

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 6 or below)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	5	7	8	8	9	9	9	10	10	10	11	8.75	3.21	194
Inclined Pull-up (repetitions)	10/11	0	1	2	2	3	4	6	8	8	10	13	5.55	5.08	173

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 7)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	8	9	9	9	9	10	10	11	11	12	15	10.46	3.74	211
Inclined Pull-up (repetitions)	10/11	0	2	3	3	4	5	6	9	10	11	14	6.41	4.99	197

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 8)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	8	9	10	10	11	12	13	14	16	17	20	12.96	4.51	250
Inclined Pull-up (repetitions)	10/11	1	2	2	3	4	6	7	9	10	11	14	6.59	5.27	226

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 9)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	9	10	10	11	12	13	16	18	19	20	23	15.24	6.79	250
Inclined Pull-up (repetitions)	10/11	1	2	3	3	4	5	7	9	11	12	17	7.09	6.07	220

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 10)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	9	11	12	13	14	16	18	21	22	24	30	17.90	8.08	283
Inclined Pull-up (repetitions)	10/11	1	2	3	3	5	7	9	11	12	14	16	8.07	6.10	226

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 11)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	11	14	15	16	18	20	21	24	26	29	33	21.50	9.75	277
Inclined Pull-up (repetitions)	10/11	1	2	3	3	4	6	8	10	12	12	17	7.49	6.03	233

Hong Kong Primary School Students' Physical Fitness Norm Tables (Boys 12 or above)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	12	14	15	16	18	20	22	26	27	29	32	21.64	8.90	96
Inclined Pull-up (repetitions)	10/11	2	4	5	6	8	10	13	17	17	18	21	11.15	7.35	79

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 6 or below)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	5	7	8	8	9	9	9	9	10	10	11	8.58	2.43	190
Inclined Pull-up (repetitions)	10/11	0	0	1	2	4	5	6	8	9	10	13	5.66	4.81	147

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 7)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	7	9	9	9	9	9	10	10	11	11	13	9.84	2.81	211
Inclined Pull-up (repetitions)	10/11	1	1	2	3	4	5	6	7	9	10	13	5.87	4.81	189

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 8)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	9	9	9	9	10	11	11	12	13	14	17	11.48	3.24	206
Inclined Pull-up (repetitions)	10/11	0	1	2	2	4	5	6	8	10	11	14	6.20	5.27	196

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 9)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	9	10	11	11	12	13	15	17	19	19	20	14.44	5.04	257
Inclined Pull-up (repetitions)	10/11	0	1	2	2	4	5	6	8	10	11	15	6.29	5.78	202

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 10)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	10	11	12	12	14	15	17	19	19	20	22	15.95	5.52	281
Inclined Pull-up (repetitions)	10/11	1	2	2	3	4	5	7	8	10	11	14	6.45	5.25	231

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 11)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	11	13	15	15	16	18	19	20	21	24	29	18.95	7.51	265
Inclined Pull-up (repetitions)	10/11	0	1	1	2	3	4	5	7	8	10	13	5.38	5.35	165

Hong Kong Primary School Students' Physical Fitness Norm Tables (Girls 12 or above)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
15m PACER (laps)	10/11	11	14	14	15	17	19	19	21	22	22	28	18.80	6.24	82
Inclined Pull-up (repetitions)	10/11	1	2	2	2	3	4	5	7	8	8	17	6.47	6.93	57