

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 12 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)	98/99	13	15	16	16.5	18.5	21	24.4	28	30	33.2	38.1	23.9	10.5	257
	02/03	14.8	16.4	17.6	18.9	21.4	25.5	29.2	34.9	37.2	40.6	52	26.9	12.7	266
	04/05	13.3	15	16	18	20.9	23.5	27	31.1	35	38	47	27.19	14	385
	09/10	13.1	14.9	15.9	16.6	19	22.3	25.5	30.2	32.9	35.3	44.3	25.61	12.61	422
1-min. Sit-ups (repetitions)	98/99	15	20	22	23	25	28	30	31	32	33	36	26.7	8.4	257
	02/03	10	14	16	17	20	22	26	28	30	31	35	22.5	9.9	265
	04/05	13	17	20	21	24	26	28	31	32	33	37	25.59	9.6	385
	09/10	13	20	22	23	26	28	31	33	35	36	40	27.61	9.95	424
Sit-and-Reach (cm)	98/99	15	18	19	21	22	23	26	27	28	30	33.5	24	6.8	256
	02/03	14	17	18	19	21	23	25	26	28	28	31	22.74	6.82	266
	04/05	15	17.5	19	20	22	24.5	26	28	29	30	32	23.96	7.18	386
	09/10	14	17	19	20	23	24	25	27	28	29	32	23.49	6.7	422
Push-ups (repetitions)	98/99	0	0	1	1	2	3	5	8	10	11	17	6.3	7.9	257
	02/03	0	0	0	0	1	2	3	5	6	8	12	4.12	5.55	266
	04/05	0	0	1	2	3	5	8	11	14	18	23	8.87	9.62	379
	09/10	0	0	1	1	2	4	7	9	11	14	19	6.98	7.86	422
9-min Run / Walk (m)	98/99	1180	1260	1280	1321	1369	1400	1442	1520	1570	1600	1680	1420	202	246
	02/03	1070	1180	1210	1240	1300	1360	1440	1500	1540	1580	1680	1375	232	216
	04/05	1080	1170	1200	1230	1290	1360	1410	1460	1510	1560	1670	1359	218.03	384
	09/10	1070	1150	1190	1210	1270	1320	1370	1440	1480	1530	1610	1331.95	208.23	401
Height (cm)	02/03	143.5	146.5	148	149	151.5	153	155.5	158.5	160.5	161	164.5	153.8	8.32	266
	04/05	144	146.5	148	149	151.5	153	155.5	158	159	160.5	164.5	153.72	8.21	386
	09/10	143.8	147.6	149.5	150.3	152.3	154.8	157	159.1	160.4	162.3	165.5	154.8	8.42	423
Weight (kg)	02/03	34.5	37.5	39	40.5	43.5	45.5	49	52.5	55	58	67	46.1	11.29	266
	04/05	34	38	39	40	42	45	48	50.5	53.5	56	63	47.03	11.67	386
	09/10	34.2	37.7	39.4	40.6	43.4	45.8	49.4	52.5	54.2	56.6	63.1	47.42	10.81	423

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 13)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	12.5	14.0	15.0	15.5	17.5	19.5	22.0	24.5	26.0	28.0	37.5	22.1	10.5	360
	02/03	14.4	16.2	16.7	17.4	19.2	22.0	25.2	30.9	33.6	36.8	53.0	24.8	12.4	424
	04/05	12.5	14.5	15.5	16.3	18.0	19.5	22.7	26.5	28.5	31.2	38.5	23.20	10.81	470
	09/10	12.2	14.6	15.5	16.3	18	20.3	23.2	26.2	28.7	33	42.6	24	12.18	464
1-min. Sit-ups (repetitions)	98/99	22	25	27	28	30	32	35	37	39	40	42	32.2	8.7	360
	02/03	15	19	21	22	25	27	30	32	33	34	38	26.7	9.4	424
	04/05	20	23	25	26	28	30	32	35	36	37	41	30.15	8.74	469
	09/10	17	22	24	26	29	31	33	35	36	38	42	30.22	9.94	456
Sit-and-Reach (cm)	98/99	16	19	21	21	23	25	27	28	29	31	34	24.8	7.0	360
	02/03	13	17	18	19	21	23	25	28	29	30	33	23.2	7.9	424
	04/05	15	18	19	20.5	23	25	27	29.5	30	31.5	34.5	24.84	7.37	471
	09/10	13	18	19	20	22	24	26	28	28	30	33	23.66	7.7	462
Push-ups (repetitions)	98/99	0	1	1	2	4	7	10	13	15	17	21	9.1	9.0	259
	02/03	0	0	0	0	1	3	4	7	8	10	15	5.2	6.5	423
	04/05	1	3	4	5	8	10	13	17	20	22	30	12.72	10.62	470
	09/10	0	1	1	2	4	7	10	13	15	18	23	9.48	9.46	454
9-min Run / Walk (m)	98/99	1240	1340	1380	1390	1440	1490	1550	1610	1660	1705	1820	1511	221	354
	02/03	1160	1240	1280	1310	1360	1440	1490	1550	1600	1630	1740	1441	231	340
	04/05	1140	1230	1270	1300	1360	1440	1510	1560	1600	1640	1740	1434.20	239.26	459
	09/10	1060	1200	1220	1280	1320	1370	1440	1510	1530	1590	1680	1382.87	233.45	443
Height (cm)	02/03	147.5	153.0	154.0	155.0	158.0	160.5	162.5	164.5	166.5	167.5	170.0	159.8	8.7	424
	04/05	150.0	153.5	154.5	156.0	158.5	160.0	162.5	164.5	165.5	167.0	170.0	160.08	8.05	470
	09/10	152.7	156	157.2	158.5	160.6	162.6	164.5	166.3	167.3	168.1	170.8	162.02	7.45	464
Weight (kg)	02/03	38.5	42.5	44.0	45.0	47.5	50.0	53.0	56.0	58.0	61.5	71.0	49.9	11.4	424
	04/05	38.0	41.5	43.5	44.5	46.5	49.0	51.5	54.5	56.5	59.0	66.5	50.97	11.77	471
	09/10	39.5	42.6	44.4	45.9	48.2	50.4	53.5	57	59.1	61.4	70	52.73	11.93	464

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 14)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	12.5	14.0	15.0	15.5	17.5	19.5	22.0	24.5	26.0	28.0	37.5	22.1	10.5	360
	02/03	14.0	16.0	16.5	17.5	19.0	22.0	25.0	31.0	33.5	37.0	53.0	24.8	12.4	424
	04/05	12.5	14.5	15.5	16.5	18.0	19.5	22.5	26.5	28.5	31.0	38.5	23.20	10.81	470
	09/10	11.6	13.6	14.3	14.9	16.2	18.5	21	25	26.8	30.5	37	21.76	10.46	501
1-min. Sit-ups (repetitions)	98/99	24	28	30	30	33	35	37	39	40	42	45	34.6	8.1	272
	02/03	15	20	22	24	27	30	32	35	36	38	42	29.1	10.6	456
	04/05	20	25	27	28	30	33	35	36	38	40	44	32.21	9.09	480
	09/10	20	24	25	27	29	31	33	36	37	38	42	31.04	8.86	504
Sit-and-Reach (cm)	98/99	14	19	21	22	24	26	28	30	31	32	34	25.3	7.6	272
	02/03	15	18	19	20	23	25	27	29	31	32	36	24.9	8.5	455
	04/05	14	18	20	21.5	24	26	28	30	31	33	37	25.67	9.00	480
	09/10	13	16	18	20	23	25	28	30	31	32	36	24.77	8.87	503
Push-ups (repetitions)	98/99	0	2	3	5	8	11	14	17	19	21	26	12.4	10.1	271
	02/03	0	0	1	2	3	6	8	11	13	14	19	7.8	8.0	454
	04/05	1	5	6	8	10	14	17	20	21	24	31	14.95	11.01	474
	09/10	0	3	4	5	8	11	14	17	19	21	28	12.49	10.34	501
9-min Run / Walk (m)	98/99	1310	1410	1440	1470	1530	1590	1630	1680	1710	1760	1870	1584	214	261
	02/03	1135	1280	1300	1360	1420	1470	1550	1610	1640	1680	1830	1478	243	354
	04/05	1200	1280	1320	1360	1420	1480	1550	1610	1660	1700	1840	1490.56	246.77	465
	09/10	1130	1230	1290	1320	1370	1440	1490	1560	1600	1650	1770	1445.94	235.73	498
Height (cm)	02/03	157.0	160.0	161.0	162.5	163.5	165.0	167.0	169.0	170.0	171.0	174.0	165.2	6.8	456
	04/05	157.5	161.5	162.0	163.0	165.0	166.0	167.5	169.5	170.5	171.5	174.0	166.06	6.82	482
	09/10	157.8	161	162	163	164.9	166.8	168.8	170.5	171.6	172.6	176	166.8	7.16	503
Weight (kg)	02/03	45.0	47.5	48.5	50.0	52.0	54.0	56.5	59.5	62.0	65.5	78.0	54.9	11.2	456
	04/05	43.5	46.5	48.0	49.0	51.0	53.5	56.0	59.0	61.0	63.0	70.0	55.17	10.74	484
	09/10	42.9	46	47.9	49.2	51.4	53.9	56.6	60.1	62.3	65.4	73.9	56.01	11.7	502

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 15)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	11.5	12.5	13.5	14.0	15.5	16.5	19.0	21.0	23.0	25.0	32.0	19.6	9.2	350
	02/03	13.4	14.8	15.5	16.2	17.7	19.4	21.4	24.4	27.6	30.0	48.2	22.2	11.9	395
	04/05	11.5	13.0	14.0	14.5	16.3	18.0	20.0	23.5	25.5	27.5	34.5	20.85	9.96	543
	09/10	11.4	13.2	13.9	14.7	16	17.8	20.2	23.4	25.4	27.7	35.4	21.23	10.81	493
1-min. Sit-ups (repetitions)	98/99	25	30	30	32	34	36	38	40	41	43	46	35.8	8.6	348
	02/03	14	20	22	24	28	30	33	36	38	39	42	29.6	11.1	395
	04/05	23	27	29	30	32	34	36	39	40	42	46	34.26	9.13	539
	09/10	22	26	27	29	31	33	35	37	39	40	45	33.07	8.99	491
Sit-and-Reach (cm)	98/99	15	19	21	23	26	27	29	31	32	34	38	26.8	8.4	347
	02/03	14	17	19	20	23	26	29	31	33	35	38	25.8	9.2	395
	04/05	14.5	19	20.5	22	25	27	30	32	34	35	38.5	34.26	9.13	539
	09/10	14	19	20	22	24	26	28	31	33	34	38	26.1	8.79	492
Push-ups (repetitions)	98/99	1	3	4	6	8	11	15	19	20	23	30	13.5	10.7	347
	02/03	0	1	2	3	6	8	10	13	15	18	24	9.9	9.1	395
	04/05	3	8	10	12	15	20	21	25	27	30	35	19.43	12.45	536
	09/10	1	5	7	9	12	15	18	20	23	25	30	15.22	10.35	488
9-min Run / Walk (m)	98/99	1300	1430	1460	1500	1560	1600	1670	1740	1780	1830	1850	1603	232	343
	02/03	1200	1280	1320	1360	1440	1520	1580	1630	1680	1690	1790	1493	249	291
	04/05	1245	1350	1380	1430	1480	1540	1610	1680	1720	1760	1840	1538.77	246.58	494
	09/10	1200	1290	1340	1380	1440	1500	1540	1610	1640	1680	1790	1495.61	251.66	483
Height (cm)	02/03	159.5	163.0	164.0	165.0	166.5	167.5	169.5	171.5	172.5	173.5	176.0	168.0	6.2	395
	04/05	161.5	164.5	165.0	166.0	167.5	169.5	171.0	172.0	173.0	174.0	177.0	169.17	6.29	544
	09/10	162.4	164.6	166	166.8	168	169.6	171.3	172.7	173.5	174.7	177	169.66	5.98	492
Weight (kg)	02/03	48.0	50.0	51.0	52.0	54.0	56.0	59.0	61.5	63.5	67.0	82.0	57.5	12.3	395
	04/05	47.0	50.0	51.0	52.0	54.5	57.0	60.0	63.0	65.0	67.5	74.0	59.26	11.57	545
	09/10	47.1	49.7	50.7	52.1	54.1	56.2	59.6	63	65.1	67.2	75.9	59.4	12.58	493

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 16)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	11.5	12.5	13.0	14.4	15.7	17.0	19.0	22.0	23.5	25.0	34.2	20.2	10.0	355
	02/03	13.0	14.3	15.0	15.4	17.1	19.5	22.0	26.2	28.2	31.4	44.9	21.6	10.6	385
	04/05	11.5	13.5	14.0	15.0	16.0	18.5	20.5	24.0	26.0	28.0	34.0	20.88	9.56	526
	09/10	11.2	13.1	13.7	14.4	15.9	17.6	20.5	23.5	26	28.2	36.1	20.9	9.91	475
1-min. Sit-ups (repetitions)	98/99	25	29	30	32	34	36	39	41	42	44	48	36.4	9.0	351
	02/03	19	24	26	28	30	32	35	38	40	40	44	32.0	10.1	384
	04/05	22	27	28	30	32	34	36	39	40	41	46	33.98	9.56	522
	09/10	21	25	26	27	30	32	35	37	40	41	45	32.46	8.92	472
Sit-and-Reach (cm)	98/99	17	20	22	23	25	27	29	31	32	34	37	27.2	7.7	352
	02/03	14	20	21	22	24	27	30	32	33	35	38	26.8	9.1	385
	04/05	16	19	21	23	25.5	28	30	33	34	35.5	39	27.64	8.91	523
	09/10	16	19	20	22	24	27	29	31	33	34	39	26.7	8.9	475
Push-ups (repetitions)	98/99	2	6	8	10	12	16	19	21	23	25	31	16.4	11.0	350
	02/03	0	3	4	5	8	10	13	17	19	20	25	12.0	9.6	383
	04/05	6	11	13	15	18	20	23	27	30	30	36	21.29	12.05	512
	09/10	2	7	9	10	13	16	20	21	23	25	30	16.32	10.17	468
9-min Run / Walk (m)	98/99	1360	1470	1510	1520	1600	1650	1680	1760	1790	1830	1880	1641	215	348
	02/03	1220	1320	1380	1440	1520	1540	1600	1670	1690	1730	1840	1536	236	323
	04/05	1220	1350	1380	1440	1510	1560	1610	1680	1700	1730	1850	1543.07	237.40	502
	09/10	1210	1300	1350	1360	1440	1480	1560	1610	1630	1680	1760	1486.62	229.92	447
Height (cm)	02/03	162.5	165.0	166.0	167.0	168.5	170.0	171.0	172.5	173.5	174.5	177.5	169.9	5.9	385
	04/05	162.0	165.0	165.5	166.5	168.0	170.0	172.0	173.0	174.5	175.5	178.0	170.09	6.31	526
	09/10	163	165.5	166.5	167.5	169.2	170.5	172	173.4	175	176	178	170.6	5.76	475
Weight (kg)	02/03	50.5	53.0	54.0	55.0	57.5	59.5	61.5	64.5	67.0	71.5	87.0	60.5	11.6	385
	04/05	48.5	51.5	53.0	54.5	57.0	58.5	61.5	64.5	66.5	68.0	74.5	60.72	11.10	527
	09/10	48.4	51.7	53.2	54.4	56	58.2	60.6	63.1	65	67.1	74.6	60.39	11.89	474

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 17)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	11.5	13.0	14.0	14.5	16.5	18.0	20.0	23.0	24.0	25.5	31.0	20.1	9.1	203
	02/03	13.0	14.0	14.5	15.0	16.0	18.5	20.5	24.0	26.5	30.0	42.5	20.5	9.7	349
	04/05	11.0	12.5	13.0	14.0	15.5	17.0	19.0	22.0	23.5	26.5	33.5	19.77	9.62	502
	09/10	10.5	12.1	13.1	14.1	15.5	17.2	20	22.8	24.8	26.8	34.9	20.51	10.55	411
1-min. Sit-ups (repetitions)	98/99	26	30	31	31	34	36	39	41	43	44	49	36.6	8.9	202
	02/03	20	26	28	29	31	33	36	38	40	41	45	32.9	9.3	341
	04/05	24	28	30	30	33	35	38	40	42	43	47	35.27	9.59	498
	09/10	22	26	29	30	32	34	36	39	40	41	45	33.89	9.04	403
Sit-and-Reach (cm)	98/99	15	19	21	22	25	28	30	32	33	34	37	26.8	8.3	202
	02/03	15	19	21	23	26	29	32	34	35	36	39	27.9	9.2	349
	04/05	15	20	21	23	26	28	31	33	35	36	40	27.88	9.44	500
	09/10	15	20	22	23	26	29	31	34	35	37	40	28.31	9.33	413
Push-ups (repetitions)	98/99	1	6	8	10	13	16	19	22	25	27	33	16.9	11.2	202
	02/03	0	3	5	7	10	12	15	18	20	21	27	13.1	10.0	347
	04/05	5	13	15	17	20	23	26	30	30	33	40	23.34	12.75	497
	09/10	4	7	10	10	14	19	21	25	27	29	33	18.39	11.46	400
9-min Run / Walk (m)	98/99	1390	1500	1520	1540	1600	1670	1720	1780	1800	1830	1920	1659	218	188
	02/03	1290	1360	1410	1450	1530	1600	1640	1680	1720	1750	1840	1569	213	283
	04/05	1290	1410	1450	1490	1540	1600	1660	1710	1750	1780	1880	1588.98	238.75	488
	09/10	1270	1360	1390	1440	1500	1560	1610	1680	1720	1760	1840	1550.47	249.38	408
Height (cm)	02/03	163.0	165.5	166.5	168.0	169.5	171.0	172.5	174.5	175.0	176.0	179.0	171.0	6.2	349
	04/05	163.5	166.5	167.5	168.5	170.0	171.5	172.5	174.0	175.0	175.5	178.0	171.17	5.85	503
	09/10	164.4	166.8	167.5	168.3	170.1	171.5	173	174.2	175.5	176.5	179	171.55	5.6	413
Weight (kg)	02/03	52.0	54.0	55.5	56.5	59.0	61.0	63.0	66.5	69.0	71.0	86.0	61.9	11.6	349
	04/05	51.0	53.0	54.5	55.5	57.5	60.0	62.0	65.0	66.0	68.0	76.5	61.67	10.60	503
	09/10	50	53.6	55.3	56.5	59	61.3	63.2	66.4	68	69.7	76.2	62.49	10.54	413

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 18 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)	98/99	10.5	12.0	13.0	13.5	14.5	16.0	17.5	19.5	23.0	25.0	33.0	18.9	9.2	152
	02/03	11.5	12.5	13.5	14.0	16.0	17.5	19.5	21.5	24.0	26.5	35.5	18.8	8.8	430
	04/05	10.5	12.0	13.0	13.5	15.5	17.5	19.0	21.5	23.5	25.0	31.5	19.37	9.29	687
	09/10	10.1	11.9	12.6	13.3	14.9	16.5	18.8	21.3	23.2	24.6	31.3	19.04	9.49	602
1-min. Sit-ups (repetitions)	98/99	26	30	30	32	35	38	40	42	43	45	50	37.5	9.4	174
	02/03	21	26	28	30	31	34	36	39	40	41	44	33.3	9.6	416
	04/05	25	30	31	32	35	37	40	41	43	45	49	36.85	9.31	687
	09/10	22	27	29	30	32	34	37	39	40	42	46	34.52	9.63	598
Sit-and-Reach (cm)	98/99	20	22	25	26	28	31	32	34	35	37	41	30.0	8.4	152
	02/03	17	21	22	24	27	29	31	34	36	37	40	28.6	9.1	430
	04/05	16	22	23.5	25	28	30	32	34.5	36	38	40.5	29.15	9.55	687
	09/10	16	21	22	24	27	29	31	34	35	36	40	28.5	9.09	598
Push-ups (repetitions)	98/99	5	10	13	14	18	20	22	25	29	30	35	20.4	11.4	172
	02/03	1	5	7	10	13	15	18	21	23	25	30	15.84	10.76	430
	04/05	10	15	18	20	22	26	30	31	33	36	42	26.10	13.09	681
	09/10	5	10	11	13	17	20	22	27	30	30	35	20.51	12.02	596
9-min Run / Walk (m)	98/99	1370	1520	1600	1610	1680	1730	1770	1820	1840	1880	1970	1704	243	146
	02/03	1300	1400	1440	1470	1530	1600	1660	1710	1740	1760	1840	1580	221	337
	04/05	1310	1420	1450	1500	1570	1620	1680	1750	1780	1820	1900	1611.01	254.68	651
	09/10	1280	1360	1420	1460	1520	1590	1620	1680	1710	1760	1840	1566.57	234.2	569
Height (cm)	02/03	163.5	166.0	167.0	167.5	169.5	171.0	173.0	174.5	176.0	177.0	179.5	171.2	6.1	430
	04/05	164.0	166.5	167.0	168.0	169.5	171.0	172.5	174.5	175.5	176.5	179.0	171.16	6.03	689
	09/10	163.7	166.1	167.1	168	169.5	171	172	173.5	174.7	176	178.4	170.86	5.87	602
Weight (kg)	02/03	52.5	54.5	56.0	57.5	59.0	61.0	63.0	67.0	68.5	71.0	80.5	61.8	10.5	430
	04/05	52.0	55.0	56.0	57.0	59.5	61.0	63.0	66.0	67.5	69.5	75.0	62.66	10.11	689
	09/10	51.2	54.1	55.3	56.6	58.3	60.3	62.3	65.2	66.9	69.1	74.8	62.18	10.17	602

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 12 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)	98/99	16.5	19.5	20.5	21.5	23.0	25.0	28.0	30.5	33.0	35.0	41.5	27.6	10.4	231
	02/03	20.0	22.0	24.5	25.0	27.5	30.5	33.0	36.0	38.0	41.0	52.0	30.6	10.4	251
	04/05	17.5	20.0	21.5	22.5	25.0	27.5	30.5	34.5	36.0	39.5	46.5	30.13	12.27	350
	09/10	19	21.8	22.7	23.9	26.6	28.8	31.4	34	35.7	37.9	46.5	30.85	11.18	384
1-min. Sit-ups (repetitions)	98/99	13	16	18	18	21	23	25	27	28	29	32	22.4	7.9	231
	02/03	11	16	18	20	22	25	27	30	31	33	37	24.6	10.2	251
	04/05	11	16	18	19	22	24	26	29	30	31	33	23.36	8.53	359
	09/10	10	15	17	18	21	23	25	27	28	29	33	22.34	9.14	378
Sit-and-Reach (cm)	98/99	19	22	24	24	27	28	30	32	33	34	37	28.1	7.0	231
	02/03	18	23	23	24	26	28	30	32	33	34	38	27.9	7.6	251
	04/05	18	23	24.5	25	27	29	30.5	32.5	34	34.5	37.5	28.62	7.31	358
	09/10	18	22	24	26	28	30	31	33	34	36	40	29.08	8.09	383
Push-ups (repetitions)	98/99	0	2	2	2	5	7	9	12	13	15	20	8.5	7.5	231
	02/03	0	0	0	0	1	2	4	6	7	9	14	5.1	7.3	251
	04/05	0	1	2	3	7	11	14	18	20	22	27	12.41	11.15	357
	09/10	0	0	1	2	3	5	7	10	12	14	19	7.61	8.31	378
9-min Run / Walk (m)	98/99	1120	1160	1200	1210	1250	1280	1310	1350	1360	1380	1440	1281	131	219
	02/03	1040	1120	1150	1200	1250	1280	1330	1390	1440	1470	1620	1305	213	182
	04/05	1036	1080	1110	1130	1160	1210	1250	1290	1320	1340	1410	1216.04	150.67	355
	09/10	960	1050	1080	1100	1140	1190	1220	1260	1290	1320	1390	1179.54	182.27	367
Height (cm)	02/03	144.5	148.0	149.0	150.0	151.0	153.0	154.5	156.0	156.5	158.0	160.0	152.6	5.8	251
	04/05	145.5	148.5	149.5	150.0	152.0	153.5	155.0	156.5	157.5	158.0	160.5	153.25	6.28	359
	09/10	146.9	149.1	150.3	151.1	153	154.4	155.6	157.1	158.3	159.4	161.3	154.18	5.76	385
Weight (kg)	02/03	37.5	39.5	40.5	41.5	44.0	46.0	48.0	50.5	52.5	55.5	62.0	45.9	9.2	251
	04/05	35.5	37.5	39.0	40.5	42.5	44.5	46.0	48.5	50.5	51.5	58.0	45.56	9.87	355
	09/10	36.6	39.9	40.5	41.1	43.1	45.2	48	50	51.3	54	57.8	46.7	9.05	385

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 13)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	17.0	20.0	20.5	22.0	24.0	26.0	28.5	31.5	32.5	35.0	41.5	28.2	10.5	368
	02/03	20.5	23.5	25.0	26.0	28.0	31.0	34.0	38.0	41.0	43.5	54.0	31.8	11.6	477
	04/05	19.5	22.0	23.5	24.0	27.0	29.0	32.0	34.5	36.5	38.5	43.5	31.17	11.09	428
	09/10	18.8	21.3	22.8	24.5	27	29.7	32.5	36.7	39.2	42.4	50.6	32.38	12.88	431
1-min. Sit-ups (repetitions)	98/99	12	17	18	20	22	24	26	28	30	31	34	23.7	8.5	368
	02/03	11	16	18	19	22	25	27	29	30	33	37	24.3	10.4	477
	04/05	12	16	18	20	22	24	27	29	30	31	37	24.15	9.52	426
	09/10	9	14	17	19	21	23	25	28	30	31	35	22.73	9.52	428
Sit-and-Reach (cm)	98/99	19	22	23	24	26	28	30	32	32	33	38	28.2	7.3	368
	02/03	18	21	22	24	27	29	30	33	34	35	39	28.1	8.2	477
	04/05	20	24	25	26	28	31	32	34	35.5	37	39.5	30	7.83	426
	09/10	19	23	24	26	28	30	32	34	35	37	39	29.49	8.23	431
Push-ups (repetitions)	98/99	0	1	1	2	4	6	7	10	11	13	19	7.6	7.6	352
	02/03	0	0	0	0	1	3	5	8	10	11	17	6.1	7.8	477
	04/05	0	1	2	4	7	10	14	17	19	21	30	12.47	12.30	422
	09/10	0	1	1	2	4	6	9	12	14	16	21	8.78	8.99	428
9-min Run / Walk (m)	98/99	1120	1180	1200	1209	1240	1280	1320	1361	1380	1410	1480	1284	167	338
	02/03	1040	1120	1140	1160	1200	1250	1290	1350	1370	1420	1530	1271	197	356
	04/05	980	1090	1120	1140	1190	1230	1280	1300	1320	1340	1430	1220.64	163.54	408
	09/10	970	1050	1080	1120	1170	1200	1250	1280	1310	1340	1430	1201.34	177.09	411
Height (cm)	02/03	148.0	150.5	151.5	152.0	154.0	155.5	157.0	158.5	159.5	160.5	163.0	145.5	5.8	477
	04/05	149.0	151.0	151.5	152.5	154.0	155.5	156.5	158.0	158.5	159.5	162.0	146.0	5.18	431
	09/10	149.2	151.2	151.9	152.9	154.5	156	157.1	159	160	160.6	163.1	155.93	5.73	432
Weight (kg)	02/03	38.5	41.0	41.5	43.0	45.0	47.5	49.5	52.5	53.5	56.0	64.5	37.0	9.3	477
	04/05	38.0	40.5	42.0	43.0	45.0	46.5	48.0	50.0	51.5	52.5	56.5	36.0	8.86	429
	09/10	38.1	40.5	41.4	42.7	44.9	46.9	49.2	52.3	53.9	55.1	61.4	48.68	10.36	432

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 14)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	20.0	23.0	24.0	25.0	27.0	28.5	31.0	33.5	34.5	36.5	43.0	30.3	9.5	312
	02/03	22.5	26.0	27.0	28.5	31.0	33.5	36.0	39.0	41.5	42.5	49.5	32.99	9.81	472
	04/05	20.5	23.0	24.5	25.5	27.5	30.0	32.5	35.5	37.0	39.0	47.0	32.06	11.4	398
	09/10	19.5	22.4	23.7	25.1	27.6	30.3	32.6	35.4	37.5	40	48.5	32.09	12.03	489
1-min. Sit-ups (repetitions)	98/99	14	18	20	21	24	25	28	30	32	33	37	25.6	8.7	312
	02/03	10	16	18	20	22	24	27	30	30	32	37	24.35	10.73	469
	04/05	12	16	19	20	22	25	27	29	30	32	38	24.68	9.75	401
	09/10	10	15	17	19	22	24	26	29	30	32	35	23.32	9.75	476
Sit-and-Reach (cm)	98/99	18	23	24	25	27	28	30	32	33	35	38	28.3	7.9	312
	02/03	19	22	24	25	27	29	31	33	34	35	40	28.8	7.9	472
	04/05	18.5	24	25.5	27	28.5	31	33	35	36.5	37	39.5	30.2	8.34	402
	09/10	20	23	24	26	29	31	32	35	36	37	40	30.12	8.05	485
Push-ups (repetitions)	98/99	0	0	1	1	2	4	7	9	10	11	17	6.5	7.2	254
	02/03	0	0	0	0	2	3	5	8	9	11	18	5.9	7.1	468
	04/05	0	2	4	6	8	11	14	20	21	24	30	13.75	12.0	397
	09/10	0	1	2	3	6	8	11	14	15	17	22	9.86	8.54	477
9-min Run / Walk (m)	98/99	1100	1160	1180	1200	1230	1280	1310	1350	1370	1400	1470	1284	157	263
	02/03	1040	1120	1140	1160	1200	1240	1300	1360	1370	1390	1470	1266	187	347
	04/05	1020	1100	1120	1150	1200	1240	1290	1340	1360	1380	1490	1244.63	183.37	387
	09/10	1000	1060	1090	1120	1160	1210	1270	1300	1330	1370	1450	1212.6	189.9	480
Height (cm)	02/03	150.5	152.5	153.5	154.0	155.5	157.5	158.5	160.0	161.0	162.0	164.0	157.1	5.6	472
	04/05	150.3	153.0	153.8	154.5	156.0	157.0	158.5	160.0	161.0	161.5	164.0	157.03	5.52	401
	09/10	151	153	154	155	156	157.5	158.8	160.5	161.5	162.1	165.2	157.8	5.47	491
Weight (kg)	02/03	42.0	44.0	45.0	45.5	47.5	49.0	51.0	53.0	55.0	57.0	65.5	49.4	8.1	471
	04/05	40.0	43.0	44.0	45.0	46.5	48.5	50.0	53.0	54.5	57.0	61.5	50.17	9.77	403
	09/10	40.4	43.7	44.8	45.6	47.2	48.7	50.7	53.8	55.5	57.1	62.5	50.83	9.67	491

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 15)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	20.5	23.0	24.0	24.5	26.5	28.5	30.0	33.5	35.0	37.0	41.0	29.9	8.5	446
	02/03	54.0	41.5	39.0	37.5	34.5	32.0	30.0	27.5	26.5	25.5	23.0	32.7	10.7	468
	04/05	21.0	24.0	25.0	26.5	28.5	31.0	33.0	36.0	37.0	39.5	46.5	32.24	10.17	451
	09/10	21	24	25.1	26.1	28.4	30.8	33.5	36.2	38	40	47.1	32.94	12.13	445
1-min. Sit-ups (repetitions)	98/99	16	20	21	22	25	27	29	31	32	35	39	27.1	8.9	394
	02/03	11	16	18	20	23	25	28	30	31	33	37	24.8	10.4	469
	04/05	12	17	19	20	22	24	27	30	30	32	35	24.32	9.25	450
	09/10	11	16	18	19	22	24	26	29	30	31	35	23.77	9.7	438
Sit-and-Reach (cm)	98/99	21	23	25	27	29	31	32	34	36	37	39	30.2	7.7	395
	02/03	19	23	24	25	27	29	31	34	35	36	40	29.1	8.2	469
	04/05	20	24.5	26	27.5	30	32	34	36.5	37.5	39	42	31.41	8.41	454
	09/10	21	25	26	28	30	32	34	36	37	39	43	31.6	8.35	443
Push-ups (repetitions)	98/99	0	1	2	2	4	6	9	11	12	14	19	7.9	7.5	349
	02/03	0	0	0	0	2	3	6	8	10	12	20	6.6	8.2	469
	04/05	0	2	3	4	8	10	14	18	20	21	30	12.88	11.33	450
	09/10	0	2	3	4	6	8	11	13	15	18	22	10.11	9.04	437
9-min Run / Walk (m)	98/99	1070	1160	1190	1200	1250	1280	1320	1360	1370	1390	1460	1277	149	383
	02/03	1050	1120	1150	1190	1220	1280	1320	1360	1400	1430	1490	1276	190	299
	04/05	1050	1110	1130	1160	1200	1250	1280	1330	1350	1380	1450	1244	165.85	432
	09/10	1040	1120	1140	1170	1210	1260	1290	1340	1360	1370	1450	1246.88	183.12	420
Height (cm)	02/03	150.5	152.5	153.5	154.5	156.0	157.5	159.0	160.5	161.5	162.0	164.5	157.5	5.5	469
	04/05	151.5	153.5	154.0	154.5	156.0	157.5	159.0	160.0	161.0	162.0	165.0	157.78	5.43	454
	09/10	151.5	154	155	155.8	157.3	158.6	159.9	161.5	162.5	163.2	165.8	158.68	5.68	445
Weight (kg)	02/03	42.5	44.5	45.0	46.0	48.0	49.5	51.0	54.0	56.0	58.5	64.5	50.0	8.7	469
	04/05	42.0	44.0	45.0	46.0	47.5	49.5	51.0	53.0	54.5	56.0	60.0	50.47	8.26	455
	09/10	41.2	44.5	45.4	46.2	47.8	49.7	51.6	53.5	54.7	56.3	60.6	50.85	9.24	445

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 16)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	21.0	24.0	24.5	25.5	27.5	29.5	31.0	33.5	36.0	37.5	43.0	30.9	9.6	329
	02/03	24.0	26.0	27.0	28.0	30.0	32.5	34.5	37.0	38.5	41.0	51.5	32.9	10.9	349
	04/05	21.0	24.5	25.5	26.5	29.0	31.5	33.5	36.5	39.0	42.0	46.5	32.87	10.23	469
	09/10	20.8	23.5	24.8	25.7	27.9	30	32.6	35.5	37.2	39.5	44.2	32.13	11.21	410
1-min. Sit-ups (repetitions)	98/99	17	21	23	25	28	30	32	35	36	38	42	29.8	9.6	303
	02/03	12	17	19	20	23	26	28	31	32	33	38	25.5	10.0	347
	04/05	13	17	19	20	22	24	27	29	31	33	36	24.61	9.38	467
	09/10	11	16	18	19	21	24	26	28	29	30	36	23.11	9.27	408
Sit-and-Reach (cm)	98/99	21	24	26	27	29	31	32	35	36	37	40	30.7	7.7	304
	02/03	19	23	25	26	28	31	33	35	36	37	40	29.8	8.2	349
	04/05	21	24.5	26.5	27	29.5	31.5	33	36.5	37	38	41	31.14	8.01	470
	09/10	22	25	27	28	31	33	35	36	37	39	43	32.02	8.26	411
Push-ups (repetitions)	98/99	0	1	2	2	4	7	10	12	15	16	23	9.4	9.4	278
	02/03	0	0	0	1	2	4	6	9	11	13	19	6.5	7.4	347
	04/05	1	4	5	6	9	12	15	18	20	22	27	13.5	11.05	465
	09/10	0	2	3	4	6	8	11	13	14	16	20	9.64	8.06	404
9-min Run / Walk (m)	98/99	1120	1180	1200	1240	1280	1310	1340	1380	1410	1440	1530	1312	174	298
	02/03	1040	1120	1140	1190	1220	1280	1300	1360	1360	1400	1480	1260	179	229
	04/05	1020	1090	1140	1160	1210	1260	1290	1330	1360	1380	1450	1242.66	176.07	449
	09/10	980	1060	1120	1130	1180	1230	1280	1340	1360	1380	1460	1227.95	212.27	370
Height (cm)	02/03	150.5	154.0	155.0	155.5	157.0	158.5	159.5	161.0	162.0	163.0	165.5	158.4	5.5	349
	04/05	152.0	153.5	154.5	155.4	157.0	158.0	159.5	161.0	162.0	162.5	165.0	158.22	5.37	474
	09/10	151	153.5	154.5	155	156.5	157.8	159.5	161.1	161.6	162.6	165	158	5.65	413
Weight (kg)	02/03	43.5	46.5	47.0	48.0	49.5	51.0	52.5	54.5	56.0	57.5	65.5	51.2	8.1	349
	04/05	42.5	44.5	45.5	46.0	48.0	49.5	51.0	53.0	54.0	55.0	59.0	50.25	7.25	470
	09/10	42.7	45.1	45.9	46.6	48.2	49.4	51.2	53.8	55.1	57	61.7	51.14	8.37	411

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 17)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	98/99	20.5	23.5	24.0	25.5	27.5	29.5	32.0	35.5	36.5	38.5	43.0	31.0	9.3	215
	02/03	23.5	26.0	27.0	27.5	29.5	31.0	33.0	37.0	38.5	40.5	49.5	31.8	8.8	417
	04/05	20.0	23.0	24.5	25.5	28.0	30.5	32.5	35.0	37.0	39.0	45.5	31.86	11.07	405
	09/10	20	22.7	24.4	25.5	28.3	30.2	33.4	35.7	37.2	39.6	46.4	32.19	11.29	430
1-min. Sit-ups (repetitions)	98/99	15	20	22	24	26	28	31	32	35	37	40	28.0	9.9	209
	02/03	12	16	19	21	24	26	29	31	32	34	38	25.6	10.1	412
	04/05	15	20	20	22	24	25	28	31	32	34	38	26.02	9.03	405
	09/10	10	16	18	19	22	25	27	30	31	33	37	24.33	10.05	418
Sit-and-Reach (cm)	98/99	20	24	26	27	29	31	34	36	37	38	43	31.4	8.4	210
	02/03	19	23	24	26	28	30	32	34	36	37	41	29.6	8.4	419
	04/05	20.5	25	27	28.0	31	33	35	37.5	38.5	39.5	42.0	32.25	8.51	406
	09/10	18	25	27	28	30	33	34	36	37	39	43	31.2	9.35	432
Push-ups (repetitions)	98/99	0	0	1	2	3	5	7	9	10	12	18	7.0	7.5	160
	02/03	0	0	0	1	3	5	7	10	11	12	17	6.9	7.5	419
	04/05	0	3	5	6	10	13	17	20	21	23	29	14.0	11.28	396
	09/10	0	2	4	4	6	9	11	13	15	17	22	10.33	8.68	418
9-min Run / Walk (m)	98/99	1120	1190	1200	1240	1280	1310	1340	1370	1400	1410	1480	1304	160	209
	02/03	1060	1150	1180	1200	1230	1280	1320	1360	1360	1390	1480	1274	161	317
	04/05	1040	1140	1160	1200	1250	1290	1330	1370	1380	1410	1480	1273.46	176.69	407
	09/10	1060	1140	1190	1200	1230	1260	1290	1330	1360	1360	1430	1257.98	147.53	411
Height (cm)	02/03	151.5	153.5	154.5	155.5	156.5	158.0	160.0	161.5	162.0	162.5	164.5	158.2	5.2	419
	04/05	152.0	154.0	155.0	155.5	157.0	158.0	159.5	161.0	162.0	163.0	166.0	158.42	5.66	412
	09/10	150.2	153.5	154.5	155.4	157	158.5	159.7	160.8	161.6	162.8	165.5	158.15	5.83	434
Weight (kg)	02/03	44.0	46.0	46.5	47.5	49.0	50.5	52.0	54.5	56.0	57.5	64.5	50.8	7.2	418
	04/05	43.0	45.0	46.0	47.0	48.0	49.5	52.0	53.5	54.5	55.5	61.0	50.97	7.66	411
	09/10	42.3	44.9	46	47.2	48.7	50.2	52	54.4	55.6	57.7	62.7	51.73	8.57	434

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 18 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)	98/99	20.0	22.0	23.0	24.5	27.5	31.0	32.0	35.0	37.5	39.5	49.0	31.7	11.1	124
	02/03	22.5	24.5	25.5	26.5	29.0	31.0	34.0	36.5	38.5	40.5	50.5	31.7	10.1	379
	04/05	21.0	23.5	25.0	26.0	28.5	30.5	33.0	35.5	37.5	39.5	45.0	31.77	9.55	626
	09/10	19.5	23	24.1	25	27	29.4	32.4	25.4	37.4	40.1	47.9	32.03	12	593
1-min. Sit-ups (repetitions)	98/99	15	20	22	23	25	27	29	31	32	35	39	27.2	9.4	122
	02/03	13	18	20	21	24	26	29	31	33	33	38	25.9	9.5	364
	04/05	14	19	20	21	24	26	29	31	33	34	38	26.25	9.52	619
	09/10	11	16	18	19	22	25	28	30	32	33	37	24.56	10.06	576
Sit-and-Reach (cm)	98/99	23	25	26	28	30	31	34	36	36	38	40	31.7	7.1	122
	02/03	19	23	25	26	29	32	34	35	36	38	41	30.5	8.6	378
	04/05	20.5	24	26.5	28	31	33	35	38	39	40	43	32.07	8.81	624
	09/10	19	24	26	28	30	33	35	37	38	39	43	31.69	9.01	593
Push-ups (repetitions)	98/99	0	2	2	3	4	10	13	16	18	20	24	10.7	9.2	109
	02/03	0	0	1	2	4	6	8	9	11	13	17	7.2	7.1	377
	04/05	1	4	6	8	11	14	17	20	21	24	30	14.85	10.76	614
	09/10	1	3	4	5	7	10	12	15	16	18	22	10.98	9.08	571
9-min Run / Walk (m)	98/99	1120	1190	1200	1220	1270	1300	1350	1390	1420	1440	1530	1315	163	118
	02/03	1070	1160	1190	1200	1250	1290	1330	1360	1380	1400	1460	1279	168	290
	04/05	1090	1160	1190	1200	1250	1280	1320	1360	1380	1400	1490	1286.01	156.33	620
	09/10	1080	1140	1160	1200	1240	1280	1320	1360	1380	1420	1450	1277.69	165.73	536
Height (cm)	02/03	151.0	153.0	154.0	155.0	156.5	158.0	159.9	161.0	162.0	163.0	165.5	158.1	5.8	379
	04/05	151.0	153.5	154.5	155.0	157.0	158.5	160.0	161.5	162.0	163.5	166.0	158.38	6.03	633
	09/10	151.6	154	154.6	155.5	156.8	158.2	159.7	161	162	163.1	165.6	158.38	5.63	596
Weight (kg)	02/03	43.5	45.0	46.0	47.0	49.0	51.0	52.5	55.0	56.5	58.0	64.0	50.6	7.3	378
	04/05	43.0	45.0	46.0	47.0	48.5	50.0	51.5	54.0	55.0	56.0	59.5	50.97	7.2	632
	09/10	42.6	45	45.9	46.6	48.5	49.9	51.8	53.5	54.6	56.1	60.3	51.01	7.81	595

