23.0	23.5	26.0	28.0	19.3	5.2	528
	05-06	11.0	13.0	15.0	16.0	17.0	19.0	20.0	21.0	23.0	24.0	24.5	27.0	29.0	19.99	5.49	538
6-minute Run / Walk (m)	99-00	680	720	760	790	800	820	840	870	880	900	910	960	1030	842	105	282
	03-04	640	680	720	740	760	790	810	850	880	900	910	960	1020	821	122	548
	05-06	600	640	700	710	730	760	790	810	830	850	870	930	974	788.16	119.31	511
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
	05-06	113.5	116.5	119.5	120.5	121.0	122.5	124.0	125.0	127.0	128.0	129.0	131.0	133.5	123.91	6.04	519
Weight (kg)	03-04	19.5	20.5	22.0	22.5	23.0	24.0	25.0	26.0	27.0	28.0	29.5	33.0	36.0	25.9	5.1	544
	05-06	20.0	21.0	22.0	22.5	23.0	24.0	25.0	26.5	28.0	28.5	30.0	34.0	37.5	26.29	5.20	518

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 8

Items	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	18.5	21.0	24.0	28.0	30.5	32.5	39.5	45.0	23.9	10.3	628
	05-06	11.0	12.0	14.0	15.0	16.0	18.0	20.0	22.8	26.5	28.8	31.5	38.4	42.9	22.86	10.32	585
Sit-ups / min (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
	05-06	0	3	6	8	10	12	14	17	19	20	22	25	29	14.35	8.63	586
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
	05-06	15.0	18.0	21.0	22.0	23.0	25.0	27.0	28.0	30.0	31.0	31.0	33.5	35.0	26.13	6.09	584
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	12.5	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
	05-06	14.0	15.5	18.5	19.5	20.0	21.5	23.0	24.5	26.0	27.0	28.0	31.0	34.0	23.27	5.89	585
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
	05-06	620	660	720	730	750	780	810	840	860	880	900	960	1010	812.98	125.67	551
Height (cm)	03-04	119.5	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
	05-06	118.0	121.0	123.5	124.5	125.5	127.5	129.0	131.0	132.5	133.5	134.5	137.0	140.0	129.06	6.61	580
Weight (kg)	03-04	21.0	22.5	24.0	24.5	25.0	26.5	28.0	29.5	31.0	32.5	34.0	38.5	42.5	29.2	6.6	629
	05-06	21.5	23.0	24.0	25.0	25.5	26.5	28.0	30.0	32.0	33.5	35.0	38.5	42.5	29.67	6.67	581

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 9

Items	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	11.5	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
	05-06	11.5	13.3	15.0	16.5	17.5	20.0	22.0	25.5	30.0	32.5	34.0	42.0	47.0	25.19	11.30	630
Sit-ups / min (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
	05-06	4	5	9	10	11	14	17	19	21	23	24	28	31	16.63	8.40	630
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
	05-06	15.0	17.0	20.0	21.0	22.0	24.0	26.0	28.0	29.0	30.0	31.0	33.5	36.0	25.57	6.39	630
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	23.0	24.0	26.0	28.0	29.5	30.5	32.0	34.5	37.0	26.2	6.3	500
	05-06	17.0	19.0	21.0	22.0	23.0	25.0	26.5	28.0	30.0	31.0	32.0	35.0	38.0	26.71	6.46	628
9-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
	05-06	900	960	1020	1040	1070	1110	1150	1200	1240	1270	1290	1370	1440	1157.91	165.84	617
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	143.5	133.3	6.0	515
	05-06	123.5	125.5	128.5	130.0	131.0	133.0	134.5	136.0	137.5	139.0	140.0	1432.0	145.5	134.38	6.81	601
Weight (kg)	03-04	23.0	24.0	26.0	26.5	27.0	28.0	30.0	31.5	34.5	36.0	37.5	43.0	47.5	31.8	7.4	518
	05-06	23.0	24.5	26.0	27.0	28.0	29.5	31.5	33.5	36.0	37.5	39.0	43.5	48.0	33.00	8.17	602

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 10

Items	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
	05-06	12.0	14.0	16.5	17.5	18.5	21.5	24.3	27.5	31.5	33.0	35.6	44.0	49.7	26.74	11.81	633
Sit-ups / min (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
	05-06	3	7	11	13	14	16	19	21	23	24	26	30	33	18.64	9.08	633
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
	05-06	14.0	17.0	20.0	21.0	22.0	24.0	25.0	27.0	29.0	30.0	31.0	33.0	35.0	25.21	6.51	634
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
	05-06	19.5	21.0	24.0	25.0	26.0	28.0	30.0	31.5	34.0	35.0	36.0	40.0	43.0	30.28	7.34	635
9-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
	05-06	940	980	1050	1080	1100	1150	1190	1220	1270	1300	1330	1410	1480	1194.33	163.13	621
Height (cm)	03-04	129.0	130.0	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
	05-06	127.5	130.5	134.0	135.0	136.0	137.5	139.0	141.0	143.0	144.0	145.0	148.5	150.5	139.36	6.93	635
Weight (kg)	03-04	25.0	26.5	28.5	29.5	30.5	32.5	34.0	36.5	39.5	41.0	42.5	49.0	53.5	36.1	8.9	603
	05-06	25.5	27.0	29.5	30.5	31.5	33.5	35.0	37.5	40.5	41.5	43.0	48.5	53.5	36.81	8.74	635

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 11

Items	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
	05-06	12.5	14.0	15.5	17.0	18.0	21.0	24.5	27.5	32.5	35.0	40.0	47.0	52.0	27.44	13.17	554
Sit-ups / min (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
	05-06	5	10	14	15	16	20	22	24	27	29	30	34	38	22.00	9.72	553
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
	05-06	13.0	15.0	18.0	20.0	21.5	23.5	25.0	26.5	28.0	29.0	31.0	33.0	35.5	24.63	6.93	552
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
	05-06	23.0	25.0	28.5	30.0	30.5	33.0	35.0	37.0	39.0	41.0	42.0	47.5	51.0	35.74	8.82	555
9-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
	05-06	930	1010	1090	1120	1150	1200	1240	1280	1330	1370	1400	1480	1570	1246.08	184.52	544
Height (cm)	03-04	133.5	136.0	139.5	141.0	142.0	144.0	145.5	147.0	149.5	151.0	152.5	156.0	160.0	145.9	7.8	622
	05-06	133.5	136.5	139.5	140.5	142.0	144.0	145.5	147.5	150.0	151.0	152.5	155.5	159.5	145.94	7.67	556
Weight (kg)	03-04	27.0	29.0	31.5	33.0	34.5	37.0	39.0	41.5	45.0	46.5	48.5	54.5	60.5	40.6	10.0	622
	05-06	28.0	29.5	32.5	34.0	35.0	37.0	39.0	42.0	45.5	47.0	49.0	55.5	60.5	41.15	10.24	556

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Boys 12 or above

Items	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
	05-06	10.8	11.9	14.6	16.0	17.0	19.0	22.3	25.5	30.2	33.4	35.5	43.7	49.2	25.19	12.10	225
Sit-ups / min (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
	05-06	6	10	15	16	18	22	25	28	29	32	33	37	42	24.24	10.18	225
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
	05-06	10	12	16	18	20	22	25	26	28	30	31	33	36	23.45	8.35	225
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
	05-06	27.3	31.0	34.5	36.0	37.0	40.5	43.0	46.8	51.0	54.0	56.9	62.5	68.7	45.08	8.35	221
9-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
	05-06	960	1010	1080	1120	1150	1210	1270	1310	1360	1390	1420	1520	1610	1260	198	223
Height (cm)	03-04	138.0	141.0	144.0	146.0	147.0	149.0	152.0	154.0	156.0	158.0	159.0	162.5	165.0	151.5	8.4	276
	05-06	136.0	139.0	145.0	148.0	149.0	151.5	153.5	156.5	159.5	161.0	162.0	165.0	168.5	153.5	9.6	225
Weight (kg)	03-04	30.0	31.5	34.5	36.0	37.0	39.5	42.0	44.5	48.5	49.5	51.5	57.0	64.0	43.6	10.5	276
	05-06	31.5	33.0	37.0	39.0	40.5	42.5	46.0	49.0	51.5	53.0	54.5	62.0	67.5	46.61	10.82	225

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 6 or below

Items	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	17.0	18.5	20.0	21.5	23.0	25.0	26.0	30.0	35.5	21.2	6.9	380
	05-06	12.5	13.5	15.0	16.0	16.0	17.0	18.5	20.5	22.0	23.5	25.0	30.0	33.5	20.27	6.93	453
Sit-ups / min (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
	05-06	0	0	2	3	4	6	8	10	13	15	16	19	22	9.36	7.38	453
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	18	21	24	25	26	27	29	30	31	32	33	35	36	28.3	5.1	396
	05-06	22.5	24.0	25.0	26.5	27.0	29.0	30.0	31.0	33.0	33.0	34.0	36.0	37.0	29.88	4.83	453
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	23.0	15.0	5.0	368
	05-06	9.0	10.0	11.5	12.0	13.0	14.0	15.5	17.0	18.5	19.0	19.5	22.0	23.0	15.66	4.65	452
6-minute Run / Walk (m)	99-00	640		680	720	740	750	770	790	810	820	840	850	880	920	788	247
	03-04	600	640	690	700	720	740	760	800	810	830	850	900	980	773	112	354
	05-06	620	660	690	700	710	730	750	778	800	820	840	900	950	766.81	111.75	417
Height (cm)	03-04	110.0	111.0	114.0	114.5	115.0	116.5	118.0	119.0	120.5	121.5	122.5	125.0	127.5	118.1	5.2	394
	05-06	108.5	111.0	113.5	114.5	115.5	117.0	118.5	119.5	121.0	122.0	122.5	124.5	127.0	118.06	5.57	449
Weight (kg)	03-04	18.0	18.5	19.5	20.0	20.0	21.0	21.5	22.5	23.0	24.0	25.0	26.5	28.5	22.2	3.5	396
	05-06	17.0	18.0	19.0	20.0	20.0	21.0	21.5	22.5	23.5	24.0	25.0	27.5	30.0	22.30	4.06	450



## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 7

Items	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
	05-06	12.0	13.5	15.0	16.0	17.0	18.0	19.5	21.0	23.5	25.0	26.0	31.5	37.0	21.22	7.70	509
Sit-ups / min (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
	05-06	0	2	4	6	7	10	12	14	17	18	19	22	26	12.24	7.83	507
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
	05-06	19.5	23.0	25.0	26.0	27.0	29.0	30.0	31.0	32.5	33.5	34.0	36.5	38.0	29.59	5.42	508
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
	05-06	9.0	11.0	13.5	14.5	15.0	16.5	18.0	19.0	20.0	20.5	21.5	24.0	26.5	17.57	4.94	507
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
	05-06	610	650	690	710	720	750	770	800	820	830	860	900	950	777.35	109.51	490
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
	05-06	112.5	115.0	117.5	118.5	119.0	120.5	122.5	123.5	125.0	126.0	127.0	129.5	132.0	122.15	6.06	507
Weight (kg)	03-04	18.5	19.5	21.0	21.5	21.5	22.5	23.5	24.5	26.0	27.0	28.0	31.5	34.0	24.7	5.1	501
	05-06	18.5	19.5	21.0	21.0	21.5	22.5	23.0	24.0	25.5	26.0	27.0	29.5	32.5	24.20	4.57	508

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 8

Items	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
	05-06	12.5	14.5	16.5	17.0	18.0	19.5	21.5	23.5	26.5	28.0	30.5	38.0	44.5	23.76	9.47	517
Sit-ups / min (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
	05-06	2	5	7	9	10	12	14	16	18	20	21	24	27	14.42	7.67	517
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
	05-06	20.0	21.5	25.0	26.0	27.0	28.0	30.0	31.0	32.0	33.0	34.0	36.0	37.0	29.26	5.55	518
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
	05-06	14.0	15.5	17.0	18.0	18.5	20.0	21.0	22.5	24.0	25.0	26.0	28.5	31.0	21.61	5.22	517
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
	05-06	610	650	690	710	720	750	770	800	820	830	860	900	950	777.35	109.51	490
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	136.5	139.5	128.7	6.3	587
	05-06	119.0	121.0	124.0	124.5	125.5	127.5	129.0	130.5	132.5	133.5	134.5	137.5	140.0	129.15	6.52	517
Weight (kg)	03-04	21.0	22.0	23.0	24.0	24.0	25.0	26.0	27.5	29.0	30.5	32.0	36.5	39.5	27.8	6.1	587
	05-06	21.0	22.0	23.0	24.0	24.5	25.5	27.0	28.0	29.5	31.0	32.5	36.0	40.5	28.05	5.81	517

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 9

Items	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
	05-06	13.0	14.5	17.8	18.0	19.0	21.0	23.0	25.0	28.0	30.0	31.5	38.5	44.0	24.85	9.84	567
Sit-ups / min (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
	05-06	3	5	9	11	12	14	16	18	21	22	23	26	30	16.21	7.87	566
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
	05-06	18.5	20.5	23.0	24.5	25.0	27.0	28.5	30.5	32.0	33.0	34.0	36.0	38.0	28.54	6.00	567
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
	05-06	15.5	18.0	19.5	21.0	21.5	23.0	24.5	26.0	27.5	28.5	30.0	33.0	37.0	24.93	6.28	567
9-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
	05-06	890	960	1030	1060	1080	1110	1150	1190	1230	1240	1260	1330	1380	1145.61	147.87	547
Height (cm)	03-04	124.0	126.0	129.5	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
	05-06	122.5	125.5	128.5	130.0	130.5	133.0	134.5	136.0	138.0	139.5	140.5	144.0	146.0	134.51	7.13	567
Weight (kg)	03-04	23.5	24.5	26.0	26.5	27.5	29.0	30.5	32.0	34.5	35.5	37.0	40.5	46.0	31.9	7.2	513
	05-06	22.0	23.5	25.5	26.0	27.0	28.0	29.5	31.5	33.5	35.0	36.0	40.5	44.0	30.99	7.06	566

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 10

Items	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
	05-06	14.0	16.0	18.0	19.0	20.0	22.5	24.5	27.5	30.5	32.0	33.5	41.0	46.5	26.52	10.07	574
Sit-ups / min (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
	05-06	3	7	11	12	14	16	19	20	22	24	25	29	32	18.20	8.30	572
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
	05-06	18.0	20.0	23.0	24.0	25.5	27.0	29.0	31.0	32.0	33.0	34.0	37.0	39.0	28.70	6.68	571
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
	05-06	19.0	21.0	23.0	24.0	25.0	27.0	29.0	31.0	33.0	34.0	35.0	39.5	42.5	29.50	7.37	572
9-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
	05-06	950	990	1040	1060	1080	1120	1150	1180	1220	1240	1260	1310	1350	1150.55	127.98	559
Height (cm)	03-04	129.0	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
	05-06	129.5	132.0	134.5	136.0	137.0	139.0	141.0	142.5	144.5	145.5	147.0	150.0	153.5	140.89	7.28	574
Weight (kg)	03-04	25.0	26.0	28.0	29.0	30.0	31.5	33.5	35.0	38.0	39.0	40.5	45.5	50.0	34.8	8.0	538
	05-06	25.5	27.0	29.0	30.0	30.5	32.0	34.0	35.5	38.5	40.0	42.0	46.5	51.5	35.49	7.99	574

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 11

Items	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	18.5	19.5	20.5	23.0	26.0	28.5	31.0	33.5	35.5	42.5	47.0	27.7	10.5	592
	05-06	14.5	16.0	18.5	19.5	21.0	23.0	25.5	28.0	31.0	33.0	36.0	44.0	49.5	27.76	10.81	551
Sit-ups / min (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
	05-06	6	10	14	15	16	18	20	22	24	25	27	31	33	20.40	8.13	550
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
	05-06	17.0	19.0	22.5	24.0	25.0	27.0	29.0	30.5	32.5	34.0	35.0	37.5	39.5	28.48	7.00	549
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	31.5	34.0	36.5	39.0	40.5	42.2	46.5	50.0	34.3	9.2	592
	05-06	23.0	24.5	27.0	29.0	30.0	33.0	34.5	36.5	38.5	40.0	42.0	46.0	49.0	34.86	8.10	552
9-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
	05-06	950	1010	1070	1090	1110	1140	1170	1200	1240	1260	1290	1360	1440	1178.29	147.51	538
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
	05-06	134.0	137.5	140.6	142.5	143.5	145.0	147.5	149.5	151.0	152.0	153.0	156.0	158.0	146.98	7.31	552
Weight (kg)	03-04	28.0	29.5	32.5	34.0	34.5	36.5	38.5	41.0	43.5	45.0	47.0	52.0	57.5	40.2	9.4	591
	05-06	28.0	30.0	32.6	34.0	35.0	37.0	39.0	41.0	44.0	45.5	47.0	52.0	58.5	40.31	9.15	552

## Hong Kong Primary School Students' Physical Fitness Norm Tables

### Age Group: Girls 12 or above

Items	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	15.0	17.0	19.5	20.5	21.5	24.0	26.0	28.0	31.5	33.5	35.5	40.0	47.5	27.8	10.1	221
	05-06	15.5	17.5	20.5	22.5	23.5	26.0	28.0	31.0	34.5	37.0	39.0	46.0	50.0	30.04	10.98	195
Sit-ups / min (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
	05-06	4	10	14	16	18	20	23	24	27	28	29	32	35	21.8	8.83	190
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
	05-06	16	18	22	24	25	27	30	32	33	35	35	39	42	29.1	7.65	195
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	42.0	44.0	46.0	49.5	54.0	37.3	9.4	221
	05-06	24.5	28.0	32.0	34.0	35.5	38.0	40.0	43.0	45.5	47.0	48.5	52.0	55.5	40.5	9.9	195
9-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
	05-06	950	1010	1060	1080	1100	1150	1190	1200	1240	1270	1290	1400	1460	1180	149	190
Height (cm)	03-04	137.5	141.5	145.0	146.0	147.0	150.0	152.0	154.0	155.0	156.0	157.0	159.5	161.0	151.0	7.0	221
	05-06	140.5	144.0	147.5	148.5	149.5	150.5	152.0	153.5	155.0	156.0	157.0	160.0	161.0	151.74	6.77	195
Weight (kg)	03-04	29.5	31.0	35.0	35.5	37.0	39.0	41.0	43.0	45.0	46.0	47.0	53.0	58.0	41.7	8.5	221
	05-06	33.5	35.5	37.5	38.5	40.0	42.5	44.0	46.5	48.5	50.0	51.0	59.0	64.0	45.5	9.1	195