

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
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
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
Push-ups (times)	98-99	0	0	0	1	1	2	3	5	8	10	11	17	22	6.3	7.9	257
9-minute Run / Walk (m)	98-99	1120	1180	1260	1280	1321	1369	1400	1442	1520	1570	1600	1680	1767	1420	202	246

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
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
Sit-and-Reach (cm)	98-99	12	16	19	21	21	23	25	27	28	29	31	34	36	24.8	7.0	360
Push-ups (times)	98-99	0	0	1	1	2	4	7	10	13	15	17	21	27	9.1	9.0	259
9-minute Run / Walk (m)	98-99	1150	1240	1340	1380	1390	1440	1490	1550	1610	1660	1705	1820	1890	1511	221	354

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
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
Sit-and-Reach (cm)	98-99	11	14	19	21	22	24	26	28	30	31	32	34	36	25.3	7.6	272
Push-ups (times)	98-99	0	0	2	3	5	8	11	14	17	19	21	26	30	12.4	10.1	271
9-minute Run / Walk (m)	98-99	1220	1310	1410	1440	1470	1530	1590	1630	1680	1710	1760	1870	1940	1584	214	261

Hong Kong Secondary School Students' Physical Fitness Norm Tables

Age Group: Boys 15

Items	School Year	Percentiles													Mean	Standard Deviatio	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
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
Sit-and-Reach (cm)	98-99	12	15	19	21	23	26	27	29	31	32	34	38	40	26.8	8.4	347
Push-ups (times)	98-99	0	1	3	4	6	8	11	15	19	20	23	30	32	13.5	10.7	347
9-minute Run / Walk (m)	98-99	1180	1300	1430	1460	1500	1560	1600	1670	1740	1780	1830	1850	1910	1603	232	343

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
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
Sit-and-Reach (cm)	98-99	13	17	20	22	23	25	27	29	31	32	34	37	40	27.2	7.7	352
Push-ups (times)	98-99	1	2	6	8	10	12	16	19	21	23	25	31	37	16.4	11.0	350
9-minute Run / Walk (m)	98-99	1280	1360	1470	1510	1520	1600	1650	1680	1760	1790	1830	1880	1960	1641	215	348

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
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
Sit-and-Reach (cm)	98-99	13	15	19	21	22	25	28	30	32	33	34	37	39	26.8	8.3	202
Push-ups (times)	98-99	0	1	6	8	10	13	16	19	22	25	27	33	37	16.9	11.2	202
9-minute Run / Walk (m)	98-99	1310	1390	1500	1520	1540	1600	1670	1720	1780	1800	1830	1920	2010	1659	218	188 283

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
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
Sit-and-Reach (cm)	98-99	15	20	22	25	26	28	31	32	34	35	37	41	44	30.0	8.4	152
Push-ups (times)	98-99	1	5	10	13	14	18	20	22	25	29	30	35	40	20.4	11.4	172
9-minute Run / Walk (m)	98-99	1260	1370	1520	1600	1610	1680	1730	1770	1820	1840	1880	1970	2040	1704	243	146

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
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
Sit-and-Reach (cm)	98-99	15	19	22	24	24	27	28	30	32	33	34	37	39	28.1	7.0	231
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
9-minute Run / Walk (m)	98-99	1040	1120	1160	1200	1210	1250	1280	1310	1350	1360	1380	1440	1540	1281	131	219

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
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
Sit-and-Reach (cm)	98-99	16	19	22	23	24	26	28	30	32	32	33	38	40	28.2	7.3	368
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
9-minute Run / Walk (m)	98-99	1060	1120	1180	1200	1209	1240	1280	1320	1361	1380	1410	1480	1550	1284	167	338

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
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
Sit-and-Reach (cm)	98-99	14	18	23	24	25	27	28	30	32	33	35	38	41	28.3	7.9	312
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
9-minute Run / Walk (m)	98-99	1040	1100	1160	1180	1200	1230	1280	1310	1350	1370	1400	1470	1520	1284	157	263

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
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
Sit-and-Reach (cm)	98-99	16	21	23	25	27	29	31	32	34	36	37	39	43	30.2	7.7	395
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
9-minute Run / Walk (m)	98-99	1040	1070	1160	1190	1200	1250	1280	1320	1360	1370	1390	1460	1520	1277	149	383

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
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
Sit-and-Reach (cm)	98-99	18	21	24	26	27	29	31	32	35	36	37	40	43	30.7	7.7	304
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
9-minute Run / Walk (m)	98-99	1040	1120	1180	1200	1240	1280	1310	1340	1380	1410	1440	1530	1590	1312	174	298

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
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
Sit-and-Reach (cm)	98-99	16	20	24	26	27	29	31	34	36	37	38	43	45	31.4	8.4	210
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
9-minute Run / Walk (m)	98-99	1040	1120	1190	1200	1240	1280	1310	1340	1370	1400	1410	1480	1530	1304	160	209

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
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
Sit-and-Reach (cm)	98-99	20	23	25	26	28	30	31	34	36	36	38	40	44	31.7	7.1	122
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
9-minute Run / Walk (m)	98-99	1050	1120	1190	1200	1220	1270	1300	1350	1390	1420	1440	1530	1600	1315	163	118