

Hong Kong Secondary School Students' Physical Fitness Norm Tables

Age Group: Boys 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 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
	04-05	11.6	13.3	15.0	16.0	18.0	20.9	23.5	27.0	31.1	35.0	38.0	47.0	52.9	27.19	14.00	385
1-min. Sit-ups (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
	04-05	10	13	17	20	21	24	26	28	31	32	33	37	40	25.59	9.60	385
Sit-and-Reach (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
	04-05	12.0	15.0	17.5	19.0	20.0	22.0	24.5	26.0	28.0	29.0	30.0	32.0	36.0	23.96	7.18	386
Push-ups (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
	04-05	0	0	0	1	2	3	5	8	11	14	18	23	28	8.87	9.62	379
9-minute Run / Walk (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
	04-05	1020	1080	1170	1200	1230	1290	1360	1410	1460	1510	1560	1670	1750	1359.04	218.03	384
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
	146.5	150.0	153.5	154.5	156.0	158.5	160.0	162.5	164.5	165.5	167.0	170.0	173.5	160.08	8.05	470	146.5
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
	35.0	38.0	41.5	43.5	44.5	46.5	49.0	51.5	54.5	56.5	59.0	66.5	72.0	50.97	11.77	471	35.0

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 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
	04-05	12.0	12.5	14.5	15.5	16.5	18.0	19.5	22.5	26.5	28.5	31.0	38.5	46.0	23.20	10.81	470
1-min. Sit-ups (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
	04-05	14	20	23	25	26	28	30	32	35	36	37	41	44	30.15	8.74	469
Sit-and-Reach (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
	04-05	12	15	18	19	20.5	23	25	27	29.5	30	31.5	34.5	36.0	24.84	7.37	471
Push-ups (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
	04-05	0	1	3	4	5	8	10	13	17	20	22	30	32	12.72	10.62	470
9-minute Run / Walk (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
	04-05	1040	1140	1230	1270	1300	1360	1440	1510	1560	1600	1640	1740	1850	1434.20	239.26	459
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
	04-05	04/05	146.5	150.0	153.5	154.5	156.0	158.5	160.0	162.5	164.5	165.5	167.0	170.0	173.5	160.08	8.05
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
	04-05	04/05	35.0	38.0	41.5	43.5	44.5	46.5	49.0	51.5	54.5	56.5	59.0	66.5	72.0	50.97	11.77

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 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
	04-05	11.0	12.0	14.0	14.5	15.0	17.0	19.0	21.5	24.0	25.5	29.0	36.7	45.0	21.87	10.31	481
1-min. Sit-ups (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
	04-05	17	20	25	27	28	30	33	34.6	36	38	40	44	46	32.21	9.09	480
Sit-and-Reach (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
	04-05	10	14	18	20	21.5	24	26	28	30	31	33	37	40	25.67	9.00	480
Push-ups (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
	04-05	0	1	5	6	8	10	14	17	20	21	24	31	35	14.95	11.01	474
9-minute Run / Walk (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
	04-05	1090	1200	1280	1320	1360	1420	1480	1550	1610	1660	1700	1840	1900	1490.56	246.77	465
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
	04-05	154.0	157.5	161.5	162.0	163.0	165.0	166.0	167.5	169.5	170.5	171.5	174.0	177.0	166.06	6.82	482
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
	04-05	41.0	43.5	46.5	48.0	49.0	51.0	53.5	56.0	59.0	61.0	63.0	70.0	78.0	55.17	10.74	484

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 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
	04-05	10.5	11.5	13.0	14.0	14.5	16.3	18.0	20.0	23.5	25.5	27.5	34.5	41.0	20.85	9.96	543
1-min. Sit-ups (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
	04-05	20	23	27	29	30	32	34	36	39	40	42	46	50	34.26	9.13	539
Sit-and-Reach (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
	04-05	12	14.5	19	20.5	22	25	27	30	32	34	35	38.5	41	34.26	9.13	539
Push-ups (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
	04-05	1	3	8	10	12	15	20	21	25	27	30	35	40	19.43	12.45	536
9-minute Run / Walk (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
	04-05	1140	1245	1350	1380	1430	1480	1540	1610	1680	1720	1760	1840	1920	1538.77	246.58	494
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
	04-05	159.0	161.5	164.5	165.0	166.0	167.5	169.5	171.0	172.0	173.0	174.0	177.0	179.5	169.17	6.29	544
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
	04-05	45.0	47.0	50.0	51.0	52.0	54.5	57.0	60.0	63.0	65.0	67.5	74.0	82.0	59.26	11.57	545

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 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
	04-05	10.0	11.5	13.5	14.0	15.0	16.0	18.5	20.5	24.0	26.0	28.0	34.0	40.5	20.88	9.56	526
1-min. Sit-ups (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
	04-05	18	22	27	28	30	32	34	36	39	40	41	46	49	33.98	9.56	522
Sit-and-Reach (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
	04-05	12	16	19	21	23	25.5	28	30	33	34	35.5	39	42	27.64	8.91	523
Push-ups (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
	04-05	3	6	11	13	15	18	20	23	27	30	30	36	41	21.29	12.05	512
9-minute Run / Walk (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
	04-05	1120	1220	1350	1380	1440	1510	1560	1610	1680	1700	1730	1850	1920	1543.07	237.40	502
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
	04-05	160.0	162.0	165.0	165.5	166.5	168.0	170.0	172.0	173.0	174.5	175.5	178.0	181.0	170.09	6.31	526
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
	04-05	46.0	48.5	51.5	53.0	54.5	57.0	58.5	61.5	64.5	66.5	68.0	74.5	84.0	60.72	11.10	527

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 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
	04-05	9.5	11.0	12.5	13.0	14.0	15.5	17.0	19.0	22.0	23.5	26.5	33.5	39.0	19.77	9.62	502
1-min. Sit-ups (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
	04-05	20	24	28	30	30	33	35	38	40	42	43	47	51	35.27	9.59	498
Sit-and-Reach (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
	04-05	12	15	20	21	23	26	28	31	33	35	36	40	43	27.88	9.44	500
Push-ups (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
	04-05	3	5	13	15	17	20	23	26	30	30	33	40	45	23.34	12.75	497
9-minute Run / Walk (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
	04-05	1170	1290	1410	1450	1490	1540	1600	1660	1710	1750	1780	1880	1960	1588.98	238.75	488
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
	04-05	162.0	163.5	166.5	167.5	168.5	170.0	171.5	172.5	174.0	175.0	175.5	178.0	180.5	171.17	5.85	503
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
	04-05	49.0	51.0	53.0	54.5	55.5	57.5	60.0	62.0	65.0	66.0	68.0	76.5	83.0	61.67	10.60	503

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 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
	04-05	9.0	10.5	12.0	13.0	13.5	15.5	17.5	19.0	21.5	23.5	25.0	31.5	38.5	19.37	9.29	687
1-min. Sit-ups (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
	04-05	20	25	30	31	32	35	37	40	41	43	45	49	52	36.85	9.31	687
Sit-and-Reach (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
	04-05	11.0	16	22	23.5	25	28	30	32	34.5	36	38	40.5	43.5	29.15	9.55	687
Push-ups (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
	04-05	4	10	15	18	20	22	26	30	31	33	36	42	50	26.10	13.09	681
9-minute Run / Walk (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
	04-05	1200	1310	1420	1450	1500	1570	1620	1680	1750	1780	1820	1900	2000	1611.01	254.68	651
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
	04-05	161.5	164.0	166.5	167.0	168.0	169.5	171.0	172.5	174.5	175.5	176.5	179.0	181.0	171.16	6.03	689
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
	04-05	49.5	52.0	55.0	56.0	57.0	59.5	61.0	63.0	66.0	67.5	69.5	75.0	81.5	62.66	10.11	689

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 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
	04-05	15.0	17.5	20.0	21.5	22.5	25.0	27.5	30.5	34.5	36.0	39.5	46.5	54.0	30.13	12.27	350
1-min. Sit-ups (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
	04-05	9	11	16	18	19	22	24	26	29	30	31	33	36	23.36	8.53	359
Sit-and-Reach (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
	04-05	15	18	23	24.5	25	27	29	30.5	32.5	34	34.5	37.5	40	28.62	7.31	358
Bent-knee 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
	04-05	0	0	1	2	3	7	11	14	18	20	22	27	33	12.41	11.15	357
9-minute Run / Walk (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
	04-05	970	1036	1080	1110	1130	1160	1210	1250	1290	1320	1340	1410	1480	1216.04	150.67	355
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
	04-05	141.5	145.5	148.5	149.5	150.0	152.0	153.5	155.0	156.5	157.5	158.0	160.5	163.5	153.25	6.28	359
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
	04-05	32.6	35.5	37.5	39.0	40.5	42.5	44.5	46.0	48.5	50.5	51.5	58.0	63.0	45.56	9.87	355

Hong Kong Secondary School Students' Physical Fitness Norm Tables

Age Group: Girls 13

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)	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
	04-05	18.0	19.5	22.0	23.5	24.0	27.0	29.0	32.0	34.5	36.5	38.5	43.5	54.5	31.17	11.09	428
1-min. Sit-ups (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
	04-05	8	12	16	18	20	22	24	27	29	30	31	37	40	24.15	9.52	426
Sit-and-Reach (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
	04-05	17	20	24	25	26	28	31	32	34	35.5	37	39.5	43.0	30	7.83	426
Bent-knee 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
	04-05	0	0	1	2	4	7	10	14	17	19	21	30	35	12.47	12.30	422
9-minute Run / Walk (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
	04-05	930	980	1090	1120	1140	1190	1230	1280	1300	1320	1340	1430	1480	1220.64	163.54	408
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
	04-05	146.0	149.0	151.0	151.5	152.5	154.0	155.5	156.5	158.0	158.5	159.5	162.0	164.0	155.17	5.18	431
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
	04-05	36.0	38.0	40.5	42.0	43.0	45.0	46.5	48.0	50.0	51.5	52.5	56.5	62.5	47.52	8.86	429

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 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
	04-05	18.0	20.5	23.0	24.5	25.5	27.5	30.0	32.5	35.5	37.0	39.0	47.0	54.0	32.06	11.4	398
1-min. Sit-ups (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
	04-05	8	12	16	19	20	22	25	27	29	30	32	38	42	24.68	9.75	401
Sit-and-Reach (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
	04-05	15.0	18.5	24	25.5	27	28.5	31	33	35	36.5	37	39.5	42	30.2	8.34	402
Bent-knee 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
	04-05	0	0	2	4	6	8	11	14	20	21	24	30	37	13.75	12.0	397
9-minute Run / Walk (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
	04-05	950	1020	1100	1120	1150	1200	1240	1290	1340	1360	1380	1490	1580	1244.63	183.37	387
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
	04-05	148.5	150.3	153.0	153.8	154.5	156.0	157.0	158.5	160.0	161.0	161.5	164.0	166.0	157.03	5.52	401
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
	04-05	38.0	40.0	43.0	44.0	45.0	46.5	48.5	50.0	53.0	54.5	57.0	61.5	70.5	50.17	9.77	403

Hong Kong Secondary School Students' Physical Fitness Norm Tables

Age Group: Girls 15

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)	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
	04-05	18.0	21.0	24.0	25.0	26.5	28.5	31.0	33.0	36.0	37.0	39.5	46.5	50.0	32.24	10.17	451
1-min. Sit-ups (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
	04-05	8	12	17	19	20	22	24	27	30	30	32	35	40	24.32	9.25	450
Sit-and-Reach (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
	04-05	17.5	20	24.5	26	27.5	30	32	34	36.5	37.5	39	42	44	31.41	8.41	454
Bent-knee 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
	04-05	0	0	2	3	4	8	10	14	18	20	21	30	35	12.88	11.33	450
9-minute Run / Walk (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
	04-05	970	1050	1110	1130	1160	1200	1250	1280	1330	1350	1380	1450	1520	1244	165.85	432
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
	04-05	150.0	151.5	153.5	154.0	154.5	156.0	157.5	159.0	160.0	161.0	162.0	165.0	168.0	157.78	5.43	454
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
	04-05	40.5	42.0	44.0	45.0	46.0	47.5	49.5	51.0	53.0	54.5	56.0	60.0	66.5	50.47	8.26	455

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 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
	04-05	19.0	21.0	24.5	25.5	26.5	29.0	31.5	33.5	36.5	39.0	42.0	46.5	52.0	32.87	10.23	469
1-min. Sit-ups (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
	04-05	9	13	17	19	20	22	24	27	29	31	33	36	40	24.61	9.38	467
Sit-and-Reach (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
	04-05	17	21	24.5	26.5	27	29.5	31.5	33	36.5	37	38	41	43.5	31.14	8.01	470
Bent-knee 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
	04-05	0	1	4	5	6	9	12	15	18	20	22	27	32	13.5	11.05	465
9-minute Run / Walk (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
	04-05	920	1020	1090	1140	1160	1210	1260	1290	1330	1360	1380	1450	1520	1242.66	176.07	449
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
	04-05	149.0	152.0	153.5	154.5	155.4	157.0	158.0	159.5	161.0	162.0	162.5	165.0	167.5	158.22	5.37	474
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
	04-05	40.5	42.5	44.5	45.5	46.0	48.0	49.5	51.0	53.0	54.0	55.0	59.0	63.0	50.25	7.25	470

Hong Kong Secondary School Students' Physical Fitness Norm Tables

Age Group: Girls 17

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)	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
	04-05	18.0	20.0	23.0	24.5	25.5	28.0	30.5	32.5	35.0	37.0	39.0	45.5	51.5	31.86	11.07	405
1-min. Sit-ups (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
	04-05	10	15	20	20	22	24	25	28	31	32	34	38	42	26.02	9.03	405
Sit-and-Reach (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
	04-05	17	20.5	25	27	28.0	31	33	35	37.5	38.5	39.5	42.0	44	32.25	8.51	406
Bent-knee 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
	04-05	0	0	3	5	6	10	13	17	20	21	23	29	33	14.0	11.28	396
9-minute Run / Walk (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
	04-05	990	1040	1140	1160	1200	1250	1290	1330	1370	1380	1410	1480	1550	1273.46	176.69	407
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
	04-05	150.0	152.0	154.0	155.0	155.5	157.0	158.0	159.5	161.0	162.0	163.0	166.0	167.5	158.42	5.66	412
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
	04-05	41.5	43.0	45.0	46.0	47.0	48.0	49.5	52.0	53.5	54.5	55.5	61.0	65.0	50.97	7.66	411

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 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
	04-05	18.5	21.0	23.5	25.0	26.0	28.5	30.5	33.0	35.5	37.5	39.5	45.0	18.5	31.77	9.55	626
1-min. Sit-ups (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
	04-05	10	14	19	20	21	24	26	29	31	33	34	38	41	26.25	9.52	619
Sit-and-Reach (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
	04-05	16.5	20.5	24	26.5	28	31	33	35	38.0	39	40	43.0	45	32.07	8.81	624
Bent-knee 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
	04-05	0	1	4	6	8	11	14	17	20	21	24	30	34	14.85	10.76	614
9-minute Run / Walk (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
	04-05	1020	1090	1160	1190	1200	1250	1280	1320	1360	1380	1400	1490	1560	1286.01	156.33	620
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
	04-05	149.2	151.0	153.6	154.4	155.0	157.0	158.3	160.0	161.3	162.1	163.4	166.1	168.0	158.38	6.03	633
Weight (kg)	02-03	42.7	43.5	45.1	46.0	47.2	49.1	50.9	52.5	55.0	56.3	58.0	64.0	96.4	50.6	7.3	378
	04-05	41.3	43.0	45.2	46.0	46.8	48.6	50.0	51.6	54.0	55.0	56.2	59.6	63.3	50.97	7.2	632