

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

### Age Group: Boys 12 or below

| Items                          | School | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard<br>Deviation | Sample<br>Size |
|--------------------------------|--------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------------------|----------------|
|                                | Year   | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                       |                |
| Skinfolds<br>Triceps+Calf (mm) | 98-99  | 12.0        | 13.0  | 15.0  | 16.0  | 16.5  | 18.5  | 21.0  | 24.4  | 28.0  | 30.0  | 33.2  | 38.1  | 45.0  | 23.9  | 10.5                  | 257            |
|                                | 02-03  | 13.6        | 14.8  | 16.4  | 17.6  | 18.9  | 21.4  | 25.5  | 29.2  | 34.9  | 37.2  | 40.6  | 52.0  | 72.3  | 26.9  | 12.7                  | 266            |
| 1-min. Sit-ups<br>(times)      | 98-99  | 12          | 15    | 20    | 22    | 23    | 25    | 28    | 30    | 31    | 32    | 33    | 36    | 40    | 26.7  | 8.4                   | 257            |
|                                | 02-03  | 5           | 10    | 14    | 16    | 17    | 20    | 22    | 26    | 28    | 30    | 31    | 35    | 39    | 22.5  | 9.9                   | 265            |
| Sit-and-Reach<br>(cm)          | 98-99  | 13.0        | 15.0  | 18.0  | 19.0  | 21.0  | 22.0  | 23.0  | 26.0  | 27.0  | 28.0  | 30.0  | 33.5  | 35.0  | 24.0  | 6.8                   | 256            |
|                                | 02-03  | 11.0        | 14.0  | 17.0  | 18.0  | 19.0  | 21.0  | 23.0  | 25.0  | 26.0  | 28.0  | 28.0  | 31.0  | 34.0  | 22.74 | 6.82                  | 266            |
| Push-ups<br>(times)            | 98-99  | 0           | 0     | 0     | 1     | 1     | 2     | 3     | 5     | 8     | 10    | 11    | 17    | 22    | 6.3   | 7.9                   | 257            |
|                                | 02-03  | 0           | 0     | 0     | 0     | 0     | 1     | 2     | 3     | 5     | 6     | 8     | 12    | 14    | 4.12  | 5.55                  | 266            |
| 9-minute Run / Walk<br>(m)     | 98-99  | 1120        | 1180  | 1260  | 1280  | 1321  | 1369  | 1400  | 1442  | 1520  | 1570  | 1600  | 1680  | 1767  | 1420  | 202                   | 246            |
|                                | 02-03  | 960         | 1070  | 1180  | 1210  | 1240  | 1300  | 1360  | 1440  | 1500  | 1540  | 1580  | 1680  | 1790  | 1375  | 232                   | 216            |
| Height (cm)                    | 145.0  | 147.5       | 153.0 | 154.0 | 155.0 | 158.0 | 160.5 | 162.5 | 164.5 | 166.5 | 167.5 | 170.0 | 173.5 | 159.8 | 8.7   | 424                   | 145.0          |
| Weight (kg)                    | 36.0   | 38.5        | 42.5  | 44.0  | 45.0  | 47.5  | 50.0  | 53.0  | 56.0  | 58.0  | 61.5  | 71.0  | 96.0  | 49.9  | 11.4  | 424                   | 36.0           |

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

### Age Group: Boys 13

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 11.0        | 12.5  | 14.0  | 15.0  | 15.5  | 17.5  | 19.5  | 22.0  | 24.5  | 26.0  | 28.0  | 37.5  | 44.0  | 22.1  | 10.5               | 360         |
|                                | 02-03       | 13.0        | 14.0  | 16.0  | 16.5  | 17.5  | 19.0  | 22.0  | 25.0  | 31.0  | 33.5  | 37.0  | 53.0  | 71.0  | 24.8  | 12.4               | 424         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 19          | 22    | 25    | 27    | 28    | 30    | 32    | 35    | 37    | 39    | 40    | 42    | 45    | 32.2  | 8.7                | 360         |
|                                | 02-03       | 10          | 15    | 19    | 21    | 22    | 25    | 27    | 30    | 32    | 33    | 34    | 38    | 41    | 26.7  | 9.4                | 424         |
| Sit-and-Reach<br>(cm)          | 98-99       | 12          | 16    | 19    | 21    | 21    | 23    | 25    | 27    | 28    | 29    | 31    | 34    | 36    | 24.8  | 7.0                | 360         |
|                                | 02-03       | 10          | 13    | 17    | 18    | 19    | 21    | 23    | 25    | 28    | 29    | 30    | 33    | 36    | 23.2  | 7.9                | 424         |
| Push-ups<br>(times)            | 98-99       | 0           | 0     | 1     | 1     | 2     | 4     | 7     | 10    | 13    | 15    | 17    | 21    | 27    | 9.1   | 9.0                | 259         |
|                                | 02-03       | 0           | 0     | 0     | 0     | 0     | 1     | 3     | 4     | 7     | 8     | 10    | 15    | 19    | 5.2   | 6.5                | 423         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1150        | 1240  | 1340  | 1380  | 1390  | 1440  | 1490  | 1550  | 1610  | 1660  | 1705  | 1820  | 1890  | 1511  | 221                | 354         |
|                                | 02-03       | 1060        | 1160  | 1240  | 1280  | 1310  | 1360  | 1440  | 1490  | 1550  | 1600  | 1630  | 1740  | 1840  | 1441  | 231                | 340         |
| Height (cm)                    | 02-03       | 02/03       | 145.0 | 147.5 | 153.0 | 154.0 | 155.0 | 158.0 | 160.5 | 162.5 | 164.5 | 166.5 | 167.5 | 170.0 | 173.5 | 159.8              | 8.7         |
| Weight (kg)                    | 02-03       | 02/03       | 36.0  | 38.5  | 42.5  | 44.0  | 45.0  | 47.5  | 50.0  | 53.0  | 56.0  | 58.0  | 61.5  | 71.0  | 96.0  | 49.9               | 11.4        |

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

### Age Group: Boys 14

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 11.0        | 12.0  | 14.0  | 14.5  | 15.5  | 16.6  | 18.0  | 20.0  | 23.1  | 24.5  | 26.0  | 38.5  | 47.4  | 21.8  | 11.8               | 272         |
|                                | 02-03       | 12.8        | 13.9  | 15.4  | 16.4  | 17.0  | 18.9  | 20.6  | 23.1  | 27.9  | 31.0  | 34.7  | 47.2  | 80.4  | 23.4  | 11.4               | 454         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 20          | 24    | 28    | 30    | 30    | 33    | 35    | 37    | 39    | 40    | 42    | 45    | 47    | 34.6  | 8.1                | 272         |
|                                | 02-03       | 10          | 15    | 20    | 22    | 24    | 27    | 30    | 32    | 35    | 36    | 38    | 42    | 45    | 29.1  | 10.6               | 456         |
| Sit-and-Reach<br>(cm)          | 98-99       | 11          | 14    | 19    | 21    | 22    | 24    | 26    | 28    | 30    | 31    | 32    | 34    | 36    | 25.3  | 7.6                | 272         |
|                                | 02-03       | 11          | 15    | 18    | 19    | 20    | 23    | 25    | 27    | 29    | 31    | 32    | 36    | 39    | 24.9  | 8.5                | 455         |
| Push-ups<br>(times)            | 98-99       | 0           | 0     | 2     | 3     | 5     | 8     | 11    | 14    | 17    | 19    | 21    | 26    | 30    | 12.4  | 10.1               | 271         |
|                                | 02-03       | 0           | 0     | 0     | 1     | 2     | 3     | 6     | 8     | 11    | 13    | 14    | 19    | 23    | 7.8   | 8.0                | 454         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1220        | 1310  | 1410  | 1440  | 1470  | 1530  | 1590  | 1630  | 1680  | 1710  | 1760  | 1870  | 1940  | 1584  | 214                | 261         |
|                                | 02-03       | 1040        | 1135  | 1280  | 1300  | 1360  | 1420  | 1470  | 1550  | 1610  | 1640  | 1680  | 1830  | 1870  | 1478  | 243                | 354         |
| Height (cm)                    | 02-03       | 153.0       | 157.0 | 160.0 | 161.0 | 162.5 | 163.5 | 165.0 | 167.0 | 169.0 | 170.0 | 171.0 | 174.0 | 177.0 | 165.2 | 6.8                | 456         |
| Weight (kg)                    | 02-03       | 43.0        | 45.0  | 47.5  | 48.5  | 50.0  | 52.0  | 54.0  | 56.5  | 59.5  | 62.0  | 65.5  | 78.0  | 95.5  | 54.9  | 11.2               | 456         |

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

### Age Group: Boys 15

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 10.0        | 11.5  | 12.5  | 13.5  | 14.0  | 15.5  | 16.5  | 19.0  | 21.0  | 23.0  | 25.0  | 32.0  | 39.5  | 19.6  | 9.2                | 350         |
|                                | 02-03       | 12.8        | 13.4  | 14.8  | 15.5  | 16.2  | 17.7  | 19.4  | 21.4  | 24.4  | 27.6  | 30.0  | 48.2  | 78.5  | 22.2  | 11.9               | 395         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 23          | 25    | 30    | 30    | 32    | 34    | 36    | 38    | 40    | 41    | 43    | 46    | 49    | 35.8  | 8.6                | 348         |
|                                | 02-03       | 9           | 14    | 20    | 22    | 24    | 28    | 30    | 33    | 36    | 38    | 39    | 42    | 45    | 29.6  | 11.1               | 395         |
| Sit-and-Reach<br>(cm)          | 98-99       | 12          | 15    | 19    | 21    | 23    | 26    | 27    | 29    | 31    | 32    | 34    | 38    | 40    | 26.8  | 8.4                | 347         |
|                                | 02-03       | 11          | 14    | 17    | 19    | 20    | 23    | 26    | 29    | 31    | 33    | 35    | 38    | 41    | 25.8  | 9.2                | 395         |
| Push-ups<br>(times)            | 98-99       | 0           | 1     | 3     | 4     | 6     | 8     | 11    | 15    | 19    | 20    | 23    | 30    | 32    | 13.5  | 10.7               | 347         |
|                                | 02-03       | 0           | 0     | 1     | 2     | 3     | 6     | 8     | 10    | 13    | 15    | 18    | 24    | 29    | 9.9   | 9.1                | 395         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1180        | 1300  | 1430  | 1460  | 1500  | 1560  | 1600  | 1670  | 1740  | 1780  | 1830  | 1850  | 1910  | 1603  | 232                | 343         |
|                                | 02-03       | 1080        | 1200  | 1280  | 1320  | 1360  | 1440  | 1520  | 1580  | 1630  | 1680  | 1690  | 1790  | 1870  | 1493  | 249                | 291         |
| Height (cm)                    | 02-03       | 157.5       | 159.5 | 163.0 | 164.0 | 165.0 | 166.5 | 167.5 | 169.5 | 171.5 | 172.5 | 173.5 | 176.0 | 178.5 | 168.0 | 6.2                | 395         |
| Weight (kg)                    | 02-03       | 46.0        | 48.0  | 50.0  | 51.0  | 52.0  | 54.0  | 56.0  | 59.0  | 61.5  | 63.5  | 67.0  | 82.0  | 132.8 | 57.5  | 12.3               | 395         |

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

### Age Group: Boys 16

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 10.5        | 11.5  | 12.5  | 13.0  | 14.4  | 15.7  | 17.0  | 19.0  | 22.0  | 23.5  | 25.0  | 34.2  | 43.0  | 20.2  | 10.0               | 355         |
|                                | 02-03       | 12.0        | 13.0  | 14.3  | 15.0  | 15.4  | 17.1  | 19.5  | 22.0  | 26.2  | 28.2  | 31.4  | 44.9  | 76.0  | 21.6  | 10.6               | 385         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 23          | 25    | 29    | 30    | 32    | 34    | 36    | 39    | 41    | 42    | 44    | 48    | 50    | 36.4  | 9.0                | 351         |
|                                | 02-03       | 15          | 19    | 24    | 26    | 28    | 30    | 32    | 35    | 38    | 40    | 40    | 44    | 48    | 32.0  | 10.1               | 384         |
| Sit-and-Reach<br>(cm)          | 98-99       | 13          | 17    | 20    | 22    | 23    | 25    | 27    | 29    | 31    | 32    | 34    | 37    | 40    | 27.2  | 7.7                | 352         |
|                                | 02-03       | 11          | 14    | 20    | 21    | 22    | 24    | 27    | 30    | 32    | 33    | 35    | 38    | 41    | 26.8  | 9.1                | 385         |
| Push-ups<br>(times)            | 98-99       | 1           | 2     | 6     | 8     | 10    | 12    | 16    | 19    | 21    | 23    | 25    | 31    | 37    | 16.4  | 11.0               | 350         |
|                                | 02-03       | 0           | 0     | 3     | 4     | 5     | 8     | 10    | 13    | 17    | 19    | 20    | 25    | 28    | 12.0  | 9.6                | 383         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1280        | 1360  | 1470  | 1510  | 1520  | 1600  | 1650  | 1680  | 1760  | 1790  | 1830  | 1880  | 1960  | 1641  | 215                | 348         |
|                                | 02-03       | 1130        | 1220  | 1320  | 1380  | 1440  | 1520  | 1540  | 1600  | 1670  | 1690  | 1730  | 1840  | 1920  | 1536  | 236                | 323         |
| Height (cm)                    | 02-03       | 159.5       | 162.5 | 165.0 | 166.0 | 167.0 | 168.5 | 170.0 | 171.0 | 172.5 | 173.5 | 174.5 | 177.5 | 180.0 | 169.9 | 5.9                | 385         |
| Weight (kg)                    | 02-03       | 48.0        | 50.5  | 53.0  | 54.0  | 55.0  | 57.5  | 59.5  | 61.5  | 64.5  | 67.0  | 71.5  | 87.0  | 116.0 | 60.5  | 11.6               | 385         |

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

### Age Group: Boys 17

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 10.0        | 11.5  | 13.0  | 14.0  | 14.5  | 16.5  | 18.0  | 20.0  | 23.0  | 24.0  | 25.5  | 31.0  | 39.0  | 20.1  | 9.1                | 203         |
|                                | 02-03       | 12.0        | 13.0  | 14.0  | 14.5  | 15.0  | 16.0  | 18.5  | 20.5  | 24.0  | 26.5  | 30.0  | 42.5  | 67.0  | 20.5  | 9.7                | 349         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 23          | 26    | 30    | 31    | 31    | 34    | 36    | 39    | 41    | 43    | 44    | 49    | 50    | 36.6  | 8.9                | 202         |
|                                | 02-03       | 15          | 20    | 26    | 28    | 29    | 31    | 33    | 36    | 38    | 40    | 41    | 45    | 47    | 32.9  | 9.3                | 341         |
| Sit-and-Reach<br>(cm)          | 98-99       | 13          | 15    | 19    | 21    | 22    | 25    | 28    | 30    | 32    | 33    | 34    | 37    | 39    | 26.8  | 8.3                | 202         |
|                                | 02-03       | 12          | 15    | 19    | 21    | 23    | 26    | 29    | 32    | 34    | 35    | 36    | 39    | 41    | 27.9  | 9.2                | 349         |
| Push-ups<br>(times)            | 98-99       | 0           | 1     | 6     | 8     | 10    | 13    | 16    | 19    | 22    | 25    | 27    | 33    | 37    | 16.9  | 11.2               | 202         |
|                                | 02-03       | 0           | 0     | 3     | 5     | 7     | 10    | 12    | 15    | 18    | 20    | 21    | 27    | 31    | 13.1  | 10.0               | 347         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1310        | 1390  | 1500  | 1520  | 1540  | 1600  | 1670  | 1720  | 1780  | 1800  | 1830  | 1920  | 2010  | 1659  | 218                | 188         |
|                                | 02-03       | 1200        | 1290  | 1360  | 1410  | 1450  | 1530  | 1600  | 1640  | 1680  | 1720  | 1750  | 1840  | 1910  | 1569  | 213                | 283         |
| Height (cm)                    | 02-03       | 161.0       | 163.0 | 165.5 | 166.5 | 168.0 | 169.5 | 171.0 | 172.5 | 174.5 | 175.0 | 176.0 | 179.0 | 181.0 | 171.0 | 6.2                | 349         |
| Weight (kg)                    | 02-03       | 49.5        | 52.0  | 54.0  | 55.5  | 56.5  | 59.0  | 61.0  | 63.0  | 66.5  | 69.0  | 71.0  | 86.0  | 106.0 | 61.9  | 11.6               | 349         |

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

### Age Group: Boys 18 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<br>Triceps+Calf (mm) | 98-99       | 9.5         | 10.5  | 12.0  | 13.0  | 13.5  | 14.5  | 16.0  | 17.5  | 19.5  | 23.0  | 25.0  | 33.0  | 38.0  | 18.9  | 9.2                | 152         |
|                                | 02-03       | 11.0        | 11.5  | 12.5  | 13.5  | 14.0  | 16.0  | 17.5  | 19.5  | 21.5  | 24.0  | 26.5  | 35.5  | 68.0  | 18.8  | 8.8                | 430         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 23          | 26    | 30    | 30    | 32    | 35    | 38    | 40    | 42    | 43    | 45    | 50    | 53    | 37.5  | 9.4                | 174         |
|                                | 02-03       | 15          | 21    | 26    | 28    | 30    | 31    | 34    | 36    | 39    | 40    | 41    | 44    | 48    | 33.3  | 9.6                | 416         |
| Sit-and-Reach<br>(cm)          | 98-99       | 15          | 20    | 22    | 25    | 26    | 28    | 31    | 32    | 34    | 35    | 37    | 41    | 44    | 30.0  | 8.4                | 152         |
|                                | 02-03       | 13          | 17    | 21    | 22    | 24    | 27    | 29    | 31    | 34    | 36    | 37    | 40    | 44    | 28.6  | 9.1                | 430         |
| Push-ups<br>(times)            | 98-99       | 1           | 5     | 10    | 13    | 14    | 18    | 20    | 22    | 25    | 29    | 30    | 35    | 40    | 20.4  | 11.4               | 172         |
|                                | 02-03       | 0           | 1     | 5     | 7     | 10    | 13    | 15    | 18    | 21    | 23    | 25    | 30    | 35    | 15.84 | 10.76              | 430         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1260        | 1370  | 1520  | 1600  | 1610  | 1680  | 1730  | 1770  | 1820  | 1840  | 1880  | 1970  | 2040  | 1704  | 243                | 146         |
|                                | 02-03       | 1220        | 1300  | 1400  | 1440  | 1470  | 1530  | 1600  | 1660  | 1710  | 1740  | 1760  | 1840  | 1920  | 1580  | 221                | 337         |
| Height (cm)                    | 02-03       | 161.0       | 163.5 | 166.0 | 167.0 | 167.5 | 169.5 | 171.0 | 173.0 | 174.5 | 176.0 | 177.0 | 179.5 | 181.5 | 171.2 | 6.1                | 430         |
| Weight (kg)                    | 02-03       | 50.5        | 52.5  | 54.5  | 56.0  | 57.5  | 59.0  | 61.0  | 63.0  | 67.0  | 68.5  | 71.0  | 80.5  | 114.0 | 61.8  | 10.5               | 430         |

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

### Age Group: Girls 12 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<br>Triceps+Calf (mm) | 98-99       | 15.0        | 16.5  | 19.5  | 20.5  | 21.5  | 23.0  | 25.0  | 28.0  | 30.5  | 33.0  | 35.0  | 41.5  | 47.5  | 27.6  | 10.4               | 231         |
|                                | 02-03       | 19.5        | 20.0  | 22.0  | 24.5  | 25.0  | 27.5  | 30.5  | 33.0  | 36.0  | 38.0  | 41.0  | 52.0  | 87.0  | 30.6  | 10.4               | 251         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 7           | 13    | 16    | 18    | 18    | 21    | 23    | 25    | 27    | 28    | 29    | 32    | 34    | 22.4  | 7.9                | 231         |
|                                | 02-03       | 7           | 11    | 16    | 18    | 20    | 22    | 25    | 27    | 30    | 31    | 33    | 37    | 41    | 24.6  | 10.2               | 251         |
| Sit-and-Reach<br>(cm)          | 98-99       | 15          | 19    | 22    | 24    | 24    | 27    | 28    | 30    | 32    | 33    | 34    | 37    | 39    | 28.1  | 7.0                | 231         |
|                                | 02-03       | 14          | 18    | 23    | 23    | 24    | 26    | 28    | 30    | 32    | 33    | 34    | 38    | 41    | 27.9  | 7.6                | 251         |
| Bent-knee<br>Push-ups (times)  | 98-99       | 0           | 0     | 2     | 2     | 2     | 5     | 7     | 9     | 12    | 13    | 15    | 20    | 22    | 8.5   | 7.5                | 231         |
|                                | 02-03       | 0           | 0     | 0     | 0     | 0     | 1     | 2     | 4     | 6     | 7     | 9     | 14    | 21    | 5.1   | 7.3                | 251         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1040        | 1120  | 1160  | 1200  | 1210  | 1250  | 1280  | 1310  | 1350  | 1360  | 1380  | 1440  | 1540  | 1281  | 131                | 219         |
|                                | 02-03       | 980         | 1040  | 1120  | 1150  | 1200  | 1250  | 1280  | 1330  | 1390  | 1440  | 1470  | 1620  | 1730  | 1305  | 213                | 182         |
| Height (cm)                    | 02-03       | 143.0       | 144.5 | 148.0 | 149.0 | 150.0 | 151.0 | 153.0 | 154.5 | 156.0 | 156.5 | 158.0 | 160.0 | 162.5 | 152.6 | 5.8                | 251         |
| Weight (kg)                    | 02-03       | 35.5        | 37.5  | 39.5  | 40.5  | 41.5  | 44.0  | 46.0  | 48.0  | 50.5  | 52.5  | 55.5  | 62.0  | 83.5  | 45.9  | 9.2                | 251         |

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

Age Group: Girls 13

| Items                          | School | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard<br>Deviation | Sample<br>Size |
|--------------------------------|--------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------------------|----------------|
|                                | Year   | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                       |                |
| Skinfolds<br>Triceps+Calf (mm) | 98-99  | 15.5        | 17.0  | 20.0  | 20.5  | 22.0  | 24.0  | 26.0  | 28.5  | 31.5  | 32.5  | 35.0  | 41.5  | 48.5  | 28.2  | 10.5                  | 368            |
|                                | 02-03  | 19.0        | 20.5  | 23.5  | 25.0  | 26.0  | 28.0  | 31.0  | 34.0  | 38.0  | 41.0  | 43.5  | 54.0  | 82.0  | 31.8  | 11.6                  | 477            |
| 1-min. Sit-ups<br>(times)      | 98-99  | 9           | 12    | 17    | 18    | 20    | 22    | 24    | 26    | 28    | 30    | 31    | 34    | 36    | 23.7  | 8.5                   | 368            |
|                                | 02-03  | 5           | 11    | 16    | 18    | 19    | 22    | 25    | 27    | 29    | 30    | 33    | 37    | 42    | 24.3  | 10.4                  | 477            |
| Sit-and-Reach<br>(cm)          | 98-99  | 16          | 19    | 22    | 23    | 24    | 26    | 28    | 30    | 32    | 32    | 33    | 38    | 40    | 28.2  | 7.3                   | 368            |
|                                | 02-03  | 14          | 18    | 21    | 22    | 24    | 27    | 29    | 30    | 33    | 34    | 35    | 39    | 41    | 28.1  | 8.2                   | 477            |
| Bent-knee<br>Push-ups (times)  | 98-99  | 0           | 0     | 1     | 1     | 2     | 4     | 6     | 7     | 10    | 11    | 13    | 19    | 24    | 7.6   | 7.6                   | 352            |
|                                | 02-03  | 0           | 0     | 0     | 0     | 0     | 1     | 3     | 5     | 8     | 10    | 11    | 17    | 24    | 6.1   | 7.8                   | 477            |
| 9-minute Run / Walk<br>(m)     | 98-99  | 1060        | 1120  | 1180  | 1200  | 1209  | 1240  | 1280  | 1320  | 1361  | 1380  | 1410  | 1480  | 1550  | 1284  | 167                   | 338            |
|                                | 02-03  | 980         | 1040  | 1120  | 1140  | 1160  | 1200  | 1250  | 1290  | 1350  | 1370  | 1420  | 1530  | 1690  | 1271  | 197                   | 356            |
| Height (cm)                    | 02-03  | 145.5       | 148.0 | 150.5 | 151.5 | 152.0 | 154.0 | 155.5 | 157.0 | 158.5 | 159.5 | 160.5 | 163.0 | 165.0 | 155.4 | 5.8                   | 477            |
| Weight (kg)                    | 02-03  | 37.0        | 38.5  | 41.0  | 41.5  | 43.0  | 45.0  | 47.5  | 49.5  | 52.5  | 53.5  | 56.0  | 64.5  | 90.5  | 47.4  | 9.3                   | 477            |

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

Age Group: Girls 14

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 18.5        | 20.0  | 23.0  | 24.0  | 25.0  | 27.0  | 28.5  | 31.0  | 33.5  | 34.5  | 36.5  | 43.0  | 50.0  | 30.3  | 9.5                | 312         |
|                                | 02-03       | 21.0        | 22.5  | 26.0  | 27.0  | 28.5  | 31.0  | 33.5  | 36.0  | 39.0  | 41.5  | 42.5  | 49.5  | 88.0  | 32.99 | 9.81               | 472         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 10          | 14    | 18    | 20    | 21    | 24    | 25    | 28    | 30    | 32    | 33    | 37    | 39    | 25.6  | 8.7                | 312         |
|                                | 02-03       | 4           | 10    | 16    | 18    | 20    | 22    | 24    | 27    | 30    | 30    | 32    | 37    | 41    | 24.35 | 10.73              | 469         |
| Sit-and-Reach<br>(cm)          | 98-99       | 14          | 18    | 23    | 24    | 25    | 27    | 28    | 30    | 32    | 33    | 35    | 38    | 41    | 28.3  | 7.9                | 312         |
|                                | 02-03       | 15          | 19    | 22    | 24    | 25    | 27    | 29    | 31    | 33    | 34    | 35    | 40    | 42    | 28.8  | 7.9                | 472         |
| Bent-knee<br>Push-ups (times)  | 98-99       | 0           | 0     | 0     | 1     | 1     | 2     | 4     | 7     | 9     | 10    | 11    | 17    | 21    | 6.5   | 7.2                | 254         |
|                                | 02-03       | 0           | 0     | 0     | 0     | 0     | 2     | 3     | 5     | 8     | 9     | 11    | 18    | 21    | 5.9   | 7.1                | 468         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1040        | 1100  | 1160  | 1180  | 1200  | 1230  | 1280  | 1310  | 1350  | 1370  | 1400  | 1470  | 1520  | 1284  | 157                | 263         |
|                                | 02-03       | 970         | 1040  | 1120  | 1140  | 1160  | 1200  | 1240  | 1300  | 1360  | 1370  | 1390  | 1470  | 1610  | 1266  | 187                | 347         |
| Height (cm)                    | 02-03       | 148.0       | 150.5 | 152.5 | 153.5 | 154.0 | 155.5 | 157.5 | 158.5 | 160.0 | 161.0 | 162.0 | 164.0 | 166.0 | 157.1 | 5.6                | 472         |
| Weight (kg)                    | 02-03       | 41.0        | 42.0  | 44.0  | 45.0  | 45.5  | 47.5  | 49.0  | 51.0  | 53.0  | 55.0  | 57.0  | 65.5  | 87.0  | 49.4  | 8.1                | 471         |

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

### Age Group: Girls 15

| Items                          | School<br>Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard<br>Deviation | Sample<br>Size |     |
|--------------------------------|----------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------------------|----------------|-----|
|                                |                | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    |       |                       |                | 95  |
| Skinfolds<br>Triceps+Calf (mm) | 98-99          | 18.0        | 20.5  | 23.0  | 24.0  | 24.5  | 26.5  | 28.5  | 30.0  | 33.5  | 35.0  | 37.0  | 41.0  | 45.0  | 29.9                  | 8.5            | 446 |
|                                | 02-03          | 86.5        | 54.0  | 41.5  | 39.0  | 37.5  | 34.5  | 32.0  | 30.0  | 27.5  | 26.5  | 25.5  | 23.0  | 21.5  | 32.7                  | 10.7           | 468 |
| 1-min. Sit-ups<br>(times)      | 98-99          | 13          | 16    | 20    | 21    | 22    | 25    | 27    | 29    | 31    | 32    | 35    | 39    | 42    | 27.1                  | 8.9            | 394 |
|                                | 02-03          | 7           | 11    | 16    | 18    | 20    | 23    | 25    | 28    | 30    | 31    | 33    | 37    | 41    | 24.8                  | 10.4           | 469 |
| Sit-and-Reach<br>(cm)          | 98-99          | 16          | 21    | 23    | 25    | 27    | 29    | 31    | 32    | 34    | 36    | 37    | 39    | 43    | 30.2                  | 7.7            | 395 |
|                                | 02-03          | 14          | 19    | 23    | 24    | 25    | 27    | 29    | 31    | 34    | 35    | 36    | 40    | 43    | 29.1                  | 8.2            | 469 |
| Bent-knee<br>Push-ups (times)  | 98-99          | 0           | 0     | 1     | 2     | 2     | 4     | 6     | 9     | 11    | 12    | 14    | 19    | 22    | 7.9                   | 7.5            | 349 |
|                                | 02-03          | 0           | 0     | 0     | 0     | 0     | 2     | 3     | 6     | 8     | 10    | 12    | 20    | 25    | 6.6                   | 8.2            | 469 |
| 9-minute Run / Walk<br>(m)     | 98-99          | 1040        | 1070  | 1160  | 1190  | 1200  | 1250  | 1280  | 1320  | 1360  | 1370  | 1390  | 1460  | 1520  | 1277                  | 149            | 383 |
|                                | 02-03          | 970         | 1050  | 1120  | 1150  | 1190  | 1220  | 1280  | 1320  | 1360  | 1400  | 1430  | 1490  | 1600  | 1276                  | 190            | 299 |
| Height (cm)                    | 02-03          | 148.5       | 150.5 | 152.5 | 153.5 | 154.5 | 156.0 | 157.5 | 159.0 | 160.5 | 161.5 | 162.0 | 164.5 | 166.0 | 157.5                 | 5.5            | 469 |
| Weight (kg)                    | 02-03          | 41.0        | 42.5  | 44.5  | 45.0  | 46.0  | 48.0  | 49.5  | 51.0  | 54.0  | 56.0  | 58.5  | 64.5  | 97.0  | 50.0                  | 8.7            | 469 |

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

### Age Group: Girls 16

| Items                          | School Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard Deviation | Sample Size |
|--------------------------------|-------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------------------|-------------|
|                                |             | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                    |             |
| Skinfolds<br>Triceps+Calf (mm) | 98-99       | 18.5        | 21.0  | 24.0  | 24.5  | 25.5  | 27.5  | 29.5  | 31.0  | 33.5  | 36.0  | 37.5  | 43.0  | 49.5  | 30.9  | 9.6                | 329         |
|                                | 02-03       | 22.0        | 24.0  | 26.0  | 27.0  | 28.0  | 30.0  | 32.5  | 34.5  | 37.0  | 38.5  | 41.0  | 51.5  | 108.5 | 32.9  | 10.9               | 349         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 13          | 17    | 21    | 23    | 25    | 28    | 30    | 32    | 35    | 36    | 38    | 42    | 45    | 29.8  | 9.6                | 303         |
|                                | 02-03       | 9           | 12    | 17    | 19    | 20    | 23    | 26    | 28    | 31    | 32    | 33    | 38    | 42    | 25.5  | 10.0               | 347         |
| Sit-and-Reach<br>(cm)          | 98-99       | 18          | 21    | 24    | 26    | 27    | 29    | 31    | 32    | 35    | 36    | 37    | 40    | 43    | 30.7  | 7.7                | 304         |
|                                | 02-03       | 15          | 19    | 23    | 25    | 26    | 28    | 31    | 33    | 35    | 36    | 37    | 40    | 42    | 29.8  | 8.2                | 349         |
| Bent-knee<br>Push-ups (times)  | 98-99       | 0           | 0     | 1     | 2     | 2     | 4     | 7     | 10    | 12    | 15    | 16    | 23    | 29    | 9.4   | 9.4                | 278         |
|                                | 02-03       | 0           | 0     | 0     | 0     | 1     | 2     | 4     | 6     | 9     | 11    | 13    | 19    | 21    | 6.5   | 7.4                | 347         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1040        | 1120  | 1180  | 1200  | 1240  | 1280  | 1310  | 1340  | 1380  | 1410  | 1440  | 1530  | 1590  | 1312  | 174                | 298         |
|                                | 02-03       | 960         | 1040  | 1120  | 1140  | 1190  | 1220  | 1280  | 1300  | 1360  | 1360  | 1400  | 1480  | 1550  | 1260  | 179                | 229         |
| Height (cm)                    | 02-03       | 149.5       | 150.5 | 154.0 | 155.0 | 155.5 | 157.0 | 158.5 | 159.5 | 161.0 | 162.0 | 163.0 | 165.5 | 167.5 | 158.4 | 5.5                | 349         |
| Weight (kg)                    | 02-03       | 42.5        | 43.5  | 46.5  | 47.0  | 48.0  | 49.5  | 51.0  | 52.5  | 54.5  | 56.0  | 57.5  | 65.5  | 98.0  | 51.2  | 8.1                | 349         |

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

### Age Group: Girls 17

| Items                          | School<br>Year | Percentiles |       |       |       |       |       |       |       |       |       |       |       |       | Mean  | Standard<br>Deviation | Sample<br>Size |
|--------------------------------|----------------|-------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-----------------------|----------------|
|                                |                | 5           | 10    | 20    | 25    | 30    | 40    | 50    | 60    | 70    | 75    | 80    | 90    | 95    |       |                       |                |
| Skinfolds<br>Triceps+Calf (mm) | 98-99          | 18.5        | 20.5  | 23.5  | 24.0  | 25.5  | 27.5  | 29.5  | 32.0  | 35.5  | 36.5  | 38.5  | 43.0  | 48.0  | 31.0  | 9.3                   | 215            |
|                                | 02-03          | 22.5        | 23.5  | 26.0  | 27.0  | 27.5  | 29.5  | 31.0  | 33.0  | 37.0  | 38.5  | 40.5  | 49.5  | 66.5  | 31.8  | 8.8                   | 417            |
| 1-min. Sit-ups<br>(times)      | 98-99          | 11          | 15    | 20    | 22    | 24    | 26    | 28    | 31    | 32    | 35    | 37    | 40    | 44    | 28.0  | 9.9                   | 209            |
|                                | 02-03          | 9           | 12    | 16    | 19    | 21    | 24    | 26    | 29    | 31    | 32    | 34    | 38    | 40    | 25.6  | 10.1                  | 412            |
| Sit-and-Reach<br>(cm)          | 98-99          | 16          | 20    | 24    | 26    | 27    | 29    | 31    | 34    | 36    | 37    | 38    | 43    | 45    | 31.4  | 8.4                   | 210            |
|                                | 02-03          | 14          | 19    | 23    | 24    | 26    | 28    | 30    | 32    | 34    | 36    | 37    | 41    | 43    | 29.6  | 8.4                   | 419            |
| Bent-knee<br>Push-ups (times)  | 98-99          | 0           | 0     | 0     | 1     | 2     | 3     | 5     | 7     | 9     | 10    | 12    | 18    | 23    | 7.0   | 7.5                   | 160            |
|                                | 02-03          | 0           | 0     | 0     | 0     | 1     | 3     | 5     | 7     | 10    | 11    | 12    | 17    | 21    | 6.9   | 7.5                   | 419            |
| 9-minute Run / Walk<br>(m)     | 98-99          | 1040        | 1120  | 1190  | 1200  | 1240  | 1280  | 1310  | 1340  | 1370  | 1400  | 1410  | 1480  | 1530  | 1304  | 160                   | 209            |
|                                | 02-03          | 990         | 1060  | 1150  | 1180  | 1200  | 1230  | 1280  | 1320  | 1360  | 1360  | 1390  | 1480  | 1550  | 1274  | 161                   | 317            |
| Height (cm)                    | 02-03          | 149.50      | 151.5 | 153.5 | 154.5 | 155.5 | 156.5 | 158.0 | 160.0 | 161.5 | 162.0 | 162.5 | 164.5 | 167.0 | 158.2 | 5.2                   | 419            |
| Weight (kg)                    | 02-03          | 43.0        | 44.0  | 46.0  | 46.5  | 47.5  | 49.0  | 50.5  | 52.0  | 54.5  | 56.0  | 57.5  | 64.5  | 82.0  | 50.8  | 7.2                   | 418            |

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

### Age Group: Girls 18 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<br>Triceps+Calf (mm) | 98-99       | 17.5        | 20.0  | 22.0  | 23.0  | 24.5  | 27.5  | 31.0  | 32.0  | 35.0  | 37.5  | 39.5  | 49.0  | 17.5  | 31.7  | 11.1               | 124         |
|                                | 02-03       | 21.5        | 22.5  | 24.5  | 25.5  | 26.5  | 29.0  | 31.0  | 34.0  | 36.5  | 38.5  | 40.5  | 50.5  | 21.5  | 31.7  | 10.1               | 379         |
| 1-min. Sit-ups<br>(times)      | 98-99       | 9           | 15    | 20    | 22    | 23    | 25    | 27    | 29    | 31    | 32    | 35    | 39    | 44    | 27.2  | 9.4                | 122         |
|                                | 02-03       | 10          | 13    | 18    | 20    | 21    | 24    | 26    | 29    | 31    | 33    | 33    | 38    | 41    | 25.9  | 9.5                | 364         |
| Sit-and-Reach<br>(cm)          | 98-99       | 20          | 23    | 25    | 26    | 28    | 30    | 31    | 34    | 36    | 36    | 38    | 40    | 44    | 31.7  | 7.1                | 122         |
|                                | 02-03       | 14          | 19    | 23    | 25    | 26    | 29    | 32    | 34    | 35    | 36    | 38    | 41    | 44    | 30.5  | 8.6                | 378         |
| Bent-knee<br>Push-ups (times)  | 98-99       | 0           | 0     | 2     | 2     | 3     | 4     | 10    | 13    | 16    | 18    | 20    | 24    | 28    | 10.7  | 9.2                | 109         |
|                                | 02-03       | 0           | 0     | 0     | 1     | 2     | 4     | 6     | 8     | 9     | 11    | 13    | 17    | 22    | 7.2   | 7.1                | 377         |
| 9-minute Run / Walk<br>(m)     | 98-99       | 1050        | 1120  | 1190  | 1200  | 1220  | 1270  | 1300  | 1350  | 1390  | 1420  | 1440  | 1530  | 1600  | 1315  | 163                | 118         |
|                                | 02-03       | 970         | 1070  | 1160  | 1190  | 1200  | 1250  | 1290  | 1330  | 1360  | 1380  | 1400  | 1460  | 1520  | 1279  | 168                | 290         |
| Height (cm)                    | 02-03       | 149.5       | 151.0 | 153.0 | 154.0 | 155.0 | 156.5 | 158.0 | 159.9 | 161.0 | 162.0 | 163.0 | 165.5 | 167.5 | 158.1 | 5.8                | 379         |
| Weight (kg)                    | 02-03       | 42.5        | 43.5  | 45.0  | 46.0  | 47.0  | 49.0  | 51.0  | 52.5  | 55.0  | 56.5  | 58.0  | 64.0  | 96.5  | 50.6  | 7.3                | 378         |