

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			
Skinfolds Triceps + Calf (mm)	05/06	12.0	13.5	14.0	15.0	16.0	17.0	18.5	21.0	22.5	24.5	31.0	19.33	7.77	455
	10/11	12.0	13.8	14.5	15.1	16.3	17.8	19.0	21.5	23.3	25.5	31.0	19.86	7.90	400
	15/16	12.1	13.6	14.1	14.7	15.7	17.0	18.4	20.0	21.2	22.7	28.8	19.23	8.18	526
1-min Sit-ups (repetition)	05/06	0	2	3	4	6	8	11	14	15	17	21	9.84	8.09	451
	10/11	1	4	5	6	8	11	13	15	16	18	22	11.32	7.88	356
	15/16	0	3	4	5	7	10	12	15	16	17	20	10.26	7.66	525
Sit-and-Reach (cm)	05/06	20.0	22.5	23.3	24.0	26.0	27.0	28.0	30.0	31.0	32.0	34.0	26.97	5.48	453
	10/11	17.0	19.0	20.0	21.0	22.9	24.0	25.0	26.5	28.0	28.3	31.0	23.88	5.35	386
	15/16	11.0	16.0	17.0	18.0	20.0	22.0	26.0	28.0	28.0	30.0	33.0	22.68	7.69	508
Handgrip Left+Right (kg)	05/06	10.0	12.5	13.0	14.0	15.5	16.5	17.5	19.0	20.0	21.0	23.5	16.73	4.98	454
	10/11	11.0	12.5	13.5	14.0	15.5	17.0	18.0	19.5	20.0	20.5	23.0	16.74	5.08	389
	15/16	12.0	13.5	14.5	15.0	16.0	17.0	18.5	20.0	20.5	21.0	23.0	17.60	4.95	526
6-min Run (m)	05/06	640	680	700	710	740	770	790	830	840	860	920	777.78	120.17	428
	10/11	640	690	710	720	750	780	800	810	830	850	900	774.08	108.01	401
	15/16	630	690	720	740	770	790	820	840	860	880	920	782.70	118.40	485
15m PACER (lap)	10/11	5	7	8	8	9	9	9	10	10	10	11	8.75	3.21	194
	15/16	7	9	9	10	11	12	13	15	16	18	21	13.33	6.70	521
Inclined Pull-ups (repetition)	10/11	0	1	2	2	3	4	6	8	8	10	13	5.55	5.08	173
	15/16	0	0	0	1	2	4	5	8	9	10	13	5.22	5.23	509
Height (cm)	05/06	111.0	113.5	114.5	115.5	117.5	119.0	120.5	121.5	122.5	123.5	126.5	118.81	6.54	451
	10/11	111.1	114.0	115.0	115.9	117.2	118.5	120.1	121.4	122.0	123.0	126.2	118.10	7.48	414
	15/16	112.5	114.4	115.3	115.9	117.4	118.9	120.4	121.7	122.8	123.7	126.3	119.15	5.37	526
Weight (kg)	05/06	18.6	19.8	20.2	20.8	21.4	22.3	23.2	24.5	25.2	26.3	29.8	23.30	4.70	451
	10/11	18.7	19.7	20.1	20.6	21.3	22.2	23.2	24.3	25.1	26.0	29.4	23.16	4.53	414
	15/16	18.4	19.5	19.9	20.3	20.9	21.8	22.5	23.8	24.6	25.5	28.3	22.75	4.42	526
Waist Circumference (cm)	15/16	47.3	48.6	49.2	49.8	50.4	51.3	52.3	53.3	54.3	56.0	59.6	52.63	5.38	525
Standing Long Jump (cm)	15/16	80	90	90	100	100	110	110	120	120	120	130	105.83	18.95	525

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			
Skinfolds Triceps + Calf (mm)	05/06	12.0	14.0	15.0	15.5	16.5	18.0	20.5	23.0	25.0	27.0	33.5	20.85	8.94	540
	10/11	12.0	14.0	14.8	15.0	16.8	18.0	20.3	22.8	24.6	27.5	33.0	20.74	8.55	453
	15/16	12.6	13.9	14.4	15.0	16.1	17.5	18.9	21.0	22.7	24.8	31.9	20.13	8.99	690
1-min Sit-ups (repetition)	05/06	2	5	6	7	10	13	15	18	19	21	24	13.04	8.27	537
	10/11	3	7	9	10	12	14	16	19	20	22	25	14.27	7.86	433
	15/16	1	4	5	7	11	14	16	18	19	21	24	13.07	8.54	690
Sit-and-Reach (cm)	05/06	19.5	22.0	23.0	24.0	25.5	27.0	28.0	30.0	31.0	31.5	34.0	26.75	5.59	539
	10/11	17.0	19.0	20.0	21.0	23.0	24.0	26.0	27.5	28.0	29.0	32.0	24.31	5.98	448
	15/16	12.0	16.0	18.0	19.0	21.0	25.0	27.0	28.0	29.0	30.0	33.0	23.43	7.94	676
Handgrip Left+Right (kg)	05/06	13.0	15.0	16.0	17.0	19.0	20.0	21.0	23.0	24.0	24.5	27.0	19.99	5.49	538
	10/11	11.5	15.0	16.5	17.5	19.0	20.0	21.0	22.0	23.0	24.0	27.0	19.58	5.65	448
	15/16	14.0	16.0	16.5	17.0	18.0	19.5	21.0	22.0	22.5	23.5	26.0	19.72	4.55	691
6-min Run (m)	05/06	640	700	710	730	760	790	810	830	850	870	930	788.16	119.31	511
	10/11	660	720	730	750	790	800	830	860	880	890	960	808.15	113.59	481
	15/16	660	730	750	770	800	840	860	890	900	920	960	822.49	121.21	647
15m PACER (lap)	10/11	8	9	9	9	9	10	10	11	11	12	15	10.46	3.74	211
	15/16	9	10	11	11	13	14	16	19	20	21	28	16.39	8.20	685
Inclined Pull-ups (repetition)	10/11	0	2	3	3	4	5	6	9	10	11	14	6.41	4.99	197
	15/16	0	1	1	2	4	6	8	10	11	12	15	6.83	5.99	668
Height (cm)	05/06	116.5	119.5	120.5	121.0	122.5	124.0	125.0	127.0	128.0	129.0	131.0	123.91	6.04	519
	10/11	118.1	120.4	121.0	122.0	123.5	124.7	126.5	128.0	128.6	129.8	132.8	124.82	6.32	464
	15/16	117.0	119.2	120.0	120.9	122.5	123.8	125.0	127.0	127.9	129.0	132.0	124.13	5.79	691
Weight (kg)	05/06	21.0	22.0	22.5	23.0	24.0	25.0	26.5	28.0	28.5	30.0	34.0	26.29	5.20	518
	10/11	20.5	21.7	22.1	22.6	23.9	25.1	26.7	28.6	30.0	31.1	34.9	26.67	6.03	464
	15/16	20.0	21.1	21.6	22.0	22.9	23.9	25.0	26.3	27.3	28.2	33.1	25.31	5.78	691
Waist Circumference (cm)	15/16	48.5	49.9	50.3	51.0	52.0	53.0	53.8	55.3	56.5	57.8	63.3	54.47	6.45	691
Standing Long Jump (cm)	15/16	90	100	100	110	110	120	120	130	130	130	140	115.15	18.34	691

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			
Skinfolds Triceps + Calf (mm)	05/06	12.0	14.0	15.0	16.0	18.0	20.0	22.8	26.5	28.8	31.5	38.4	22.86	10.32	585
	10/11	12.8	14.5	15.0	16.0	18.0	20.0	23.0	26.0	28.0	30.3	37.0	22.71	9.98	509
	15/16	12.8	14.5	15.1	16.1	17.8	19.2	21.4	24.8	26.3	29.7	38.4	22.71	10.87	746
1-min Sit-ups (repetition)	05/06	3	6	8	10	12	14	17	19	20	22	25	14.35	8.63	586
	10/11	6	10	12	13	16	18	20	22	23	25	29	17.53	8.62	489
	15/16	4	8	10	12	15	18	20	23	24	25	30	17.56	9.49	743
Sit-and-Reach (cm)	05/06	18.0	21.0	22.0	23.0	25.0	27.0	28.0	30.0	31.0	31.0	33.5	26.13	6.09	584
	10/11	16.0	18.5	20.0	21.0	22.0	24.0	26.0	27.2	28.0	29.0	32.0	23.82	6.17	501
	15/16	12.0	15.0	17.0	19.0	21.0	23.0	25.0	27.0	29.0	30.0	33.0	22.61	7.89	721
Handgrip Left+Right (kg)	05/06	15.5	18.5	19.5	20.0	21.5	23.0	24.5	26.0	27.0	28.0	31.0	23.27	5.89	585
	10/11	15.5	18.5	19.1	20.0	21.5	23.0	24.5	26.0	27.4	28.0	31.0	23.29	6.25	500
	15/16	18.0	19.5	20.0	21.0	22.0	23.0	24.5	26.0	27.0	28.0	30.0	23.52	5.01	746
6-min Run (m)	05/06	660	720	730	750	780	810	840	860	880	900	960	812.98	125.67	551
	10/11	680	740	760	780	810	840	880	900	910	950	1010	844.74	135.65	515
	15/16	700	760	780	800	830	860	890	920	940	960	1010	856.95	125.57	718
15m PACER (lap)	10/11	8	9	10	10	11	12	13	14	16	17	20	12.96	4.51	250
	15/16	10	12	13	14	16	19	21	25	28	30	40	21.74	12.18	735
Inclined Pull-ups (repetition)	10/11	1	2	2	3	4	6	7	9	10	11	14	6.59	5.27	226
	15/16	0	1	2	3	4	6	8	10	12	13	17	7.48	6.46	725
Height (cm)	05/06	121.0	123.5	124.5	125.5	127.5	129.0	131.0	132.5	133.5	134.5	137.0	129.06	6.61	580
	10/11	122.3	124.5	125.4	126.7	128.1	130.0	131.5	133.2	133.9	134.6	137.9	129.71	6.59	532
	15/16	122.5	124.7	125.5	126.4	128.1	130.1	132.0	133.9	134.6	135.8	138.3	130.26	6.21	746
Weight (kg)	05/06	23.0	24.0	25.0	25.5	26.5	28.0	30.0	32.0	33.5	35.0	38.5	29.67	6.67	581
	10/11	22.4	24.0	24.5	25.1	26.2	27.7	29.6	31.6	33.3	34.9	40.0	29.59	7.13	531
	15/16	22.2	23.6	24.1	24.8	26.1	27.4	28.9	30.9	32.2	33.5	38.5	28.99	6.73	746
Waist Circumference (cm)	15/16	49.8	51.3	52.0	52.9	54.0	55.0	56.8	58.3	60.0	61.9	68.0	56.80	8.57	745
Standing Long Jump (cm)	15/16	100	110	110	110	120	130	130	140	140	140	150	125.07	20.86	745

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			
Skinfolds Triceps + Calf (mm)	05/06	13.5	15.0	16.5	17.5	20.0	22.0	25.5	30.0	32.5	34.0	42.0	25.19	11.30	630
	10/11	13.0	15.2	16.3	17.5	19.6	22.6	26.2	30.5	31.5	34.0	41.5	25.43	11.82	502
	15/16	13.3	16.0	17.0	18.5	21.0	23.8	26.7	30.9	33.2	35.7	43.2	26.33	11.99	670
1-min Sit-ups (repetition)	05/06	5	9	10	11	14	17	19	21	23	24	28	16.63	8.40	630
	10/11	6	10	12	14	17	19	21	24	25	26	31	18.74	9.16	479
	15/16	6	11	13	14	17	19	21	24	25	27	31	18.89	9.48	669
Sit-and-Reach (cm)	05/06	17.0	20.0	21.0	22.0	24.0	26.0	28.0	29.0	30.0	31.0	33.5	25.57	6.39	630
	10/11	14.0	17.0	18.0	19.0	22.0	23.0	25.0	26.0	28.0	29.0	31.0	22.88	6.81	490
	15/16	13.0	16.0	18.0	19.0	21.0	23.0	25.0	27.0	28.0	30.0	33.0	23.08	7.66	648
Handgrip Left+Right (kg)	05/06	19.0	21.0	22.0	23.0	25.0	26.5	28.0	30.0	31.0	32.0	35.0	26.71	6.46	628
	10/11	19.0	21.0	22.0	23.0	24.5	26.0	28.0	29.5	30.1	31.5	34.0	26.36	6.12	494
	15/16	20.0	22.0	22.5	23.0	24.5	26.0	27.0	28.5	29.5	30.0	33.0	26.06	5.23	670
9-min Run (m)	05/06	960	1020	1040	1070	1110	1150	1200	1240	1270	1290	1370	1157.91	165.84	617
	10/11	980	1060	1080	1110	1150	1200	1250	1300	1340	1370	1500	1219.07	221.53	497
	15/16	960	1040	1070	1110	1150	1210	1270	1320	1350	1380	1470	1211.77	200.72	650
15m PACER (lap)	10/11	9	10	10	11	12	13	16	18	19	20	23	15.24	6.79	250
	15/16	10	13	14	15	18	20	23	30	31	34	42	23.68	12.74	659
Inclined Pull-ups (repetition)	10/11	1	2	3	3	4	5	7	9	11	12	17	7.09	6.07	220
	15/16	0	1	2	3	4	6	8	10	12	13	17	7.44	6.82	656
Height (cm)	05/06	125.5	128.5	130.0	131.0	133.0	134.5	136.0	137.5	139.0	140.0	1432.0	134.38	6.81	601
	10/11	128.0	130.6	131.5	132.5	133.9	135.5	137.0	138.8	139.7	140.5	143.5	135.58	6.19	516
	15/16	128.4	131.0	132.2	132.8	134.4	135.8	137.5	139.1	140.0	140.9	143.6	135.98	5.99	670
Weight (kg)	05/06	24.5	26.0	27.0	28.0	29.5	31.5	33.5	36.0	37.5	39.0	43.5	33.00	8.17	602
	10/11	24.6	26.5	27.4	28.2	30.0	31.9	34.0	36.9	37.9	39.5	44.8	33.50	8.00	516
	15/16	24.6	26.8	27.6	28.3	29.6	31.6	33.7	36.5	38.1	39.8	45.4	33.52	8.37	670
Waist Circumference (cm)	15/16	51.8	53.8	54.5	55.3	56.5	58.8	60.8	63.6	65.3	68.0	74.0	60.82	9.21	670
Standing Long Jump (cm)	15/16	100	110	110	120	120	130	130	140	140	140	150	127.06	21.57	670

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			
Skinfolds Triceps + Calf (mm)	05/06	14.0	16.5	17.5	18.5	21.5	24.3	27.5	31.5	33.0	35.6	44.0	26.74	11.81	633
	10/11	14.0	16.0	17.0	18.0	20.8	25.0	29.0	32.3	34.6	38.0	44.5	27.12	12.07	569
	15/16	13.7	16.6	17.7	18.8	22.2	25.5	29.5	33.7	36.0	37.8	45.8	27.98	12.76	626
1-min Sit-ups (repetition)	05/06	7	11	13	14	16	19	21	23	24	26	30	18.64	9.08	633
	10/11	8	12	15	16	18	20	22	25	27	28	31	20.26	9.07	562
	15/16	6	12	13	15	18	21	23	26	28	29	33	20.21	9.94	624
Sit-and-Reach (cm)	05/06	17.0	20.0	21.0	22.0	24.0	25.0	27.0	29.0	30.0	31.0	33.0	25.21	6.51	634
	10/11	13.0	16.0	17.0	18.0	20.0	22.0	24.0	26.0	27.0	28.0	32.0	22.04	6.92	561
	15/16	13.0	17.0	18.0	19.0	21.0	23.0	25.0	27.0	28.0	30.0	33.0	23.04	7.58	609
Handgrip Left+Right (kg)	05/06	21.0	24.0	25.0	26.0	28.0	30.0	31.5	34.0	35.0	36.0	40.0	30.28	7.34	635
	10/11	21.5	24.0	25.0	26.0	28.0	30.0	31.5	33.0	34.0	35.0	39.0	29.98	6.88	569
	15/16	22.0	25.0	26.0	27.0	28.0	29.5	31.0	32.5	33.5	35.0	38.0	30.06	6.49	625
9-min Run (m)	05/06	980	1050	1080	1100	1150	1190	1220	1270	1300	1330	1410	1194.33	163.13	621
	10/11	1010	1080	1120	1140	1200	1230	1280	1330	1370	1440	1520	1254.28	212.89	596
	15/16	1000	1100	1120	1130	1190	1250	1300	1360	1390	1420	1520	1254.23	207.57	596
15m PACER (lap)	10/11	9	11	12	13	14	16	18	21	22	24	30	17.90	8.08	283
	15/16	12	15	17	19	21	25	30	34	36	41	52	28.92	15.73	619
Inclined Pull-ups (repetition)	10/11	1	2	3	3	5	7	9	11	12	14	16	8.07	6.10	226
	15/16	0	0	1	2	4	6	8	10	12	13	18	7.43	7.13	599
Height (cm)	05/06	130.5	134.0	135.0	136.0	137.5	139.0	141.0	143.0	144.0	145.0	148.5	139.36	6.93	635
	10/11	132.2	135.0	136.0	137.0	138.7	140.5	142.3	144.2	145.5	146.5	150.0	140.88	7.14	625
	15/16	132.4	135.5	136.5	137.5	139.3	141.0	142.7	144.7	145.8	147.0	149.7	141.22	6.92	626
Weight (kg)	05/06	27.0	29.5	30.5	31.5	33.5	35.0	37.0	40.5	41.5	43.0	48.5	36.81	8.74	635
	10/11	27.4	29.4	30.1	31.2	33.1	35.6	38.9	41.7	43.7	45.9	52.6	37.96	10.18	625
	15/16	26.9	29.1	30.1	31.0	32.8	34.9	37.6	41.1	43.2	45.1	50.7	37.21	9.83	626
Waist Circumference (cm)	15/16	52.2	55.0	55.8	56.8	58.3	60.6	63.0	67.0	68.8	71.3	77.3	62.86	9.73	624
Standing Long Jump (cm)	15/16	110	120	120	120	130	130	140	150	150	150	160	134.87	22.57	626

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			
Skinfolds Triceps + Calf (mm)	05/06	14.0	15.5	17.0	18.0	21.0	24.5	27.5	32.5	35.0	40.0	47.0	27.44	13.17	554
	10/11	14.0	16.5	18.0	19.0	21.8	24.9	29.0	33.1	36.0	38.2	46.5	27.72	12.47	558
	15/16	13.9	16.8	18.1	19.7	22.7	26.0	30.2	34.9	37.6	40.2	48.2	28.91	13.30	588
1-min Sit-ups (repetition)	05/06	10	14	15	16	20	22	24	27	29	30	34	22.00	9.72	553
	10/11	10	15	16	18	21	23	25	28	29	31	35	22.85	9.45	546
	15/16	10	15	17	18	21	23	26	29	30	32	36	23.22	9.94	586
Sit-and-Reach (cm)	05/06	15.0	18.0	20.0	21.5	23.5	25.0	26.5	28.0	29.0	31.0	33.0	24.63	6.93	552
	10/11	13.0	15.2	17.0	18.0	20.0	22.0	23.0	26.0	27.0	28.0	31.0	21.84	6.85	546
	15/16	12.0	15.0	17.0	18.0	21.0	22.0	24.0	27.0	28.0	30.0	33.0	22.38	7.94	562
Handgrip Left+Right (kg)	05/06	25.0	28.5	30.0	30.5	33.0	35.0	37.0	39.0	41.0	42.0	47.5	35.74	8.82	555
	10/11	24.0	27.7	29.0	30.0	32.0	34.0	35.5	38.0	39.0	41.0	46.0	34.55	8.64	557
	15/16	26.0	28.0	29.0	30.0	31.5	33.0	35.0	37.0	39.0	40.5	44.0	34.20	7.54	588
9-min Run (m)	05/06	1010	1090	1120	1150	1200	1240	1280	1330	1370	1400	1480	1246.08	184.52	544
	10/11	1010	1100	1140	1170	1230	1280	1330	1370	1440	1470	1610	1291.50	234.59	548
	15/16	1050	1140	1170	1200	1260	1300	1360	1430	1450	1500	1600	1315.17	218.35	571
15m PACER (lap)	10/11	11	14	15	16	18	20	21	24	26	29	33	21.50	9.75	277
	15/16	15	19	20	22	27	30	36	42	44	47	56	34.04	17.13	581
Inclined Pull-ups (repetition)	10/11	1	2	3	3	4	6	8	10	12	12	17	7.49	6.03	233
	15/16	0	0	1	2	4	6	8	11	12	14	17	7.52	7.07	573
Height (cm)	05/06	136.5	139.5	140.5	142.0	144.0	145.5	147.5	150.0	151.0	152.5	155.5	145.94	7.67	556
	10/11	137.7	140.8	141.6	142.5	144.4	146.7	148.8	151.2	152.3	153.9	158.0	147.29	7.97	591
	15/16	137.8	141.4	142.5	143.5	145.8	147.3	149.5	151.5	152.9	154.3	158.7	147.77	7.82	588
Weight (kg)	05/06	29.5	32.5	34.0	35.0	37.0	39.0	42.0	45.5	47.0	49.0	55.5	41.15	10.24	556
	10/11	30.2	33.2	34.5	35.9	38.7	41.4	44.0	47.3	49.6	51.9	58.0	42.85	10.69	590
	15/16	29.7	32.6	34.2	35.2	38.2	40.6	43.4	47.0	48.8	51.0	57.3	42.32	11.05	588
Waist Circumference (cm)	15/16	55.0	57.0	57.7	58.5	60.8	63.1	65.7	70.0	72.3	74.7	79.7	65.46	10.07	585
Standing Long Jump (cm)	15/16	110	120	130	130	140	140	150	160	160	160	180	143.25	24.91	585

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			
Skinfolds Triceps + Calf (mm)	05/06	11.9	14.6	16.0	17.0	19.0	22.3	25.5	30.2	33.4	35.5	43.7	25.19	12.10	225
	10/11	13.3	15.5	16.8	18.0	20.0	22.6	26.5	31.0	33.9	37.3	43.5	26.39	12.79	192
	15/16	12.6	15.8	17.2	17.6	19.8	22.1	24.4	28.9	31.2	34.5	42.4	24.70	10.58	126
1-min Sit-ups (repetition)	05/06	10	15	16	18	22	25	28	29	32	33	37	24.24	10.18	225
	10/11	13	17	20	21	23	26	28	31	32	34	38	25.46	9.74	186
	15/16	14	18	20	22	24	27	30	32	33	34	41	26.95	10.11	126
Sit-and-Reach (cm)	05/06	12.0	16.0	18.0	20.0	22.0	25.0	26.0	28.0	30.0	31.0	33.0	23.45	8.35	225
	10/11	12.0	15.0	17.0	18.0	19.1	21.0	23.0	26.0	26.0	27.4	31.4	21.54	7.13	182
	15/16	17.0	22.0	22.0	22.0	23.0	25.0	27.0	29.0	30.0	32.0	33.0	25.07	6.72	120
Handgrip Left+Right (kg)	05/06	31.0	34.5	36.0	37.0	40.5	43.0	46.8	51.0	54.0	56.9	62.5	45.08	8.35	221
	10/11	25.9	31.3	32.0	34.0	36.0	39.0	41.5	43.8	46.0	48.0	54.2	39.63	10.93	187
	15/16	27.5	30.0	31.0	32.0	35.0	36.5	39.0	41.0	43.0	46.0	51.0	37.76	9.01	126
9-min Run (m)	05/06	1010	1080	1120	1150	1210	1270	1310	1360	1390	1420	1520	1260.00	198.00	223
	10/11	1070	1160	1200	1220	1290	1360	1410	1480	1520	1570	1640	1362.39	233.68	189
	15/16	1070	1150	1210	1250	1300	1380	1440	1520	1530	1560	1770	1382.10	255.48	119
15m PACER (lap)	10/11	12	14	15	16	18	20	22	26	27	29	32	21.64	8.90	96
	15/16	15	21	24	26	30	34	41	46	50	53	74	38.67	20.94	124
Inclined Pull-ups (repetition)	10/11	2	4	5	6	8	10	13	17	17	18	21	11.15	7.35	79
	15/16	0	1	2	4	6	10	11	14	15	17	25	10.58	9.47	123
Height (cm)	05/06	139.0	145.0	148.0	149.0	151.5	153.5	156.5	159.5	161.0	162.0	165.0	153.50	9.60	225
	10/11	142.0	145.0	146.5	148.0	150.0	152.0	154.1	156.1	157.7	159.0	164.5	152.35	8.46	200
	15/16	139.5	143.0	145.7	147.7	150.1	152.5	155.0	157.4	158.4	160.0	165.8	152.58	9.51	127
Weight (kg)	05/06	33.0	37.0	39.0	40.5	42.5	46.0	49.0	51.5	53.0	54.5	62.0	46.61	10.82	225
	10/11	31.4	36.6	37.4	39.1	40.9	42.9	45.9	50.3	54.0	56.2	61.8	45.62	11.92	199
	15/16	30.8	33.4	35.2	37.2	40.0	42.7	45.1	47.4	50.4	52.0	58.9	44.14	12.02	127
Waist Circumference (cm)	15/16	55.8	58.0	58.7	59.5	61.0	63.1	65.2	67.7	70.8	72.2	77.6	64.88	8.55	126
Standing Long Jump (cm)	15/16	120	130	130	140	150	150	160	170	170	180	190	153.89	26.89	126

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			
Skinfolds Triceps + Calf (mm)	05/06	13.5	15.0	16.0	16.0	17.0	18.5	20.5	22.0	23.5	25.0	30.0	20.27	6.93	453
	10/11	13.3	15.0	15.5	16.5	17.8	19.0	20.5	22.5	23.7	24.8	28.0	20.28	6.46	373
	15/16	13.9	16.0	16.7	17.1	18.5	20.3	21.6	23.6	24.8	26.3	30.9	21.42	6.96	398
1-min Sit-ups (repetition)	05/06	0	2	3	4	6	8	10	13	15	16	19	9.36	7.38	453
	10/11	1	4	5	6	9	11	13	16	17	18	22	11.18	7.52	315
	15/16	0	0	1	2	4	7	10	13	15	16	20	8.67	7.82	399
Sit-and-Reach (cm)	05/06	24.0	25.0	26.5	27.0	29.0	30.0	31.0	33.0	33.0	34.0	36.0	29.88	4.83	453
	10/11	18.7	22.0	23.0	24.0	25.5	27.0	28.0	30.0	30.0	31.0	32.0	26.20	5.46	353
	15/16	16.0	18.0	19.0	20.0	22.0	26.0	27.0	29.0	30.0	31.0	34.0	24.90	7.07	383
Handgrip Left+Right (kg)	05/06	10.0	11.5	12.0	13.0	14.0	15.5	17.0	18.5	19.0	19.5	22.0	15.66	4.65	452
	10/11	8.6	11.0	12.0	13.0	14.5	15.5	16.5	18.0	19.0	19.5	21.4	15.34	5.10	351
	15/16	10.5	12.5	13.0	14.0	15.0	15.5	17.0	18.0	18.0	19.0	21.0	15.87	4.38	398
6-min Run (m)	05/06	660	690	700	710	730	750	778	800	820	840	900	766.81	111.75	417
	10/11	620	660	680	690	710	730	750	790	800	810	870	743.04	111.90	335
	15/16	640	680	700	720	740	750	770	800	810	830	860	752.04	96.96	367
15m PACER (lap)	10/11	5	7	8	8	9	9	9	9	10	10	11	8.58	2.43	190
	15/16	8	9	9	9	10	11	11	13	13	14	17	11.60	4.44	394
Inclined Pull-ups (repetition)	10/11	0	0	1	2	4	5	6	8	9	10	13	5.66	4.81	147
	15/16	0	1	1	2	4	5	7	9	10	11	13	6.12	5.25	389
Height (cm)	05/06	111.0	113.5	114.5	115.5	117.0	118.5	119.5	121.0	122.0	122.5	124.5	118.06	5.57	449
	10/11	110.2	113.0	114.0	115.1	116.5	118.0	119.4	121.0	121.8	122.5	124.5	117.25	7.14	369
	15/16	112.5	114.0	114.5	115.5	116.7	118.3	119.3	120.8	121.5	123.0	125.1	118.39	5.22	399
Weight (kg)	05/06	18.0	19.0	20.0	20.0	21.0	21.5	22.5	23.5	24.0	25.0	27.5	22.30	4.06	450
	10/11	17.7	18.8	19.4	19.9	20.7	21.6	22.4	23.5	24.0	24.7	27.5	22.08	3.84	368
	15/16	18.0	18.9	19.4	19.8	20.5	21.3	22.3	23.3	24.1	24.7	27.3	22.06	3.94	399
Waist Circumference (cm)	15/16	46.0	47.5	48.0	48.6	49.5	50.7	51.9	53.0	53.7	54.7	58.0	51.42	4.92	399
Standing Long Jump (cm)	15/16	80	80	90	90	90	100	100	110	110	110	120	96.86	16.96	398



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			
Skinfolds Triceps + Calf (mm)	05/06	13.5	15.0	16.0	17.0	18.0	19.5	21.0	23.5	25.0	26.0	31.5	21.22	7.70	509
	10/11	13.8	15.8	17.0	18.0	19.3	21.0	23.0	25.0	27.0	29.8	34.5	22.86	8.47	449
	15/16	14.5	16.2	17.2	17.7	19.3	20.5	22.1	23.8	24.9	27.0	31.4	21.94	7.07	526
1-min Sit-ups (repetition)	05/06	2	4	6	7	10	12	14	17	18	19	22	12.24	7.83	507
	10/11	2	6	8	9	11	14	16	18	18	20	22	13.32	7.52	415
	15/16	0	3	5	6	10	13	15	18	19	20	24	12.35	8.42	526
Sit-and-Reach (cm)	05/06	23.0	25.0	26.0	27.0	29.0	30.0	31.0	32.5	33.5	34.0	36.5	29.59	5.42	508
	10/11	19.0	22.0	23.0	24.0	26.0	28.0	29.0	30.5	31.5	32.1	34.5	27.29	5.91	443
	15/16	17.0	19.0	20.0	21.0	23.0	26.0	28.0	29.0	30.0	31.0	34.0	25.53	6.92	498
Handgrip Left+Right (kg)	05/06	11.0	13.5	14.5	15.0	16.5	18.0	19.0	20.0	20.5	21.5	24.0	17.57	4.94	507
	10/11	11.0	14.0	15.0	16.0	18.0	19.0	20.0	21.5	22.0	22.5	25.0	18.56	5.41	444
	15/16	12.5	14.5	15.0	16.0	17.0	18.0	19.0	20.5	21.0	22.0	23.5	18.20	4.40	527
6-min Run (m)	05/06	660	700	710	720	740	770	790	821	840	860	907	780.35	120.62	482
	10/11	650	710	720	730	760	780	800	820	840	860	910	788.44	134.91	425
	15/16	680	720	740	750	780	800	820	840	860	870	900	796.66	89.77	500
15m PACER (lap)	10/11	7	9	9	9	9	9	10	10	11	11	13	9.84	2.81	211
	15/16	9	10	10	11	12	13	15	17	18	19	23	14.81	6.92	523
Inclined Pull-ups (repetition)	10/11	1	1	2	3	4	5	6	7	9	10	13	5.87	4.81	189
	15/16	0	2	2	3	4	6	8	10	11	13	16	7.30	6.00	517
Height (cm)	05/06	115.0	117.4	118.4	119.0	120.6	122.4	123.7	125.0	125.9	127.0	129.5	122.15	6.06	507
	10/11	115.8	118.2	119.2	120.0	121.6	123.4	125.0	126.5	127.2	128.1	131.0	123.12	7.16	437
	15/16	116.0	118.2	119.0	119.6	121.4	123.0	124.5	126.0	127.1	128.0	130.0	123.04	5.59	527
Weight (kg)	05/06	19.5	21.0	21.0	21.5	22.5	23.0	24.0	25.5	26.0	27.0	29.5	24.20	4.57	508
	10/11	19.4	20.8	21.4	21.9	23.1	24.0	25.4	27.0	28.3	29.3	32.5	25.22	5.38	436
	15/16	19.3	20.4	21.0	21.6	22.3	23.3	24.1	25.2	25.8	26.8	30.0	23.90	4.32	527
Waist Circumference (cm)	15/16	46.9	48.5	49.0	49.5	50.2	51.3	52.6	53.9	54.5	55.8	59.5	52.32	5.78	527
Standing Long Jump (cm)	15/16	80	90	100	100	100	110	110	120	120	120	130	105.75	17.38	527

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			
Skinfolds Triceps + Calf (mm)	05/06	14.5	16.5	17.0	18.0	19.5	21.5	23.5	26.5	28.0	30.5	38.0	23.76	9.47	517
	10/11	15.0	17.0	18.0	19.0	20.5	23.0	25.0	27.8	30.0	32.0	35.8	24.57	9.05	449
	15/16	14.6	16.7	17.7	18.5	20.1	21.8	24.3	27.1	29.8	31.8	37.9	24.38	9.41	519
1-min Sit-ups (repetition)	05/06	5	7	9	10	12	14	16	18	20	21	24	14.42	7.67	517
	10/11	4	9	11	12	14	16	18	20	22	23	27	16.14	8.41	429
	15/16	3	6	9	11	13	15	18	20	21	23	26	15.22	8.88	515
Sit-and-Reach (cm)	05/06	21.5	25.0	26.0	27.0	28.0	30.0	31.0	32.0	33.0	34.0	36.0	29.26	5.55	518
	10/11	20.0	22.0	23.0	23.5	25.0	27.0	28.0	30.0	31.0	32.0	34.0	26.69	5.79	440
	15/16	17.0	19.0	21.0	22.0	23.0	26.0	27.0	29.0	30.0	31.0	34.0	25.36	6.88	502
Handgrip Left+Right (kg)	05/06	15.5	17.0	18.0	18.5	20.0	21.0	22.5	24.0	25.0	26.0	28.5	21.61	5.22	517
	10/11	14.2	17.0	18.0	19.0	20.5	21.5	23.0	24.5	25.5	27.0	30.0	21.89	5.77	437
	15/16	16.0	17.5	18.0	19.0	20.0	21.0	22.0	23.5	24.0	25.0	27.5	21.29	4.53	517
6-min Run (m)	05/06	650	690	710	720	750	770	800	820	830	860	900	777.35	709.51	490
	10/11	680	730	750	760	790	810	830	860	880	900	980	824.57	154.31	462
	15/16	680	720	740	750	790	800	830	860	870	880	930	804.29	105.49	494
15m PACER (lap)	10/11	9	9	9	9	10	11	11	12	13	14	17	11.48	3.24	206
	15/16	10	11	12	13	14	15	17	19	20	21	29	17.39	8.16	511
Inclined Pull-ups (repetition)	10/11	0	1	2	2	4	5	6	8	10	11	14	6.20	5.27	196
	15/16	0	1	1	2	3	5	7	10	12	12	16	6.79	6.04	498
Height (cm)	05/06	121.0	124.0	124.5	125.5	127.5	129.0	130.5	132.5	133.5	134.5	137.5	129.15	6.52	517
	10/11	121.5	123.8	124.7	125.5	127.2	128.2	130.5	132.2	133.0	134.2	137.1	129.15	6.49	454
	15/16	122.2	124.6	125.5	126.3	128.0	129.5	130.8	133.0	133.7	134.8	137.5	129.59	5.96	519
Weight (kg)	05/06	22.0	23.0	24.0	24.5	25.5	27.0	28.0	29.5	31.0	32.5	36.0	28.05	5.81	517
	10/11	21.7	22.9	23.7	24.4	25.6	26.8	28.1	30.6	31.5	32.6	35.7	27.91	5.64	454
	15/16	21.5	23.0	23.7	24.2	25.1	26.1	27.6	29.6	30.8	32.3	37.0	27.79	6.23	519
Waist Circumference (cm)	15/16	48.1	49.8	50.2	51.0	52.5	53.3	54.9	57.0	59.0	60.1	64.3	54.94	7.42	518
Standing Long Jump (cm)	15/16	90	100	100	100	110	110	120	120	130	130	140	113.31	19.05	516

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			
Skinfolds Triceps + Calf (mm)	05/06	14.5	17.8	18.0	19.0	21.0	23.0	25.0	28.0	30.0	31.5	38.5	24.85	9.84	567
	10/11	15.5	17.6	18.5	19.5	21.5	24.0	26.0	28.5	31.0	33.0	39.0	25.88	10.30	500
	15/16	14.3	16.5	17.5	18.7	20.9	23.7	26.3	29.6	31.8	34.4	40.5	25.78	10.86	987
1-min Sit-ups (repetition)	05/06	5	9	11	12	14	16	18	21	22	23	26	16.21	7.87	566
	10/11	6	10	12	14	16	19	21	23	24	25	28	18.02	8.38	486
	15/16	4	10	12	13	16	19	21	23	25	26	30	18.22	9.70	983
Sit-and-Reach (cm)	05/06	20.5	23.0	24.5	25.0	27.0	28.5	30.5	32.0	33.0	34.0	36.0	28.54	6.00	567
	10/11	18.0	21.0	22.0	23.0	25.0	27.0	28.6	30.0	31.0	32.0	34.0	26.45	6.63	501
	15/16	20.0	23.0	24.0	24.0	25.0	25.0	26.0	29.0	29.0	29.0	30.0	25.46	5.05	969
Handgrip Left+Right (kg)	05/06	18.0	19.5	21.0	21.5	23.0	24.5	26.0	27.5	28.5	30.0	33.0	24.93	6.28	567
	10/11	17.5	20.0	21.0	22.0	23.1	25.0	26.5	28.5	29.0	30.5	33.0	25.10	6.13	497
	15/16	18.0	20.0	21.0	22.0	23.5	25.0	27.0	29.0	30.0	32.0	36.0	26.30	7.73	987
9-min Run (m)	05/06	960	1030	1060	1080	1110	1150	1190	1230	1240	1260	1330	1145.61	147.87	547
	10/11	960	1030	1050	1070	1120	1150	1200	1240	1270	1290	1370	1159.40	180.16	461
	15/16	860	980	1030	1060	1120	1190	1230	1280	1310	1340	1420	1164.06	214.86	950
15m PACER (lap)	10/11	9	10	11	11	12	13	15	17	19	19	20	14.44	5.04	257
	15/16	10	13	14	15	18	20	23	27	30	33	41	23.24	12.55	961
Inclined Pull-ups (repetition)	10/11	0	1	2	2	4	5	6	8	10	11	15	6.29	5.78	202
	15/16	0	0	1	2	4	6	8	10	11	12	16	6.91	6.47	970
Height (cm)	05/06	125.5	128.5	130.0	130.5	133.0	134.5	136.0	138.0	139.5	140.5	144.0	134.51	7.13	567
	10/11	127.1	130.0	131.0	131.8	133.5	135.3	137.3	139.0	140.1	141.0	144.5	135.40	7.31	496
	15/16	123.6	128.5	130.0	131.4	133.8	136.2	138.4	141.8	143.4	145.0	149.5	136.53	10.26	987
Weight (kg)	05/06	23.5	25.5	26.0	27.0	28.0	29.5	31.5	33.5	35.0	36.0	40.5	30.99	7.06	566
	10/11	24.0	25.7	26.5	27.4	29.1	30.5	32.2	34.2	35.4	37.0	42.7	32.04	7.63	495
	15/16	22.8	24.9	25.9	26.7	28.7	30.7	33.0	36.6	38.0	40.1	45.9	32.98	9.88	987
Waist Circumference (cm)	15/16	49.1	51.2	52.0	52.9	54.3	56.1	58.3	61.3	63.0	65.5	71.3	58.38	8.75	983
Standing Long Jump (cm)	15/16	90	100	110	110	120	120	130	140	140	140	150	122.40	25.02	986

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			
Skinfolds Triceps + Calf (mm)	05/06	16.0	18.0	19.0	20.0	22.5	24.5	27.5	30.5	32.0	33.5	41.0	26.52	10.07	574
	10/11	15.5	17.5	18.3	19.3	21.3	23.6	26.5	30.0	31.9	34.0	40.0	26.01	10.18	576
	15/16	16.2	18.6	19.8	21.0	23.0	25.5	28.4	31.0	32.2	34.6	40.6	27.29	10.30	474
1-min Sit-ups (repetition)	05/06	7	11	12	14	16	19	20	22	24	25	29	18.20	8.30	572
	10/11	9	13	15	16	19	20	22	24	25	27	31	20.15	8.25	558
	15/16	7	11	13	15	17	20	22	25	25	27	30	19.38	9.56	472
Sit-and-Reach (cm)	05/06	20.0	23.0	24.0	25.5	27.0	29.0	31.0	32.0	33.0	34.0	37.0	28.70	6.68	571
	10/11	18.0	21.0	22.0	23.0	25.0	27.0	29.0	30.9	31.5	32.0	35.2	26.71	6.93	566
	15/16	18.0	20.0	21.0	22.0	24.0	26.0	27.0	30.0	30.0	31.0	35.0	26.00	6.68	444
Handgrip Left+Right (kg)	05/06	21.0	23.0	24.0	25.0	27.0	29.0	31.0	33.0	34.0	35.0	39.5	29.50	7.37	572
	10/11	19.9	22.5	23.5	25.0	27.0	28.5	30.5	32.0	33.0	34.0	39.0	28.90	7.75	567
	15/16	21.0	23.5	24.0	25.0	27.0	28.5	30.0	31.5	33.0	34.0	37.5	28.81	6.53	474
9-min Run (m)	05/06	990	1040	1060	1080	1120	1150	1180	1220	1240	1260	1310	1150.55	127.98	559
	10/11	1010	1060	1080	1100	1140	1190	1220	1260	1280	1310	1450	1199.88	185.83	562
	15/16	1000	1070	1090	1120	1160	1200	1230	1280	1310	1330	1430	1202.64	161.17	462
15m PACER (lap)	10/11	10	11	12	12	14	15	17	19	19	20	22	15.95	5.52	281
	15/16	13	15	17	18	19	21	23	28	30	32	37	23.79	10.44	465
Inclined Pull-ups (repetition)	10/11	1	2	2	3	4	5	7	8	10	11	14	6.45	5.25	231
	15/16	0	0	1	1	3	4	6	8	10	11	15	5.89	5.97	465
Height (cm)	05/06	132.0	134.5	136.0	137.0	139.0	141.0	142.5	144.5	145.5	147.0	150.0	140.89	7.28	574
	10/11	133.1	136.1	137.0	138.3	140.2	141.8	144.0	145.7	147.0	148.0	151.6	142.15	7.36	602
	15/16	132.8	136.0	137.8	138.6	140.4	142.0	144.1	145.5	146.7	148.0	151.5	142.15	7.37	474
Weight (kg)	05/06	27.0	29.0	30.0	30.5	32.0	34.0	35.5	38.5	40.0	42.0	46.5	35.49	7.99	574
	10/11	26.9	29.1	30.0	30.8	32.8	34.7	36.9	39.7	41.7	43.3	48.3	36.54	8.91	601
	15/16	26.6	29.1	29.9	30.9	32.6	34.6	36.5	38.7	40.1	42.7	48.5	36.07	8.74	474
Waist Circumference (cm)	15/16	50.8	53.0	54.0	54.8	56.2	57.6	59.0	61.5	63.0	64.8	69.7	59.13	7.41	473
Standing Long Jump (cm)	15/16	100	110	110	110	120	120	130	130	140	140	150	124.06	21.28	473

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			
Skinfolds Triceps + Calf (mm)	05/06	16.0	18.5	19.5	21.0	23.0	25.5	28.0	31.0	33.0	36.0	44.0	27.76	10.81	551
	10/11	16.7	19.0	19.8	20.8	23.5	26.0	28.0	31.0	33.0	35.7	42.7	27.67	10.27	495
	15/16	17.2	19.6	20.7	21.8	24.2	26.2	29.5	33.1	34.7	37.4	44.1	28.89	11.00	449
1-min Sit-ups (repetition)	05/06	10	14	15	16	18	20	22	24	25	27	31	20.40	8.13	550
	10/11	12	15	17	19	21	23	25	27	29	30	34	22.94	8.77	478
	15/16	8	13	15	17	19	22	24	26	28	29	34	21.38	9.92	444
Sit-and-Reach (cm)	05/06	19.0	22.5	24.0	25.0	27.0	29.0	30.5	32.5	34.0	35.0	37.5	28.48	7.00	549
	10/11	18.0	21.5	23.0	24.0	25.3	27.0	29.0	31.0	33.0	34.1	38.0	27.74	7.73	483
	15/16	17.0	19.0	21.0	22.0	23.0	25.0	27.0	28.0	30.0	31.0	34.0	25.10	7.79	430
Handgrip Left+Right (kg)	05/06	24.5	27.0	29.0	30.0	33.0	34.5	36.5	38.5	40.0	42.0	46.0	34.86	8.10	552
	10/11	24.0	27.0	28.5	29.8	32.0	34.0	36.5	39.0	40.0	41.0	45.0	34.38	8.29	489
	15/16	24.5	28.0	29.0	30.0	31.0	33.0	35.0	38.0	39.0	40.5	44.5	34.17	7.88	449
9-min Run (m)	05/06	1010	1070	1090	1110	1140	1170	1200	1240	1260	1290	1360	1178.29	147.51	538
	10/11	1010	1080	1120	1130	1160	1200	1250	1300	1330	1370	1460	1227.81	186.42	452
	15/16	1050	1110	1120	1140	1190	1210	1240	1290	1310	1360	1470	1232.52	176.98	417
15m PACER (lap)	10/11	11	13	15	15	16	18	19	20	21	24	29	18.95	7.51	265
	15/16	14	17	18	19	22	24	27	30	32	35	45	27.14	12.72	444
Inclined Pull-ups (repetition)	10/11	0	1	1	2	3	4	5	7	8	10	13	5.38	5.35	165
	15/16	0	0	0	1	3	4	5	7	8	10	13	5.29	5.69	432
Height (cm)	05/06	137.5	140.6	142.5	143.5	145.0	147.5	149.5	151.0	152.0	153.0	156.0	146.98	7.31	552
	10/11	139.5	142.4	143.9	144.9	147.0	148.8	150.5	152.5	153.7	154.8	158.0	148.69	7.04	511
	15/16	139.3	143.0	144.6	145.3	147.0	148.9	150.8	153.5	154.3	155.3	159.0	148.88	7.45	449
Weight (kg)	05/06	30.0	32.6	34.0	35.0	37.0	39.0	41.0	44.0	45.5	47.0	52.0	40.31	9.15	552
	10/11	30.3	33.9	35.3	36.1	38.5	40.5	42.4	44.5	46.5	48.1	52.8	41.36	9.06	510
	15/16	30.6	33.4	34.8	35.6	37.4	39.9	42.2	45.9	47.0	49.0	56.7	41.62	10.23	449
Waist Circumference (cm)	15/16	52.5	54.6	55.9	56.8	58.4	60.0	62.0	64.5	66.2	68.1	73.5	61.73	8.39	449
Standing Long Jump (cm)	15/16	100	110	110	120	120	130	130	140	150	150	160	129.21	23.12	444

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			
Skinfolds Triceps + Calf (mm)	05/06	17.5	20.5	22.5	23.5	26.0	28.0	31.0	34.5	37.0	39.0	46.0	30.04	10.98	195
	10/11	17.3	20.0	21.3	22.5	25.3	27.0	28.8	31.5	32.8	36.0	41.5	28.23	9.50	169
	15/16	19.1	21.8	23.5	25.3	27.9	29.7	33.1	34.3	37.1	38.7	44.5	31.55	11.43	88
1-min Sit-ups (repetition)	05/06	10	14	16	18	20	23	24	27	28	29	32	21.80	8.83	190
	10/11	11	16	18	20	22	24	26	28	29	30	33	23.12	8.45	162
	15/16	11	16	17	17	19	20	24	27	28	30	33	21.85	8.91	86
Sit-and-Reach (cm)	05/06	18.0	22.0	24.0	25.0	27.0	30.0	32.0	33.0	35.0	35.0	39.0	29.10	7.65	195
	10/11	16.8	20.0	21.6	22.3	24.5	27.0	30.0	32.8	34.0	35.5	38.0	27.48	8.15	164
	15/16	14.0	21.0	23.0	23.0	26.0	28.0	28.0	30.0	32.0	33.0	35.0	25.45	9.45	82
Handgrip Left+Right (kg)	05/06	28.0	32.0	34.0	35.5	38.0	40.0	43.0	45.5	47.0	48.5	52.0	40.50	9.90	195
	10/11	29.4	31.7	33.4	35.0	37.0	39.0	41.0	43.0	45.0	46.0	50.0	39.03	8.20	166
	15/16	27.0	30.0	32.0	33.0	36.0	39.0	41.0	42.0	44.0	45.0	48.0	37.92	7.93	88
9-min Run (m)	05/06	1010	1060	1080	1100	1150	1190	1200	1240	1270	1290	1400	1180.00	149.00	190
	10/11	1060	1130	1160	1190	1230	1270	1300	1330	1380	1420	1550	1278.13	195.26	158
	15/16	970	1050	1090	1100	1160	1190	1220	1260	1280	1310	1420	1190.96	171.03	83
15m PACER (lap)	10/11	11	14	14	15	17	19	19	21	22	22	28	18.80	6.24	82
	15/16	13	16	17	18	20	22	28	30	32	33	41	25.75	12.51	87
Inclined Pull-ups (repetition)	10/11	1	2	2	2	3	4	5	7	8	8	17	6.47	6.93	57
	15/16	0	0	0	0	1	4	4	6	7	8	11	4.25	4.70	84
Height (cm)	05/06	144.0	147.5	148.5	149.5	150.5	152.0	153.5	155.0	156.0	157.0	160.0	151.74	6.77	195
	10/11	144.9	148.1	148.6	149.2	151.3	152.3	153.4	155.0	156.1	157.6	160.6	152.22	6.19	158
	15/16	143.2	148.4	150.0	151.3	152.7	153.9	155.1	157.2	158.0	159.0	161.2	153.50	6.84	88
Weight (kg)	05/06	35.5	37.5	38.5	40.0	42.5	44.0	46.5	48.5	50.0	51.0	59.0	45.50	9.10	195
	10/11	34.9	36.9	38.4	39.4	41.4	43.7	45.7	47.9	49.9	51.5	56.9	44.62	8.80	158
	15/16	33.0	37.8	38.8	41.5	44.2	45.6	47.3	49.0	50.5	51.2	56.0	45.59	9.72	88
Waist Circumference (cm)	15/16	55.3	57.6	58.6	59.6	61.3	62.1	64.8	67.0	69.2	70.0	76.1	64.20	8.84	88
Standing Long Jump (cm)	15/16	100	120	120	120	130	130	140	140	150	150	160	132.64	22.02	87