

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)	04/05	13	15	16	18	21	24	27	31	35	38	47	27	14	385
	09/10	13	15	16	17	19	22	26	30	33	35	44	26	13	422
	14/15	13	15	16	17	20	23	27	31	33	35	42	26	12	452
1-min Sit-ups (repetition)	04/05	13	17	20	21	24	26	28	31	32	33	37	26	9.6	385
	09/10	13	20	22	23	26	28	31	33	35	36	40	28	10.0	424
	14/15	13	17	19	20	23	25	28	30	31	33	36	25	9.8	452
Sit-and-Reach (cm)	04/05	15	18	19	20	22	25	26	28	29	30	32	24	7.2	386
	09/10	14	17	19	20	23	24	25	27	28	29	32	23	6.7	422
	14/15	11	14	16	17	18	20	22	24	25	27	31	20	7.9	452
Push-ups (repetition)	04/05	0	0	1	2	3	5	8	11	14	18	23	9	9.6	379
	09/10	0	0	1	1	2	4	7	9	11	14	19	7	7.9	422
	14/15	0	0	0	0	1	2	4	7	9	10	16	5	7.8	451
9-min Run (m)	04/05	1080	1170	1200	1230	1290	1360	1410	1460	1510	1560	1670	1360	218.0	384
	09/10	1070	1150	1190	1210	1270	1320	1370	1440	1480	1530	1610	1330	208.2	401
	14/15	1070	1170	1210	1240	1300	1350	1400	1460	1500	1530	1630	1350	220.7	408
15m PACER (lap)	09/10	12	15	17	18	21	24	28	31	33	36	44	26	12.49	422
	14/15	19	23	27	30	33	37	42	48	50	54	66	40	17.72	446
Inclined Pull-ups (repetition)	09/10	0	1	2	3	5	7	10	12	13	15	19	9	7.38	422
	14/15	0	1	2	3	5	7	9	12	13	16	20	9	7.74	450
Height (cm)	04/05	144.0	146.5	148.0	149.0	151.5	153.0	155.5	158.0	159.0	160.5	164.5	153.7	8.2	386
	09/10	143.8	147.6	149.5	150.3	152.3	154.8	157.0	159.1	160.4	162.3	165.5	154.8	8.4	423
	14/15	143.9	148.2	149.4	150.7	152.7	155.4	157.0	158.7	160.1	161.5	165.2	154.7	7.9	452
Weight (kg)	04/05	34.0	38.0	39.0	40.0	42.0	45.0	48.0	50.5	53.5	56.0	63.0	47.0	11.7	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	47.4	10.8	423
	14/15	33.4	37.1	38.5	40.0	42.8	46.1	48.9	51.1	52.8	54.9	61.7	47.0	11.3	452

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)	04/05	13	15	16	16	18	20	23	27	29	31	39	23	10.8	470
	09/10	12	15	16	16	18	20	23	26	29	33	43	24	12.2	464
	14/15	13	15	15	16	18	21	24	29	32	34	42	25	12.8	500
1-min Sit-ups (repetition)	04/05	20	23	25	26	28	30	32	35	36	37	41	30	8.7	469
	09/10	17	22	24	26	29	31	33	35	36	38	42	30	9.9	456
	14/15	15	20	22	23	25	28	30	32	33	35	39	27	9.2	497
Sit-and-Reach (cm)	04/05	15	18	19	21	23	25	27	30	30	32	35	25	7.4	471
	09/10	13	18	19	20	22	24	26	28	28	30	33	24	7.7	462
	14/15	12	16	17	18	20	22	24	26	28	29	34	22	8.3	498
Push-ups (repetition)	04/05	1	3	4	5	8	10	13	17	20	22	30	13	10.6	470
	09/10	0	1	1	2	4	7	10	13	15	18	23	9	9.5	454
	14/15	0	0	0	1	2	5	7	10	12	15	20	8	9.1	497
9-min Run (m)	04/05	1140	1230	1270	1300	1360	1440	1510	1560	1600	1640	1740	1430	239.3	459
	09/10	1060	1200	1220	1280	1320	1370	1440	1510	1530	1590	1680	1380	233.5	443
	14/15	1080	1200	1250	1280	1330	1390	1450	1520	1560	1600	1720	1400	233.2	492
15m PACER (lap)	09/10	15	19	21	23	26	30	33	38	41	42	51	32	14.28	456
	14/15	21	29	32	35	40	44	51	57	61	65	78	47	20.83	483
Inclined Pull-ups (repetition)	09/10	0	2	3	5	7	9	11	14	15	17	22	10	8.2	461
	14/15	0	3	4	6	8	10	13	15	17	19	22	11	8.32	495
Height (cm)	04/05	150.0	153.5	154.5	156.0	158.5	160.0	162.5	164.5	165.5	167.0	170.0	160.1	8.1	470
	09/10	152.7	156.0	157.2	158.5	160.6	162.6	164.5	166.3	167.3	168.1	170.8	162.0	7.5	464
	14/15	151.7	156.2	157.2	158.7	160.7	162.8	164.6	166.2	167.4	168.6	171.6	162.2	7.6	500
Weight (kg)	04/05	38.0	41.5	43.5	44.5	46.5	49.0	51.5	54.5	56.5	59.0	66.5	51.0	11.8	471
	09/10	39.5	42.6	44.4	45.9	48.2	50.4	53.5	57.0	59.1	61.4	70.0	52.7	11.9	464
	14/15	39.3	42.6	43.9	45.8	47.9	50.5	53.6	57.7	59.5	61.7	70.8	53.0	12.5	500

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)	04/05	13	15	16	17	18	20	23	27	29	31	39	23	10.8	470
	09/10	12	14	14	15	16	19	21	25	27	31	37	22	10.5	501
	14/15	12	14	15	16	17	20	23	26	28	31	39	23	11.7	603
1-min Sit-ups (repetition)	04/05	20	25	27	28	30	33	35	36	38	40	44	32	9.1	480
	09/10	20	24	25	27	29	31	33	36	37	38	42	31	8.9	504
	14/15	18	23	25	26	29	31	33	35	37	38	43	31	9.9	602
Sit-and-Reach (cm)	04/05	14	18	20	22	24	26	28	30	31	33	37	26	9.0	480
	09/10	13	16	18	20	23	25	28	30	31	32	36	25	8.9	503
	14/15	11	14	16	17	20	22	25	27	29	31	34	22	9.4	603
Push-ups (repetition)	04/05	1	5	6	8	10	14	17	20	21	24	31	15	11.0	474
	09/10	0	3	4	5	8	11	14	17	19	21	28	12	10.3	501
	14/15	0	1	2	3	5	8	10	13	15	18	23	10	9.4	600
9-min Run (m)	04/05	1200	1280	1320	1360	1420	1480	1550	1610	1660	1700	1840	1490	246.8	465
	09/10	1130	1230	1290	1320	1370	1440	1490	1560	1600	1650	1770	1450	235.7	498
	14/15	1180	1250	1300	1320	1400	1460	1520	1600	1630	1670	1790	1460	234.4	589
15m PACER (lap)	09/10	19	23	25	28	31	33	38	42	46	49	58	37	15.16	499
	14/15	28	34	38	41	45	51	55	62	66	70	82	53	21.05	593
Inclined Pull-ups (repetition)	09/10	2	5	7	8	10	12	15	17	18	20	23	13	7.99	502
	14/15	2	5	6	8	10	13	15	18	19	20	24	13	8.16	600
Height (cm)	04/05	157.5	161.5	162.0	163.0	165.0	166.0	167.5	169.5	170.5	171.5	174.0	166.1	6.8	482
	09/10	157.8	161.0	162.0	163.0	164.9	166.8	168.8	170.5	171.6	172.6	176.0	166.8	7.2	503
	14/15	158.8	161.6	162.5	163.9	165.5	167.0	169.0	170.9	172.0	173.0	175.8	167.2	6.8	603
Weight (kg)	04/05	43.5	46.5	48.0	49.0	51.0	53.5	56.0	59.0	61.0	63.0	70.0	55.2	10.7	484
	09/10	42.9	46.0	47.9	49.2	51.4	53.9	56.6	60.1	62.3	65.4	73.9	56.0	11.7	502
	14/15	43.8	47.5	48.6	49.7	52.3	54.6	57.2	61.1	63.3	65.8	75.1	57.1	12.7	603

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)	04/05	12	13	14	15	16	18	20	24	26	28	35	21	10.0	543
	09/10	11	13	14	15	16	18	20	23	25	28	35	21	10.8	493
	14/15	12	14	15	15	17	19	22	26	28	31	39	23	11.8	554
1-min Sit-ups (repetition)	04/05	23	27	29	30	32	34	36	39	40	42	46	34	9.1	539
	09/10	22	26	27	29	31	33	35	37	39	40	45	33	9.0	491
	14/15	20	25	26	28	30	32	34	36	37	39	44	32	9.2	552
Sit-and-Reach (cm)	04/05	15	19	21	22	25	27	30	32	34	35	39	34	9.1	539
	09/10	14	19	20	22	24	26	28	31	33	34	38	26	8.8	492
	14/15	11	15	17	19	22	23	26	28	29	31	36	23	9.2	554
Push-ups (repetition)	04/05	3	8	10	12	15	20	21	25	27	30	35	19	12.5	536
	09/10	1	5	7	9	12	15	18	20	23	25	30	15	10.4	488
	14/15	0	3	5	6	9	11	15	19	20	21	26	13	10.1	550
9-min Run (m)	04/05	1245	1350	1380	1430	1480	1540	1610	1680	1720	1760	1840	1540	246.6	494
	09/10	1200	1290	1340	1380	1440	1500	1540	1610	1640	1680	1790	1500	251.7	483
	14/15	1190	1290	1320	1360	1430	1470	1520	1600	1630	1680	1790	1480	240.5	541
15m PACER (lap)	09/10	21	27	29	30	34	38	41	45	48	52	62	40	16.39	489
	14/15	30	38	41	42	47	51	56	63	66	70	82	54	20.41	540
Inclined Pull-ups (repetition)	09/10	4	7	8	10	12	14	16	19	20	21	24	14	8.17	485
	14/15	4	8	9	10	13	15	17	20	21	22	26	15	8.16	553
Height (cm)	04/05	161.5	164.5	165.0	166.0	167.5	169.5	171.0	172.0	173.0	174.0	177.0	169.2	6.3	544
	09/10	162.4	164.6	166.0	166.8	168.0	169.6	171.3	172.7	173.5	174.7	177.0	169.7	6.0	492
	14/15	162.3	165.0	165.7	166.5	168.2	170.0	171.5	173.0	173.8	175.0	177.5	169.9	6.3	556
Weight (kg)	04/05	47.0	50.0	51.0	52.0	54.5	57.0	60.0	63.0	65.0	67.5	74.0	59.3	11.6	545
	09/10	47.1	49.7	50.7	52.1	54.1	56.2	59.6	63.0	65.1	67.2	75.9	59.4	12.6	493
	14/15	47.1	50.5	51.4	52.4	54.4	57.5	60.1	63.4	65.3	68.3	77.1	60.0	12.5	556

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)	04/05	12	14	14	15	16	19	21	24	26	28	34	21	9.6	526
	09/10	11	13	14	14	16	18	21	24	26	28	36	21	9.9	475
	14/15	11	13	13	14	16	18	20	24	27	31	37	22	11.8	601
1-min Sit-ups (repetition)	04/05	22	27	28	30	32	34	36	39	40	41	46	34	9.6	522
	09/10	21	25	26	27	30	32	35	37	40	41	45	32	8.9	472
	14/15	20	24	26	27	30	32	34	37	38	40	45	32	9.6	604
Sit-and-Reach (cm)	04/05	16	19	21	23	26	28	30	33	34	36	39	28	8.9	523
	09/10	16	19	20	22	24	27	29	31	33	34	39	27	8.9	475
	14/15	12	16	17	19	22	24	27	29	31	33	37	24	9.8	605
Push-ups (repetition)	04/05	6	11	13	15	18	20	23	27	30	30	36	21	12.1	512
	09/10	2	7	9	10	13	16	20	21	23	25	30	16	10.2	468
	14/15	0	3	5	6	10	13	17	20	22	25	30	14	11.3	600
9-min Run (m)	04/05	1220	1350	1380	1440	1510	1560	1610	1680	1700	1730	1850	1540	237.4	502
	09/10	1210	1300	1350	1360	1440	1480	1560	1610	1630	1680	1760	1490	229.9	447
	14/15	1200	1300	1340	1380	1440	1490	1550	1610	1640	1680	1800	1490	237.2	593
15m PACER (lap)	09/10	23	30	31	32	36	39	42	45	50	52	59	40	13.86	470
	14/15	33	40	42	44	49	53	60	66	70	73	83	56	20.8	593
Inclined Pull-ups (repetition)	09/10	5	9	10	11	13	15	17	19	21	22	26	15	7.9	473
	14/15	3	9	11	12	15	17	20	21	22	24	27	17	8.73	603
Height (cm)	04/05	162.0	165.0	165.5	166.5	168.0	170.0	172.0	173.0	174.5	175.5	178.0	170.1	6.3	526
	09/10	163.0	165.5	166.5	167.5	169.2	170.5	172.0	173.4	175.0	176.0	178.0	170.6	5.8	475
	14/15	163.4	165.6	166.6	167.5	169.1	170.4	171.8	173.6	174.9	175.7	178.1	170.6	6.0	604
Weight (kg)	04/05	48.5	51.5	53.0	54.5	57.0	58.5	61.5	64.5	66.5	68.0	74.5	60.7	11.1	527
	09/10	48.4	51.7	53.2	54.4	56.0	58.2	60.6	63.1	65.0	67.1	74.6	60.4	11.9	474
	14/15	48.1	51.1	52.9	54.2	56.2	58.9	61.5	64.9	67.4	70.3	77.5	61.2	12.5	604

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Boys 17 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)	04/05	11	13	13	14	16	17	19	22	24	27	34	20	9.6	502
	09/10	11	12	13	14	16	17	20	23	25	27	35	21	10.6	411
	14/15	11	13	14	14	17	18	21	25	27	28	35	21	10.3	686
1-min Sit-ups (repetition)	04/05	24	28	30	30	33	35	38	40	42	43	47	35	9.6	498
	09/10	22	26	29	30	32	34	36	39	40	41	45	34	9.0	403
	14/15	20	24	26	27	30	32	34	37	38	40	44	32	9.8	685
Sit-and-Reach (cm)	04/05	15	20	21	23	26	28	31	33	35	36	40	28	9.4	500
	09/10	15	20	22	23	26	29	31	34	35	37	40	28	9.3	413
	14/15	11	16	18	19	22	26	28	31	33	34	38	25	10.0	684
Push-ups (repetition)	04/05	5	13	15	17	20	23	26	30	30	33	40	23	12.8	497
	09/10	4	7	10	10	14	19	21	25	27	29	33	18	11.5	400
	14/15	2	6	9	10	13	16	20	22	24	25	30	17	11.3	685
9-min Run (m)	04/05	1290	1410	1450	1490	1540	1600	1660	1710	1750	1780	1880	1590	238.8	488
	09/10	1270	1360	1390	1440	1500	1560	1610	1680	1720	1760	1840	1550	249.4	408
	14/15	1200	1310	1360	1400	1460	1520	1600	1660	1680	1730	1840	1520	252.0	672
15m PACER (lap)	09/10	23	30	32	34	37	41	44	50	53	55	62	42	15.27	403
	14/15	32	41	43	45	51	56	61	68	73	78	90	59	21.58	670
Inclined Pull-ups (repetition)	09/10	7	10	11	13	15	17	19	21	22	23	27	17	7.85	413
	14/15	6	11	12	14	17	19	21	23	24	25	30	18	8.64	680
Height (cm)	04/05	163.5	166.5	167.5	168.5	170.0	171.5	172.5	174.0	175.0	175.5	178.0	171.2	5.9	503
	09/10	164.4	166.8	167.5	168.3	170.1	171.5	173.0	174.2	175.5	176.5	179.0	171.6	5.6	413
	14/15	164.0	166.3	167.1	168.0	169.5	171.0	172.8	174.4	175.4	176.5	179.5	171.4	6.2	687
Weight (kg)	04/05	51.0	53.0	54.5	55.5	57.5	60.0	62.0	65.0	66.0	68.0	76.5	61.7	10.6	503
	09/10	50.0	53.6	55.3	56.5	59.0	61.3	63.2	66.4	68.0	69.7	76.2	62.5	10.5	413
	14/15	50.1	53.3	55.2	56.6	58.8	61.5	64.2	67.0	69.4	71.3	78.7	63.3	12.0	686

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)	04/05	18	20	22	23	25	28	31	35	36	40	47	30	12.3	350
	09/10	19	22	23	24	27	29	31	34	36	38	47	31	11.2	384
	14/15	19	22	23	24	27	29	30	35	37	39	44	30	9.9	409
1-min Sit-ups (repetition)	04/05	11	16	18	19	22	24	26	29	30	31	33	23	8.5	359
	09/10	10	15	17	18	21	23	25	27	28	29	33	22	9.1	378
	14/15	10	14	16	18	20	23	25	28	29	30	34	23	9.6	408
Sit-and-Reach (cm)	04/05	18	23	25	25	27	29	31	33	34	35	38	29	7.3	358
	09/10	18	22	24	26	28	30	31	33	34	36	40	29	8.1	383
	14/15	18	22	23	24	27	29	31	33	34	36	40	29	8.3	410
Bent-knee pushups (repetition)	04/05	0	1	2	3	7	11	14	18	20	22	27	12	11.2	357
	09/10	0	0	1	2	3	5	7	10	12	14	19	8	8.3	378
	14/15	0	0	0	1	2	4	6	7	9	11	17	6	7.7	405
9-min Run (m)	04/05	1036	1080	1110	1130	1160	1210	1250	1290	1320	1340	1410	1220	150.7	355
	09/10	960	1050	1080	1100	1140	1190	1220	1260	1290	1320	1390	1180	182.3	367
	14/15	1070	1130	1155	1180	1220	1260	1290	1340	1370	1400	1500	1270	166.4	409
15m PACER (lap)	09/10	10	13	14	14	16	17	18	20	21	22	27	18	7.21	378
	14/15	17	19	20	21	24	28	31	34	36	41	49	30	13.51	406
Inclined Pull-ups (repetition)	09/10	0	0	0	0	0	1	2	4	5	5	9	3	4.6	379
	14/15	0	0	0	1	2	3	4	6	7	8	11	4	5.1	408
Height (cm)	04/05	145.5	148.5	149.5	150.0	152.0	153.5	155.0	156.5	157.5	158.0	160.5	153.3	6.3	359
	09/10	146.9	149.1	150.3	151.1	153.0	154.4	155.6	157.1	158.3	159.4	161.3	154.2	5.8	385
	14/15	146.7	149.4	150.5	151.2	153.0	154.1	155.2	156.6	157.5	158.0	160.5	153.9	5.5	410
Weight (kg)	04/05	35.5	37.5	39.0	40.5	42.5	44.5	46.0	48.5	50.5	51.5	58.0	45.6	9.9	355
	09/10	36.6	39.9	40.5	41.1	43.1	45.2	48.0	50.0	51.3	54.0	57.8	46.7	9.1	385
	14/15	36.0	38.6	39.8	40.7	42.9	44.2	46.4	49.4	50.8	52.2	58.1	45.9	9.0	410

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 19)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	04/05	20	22	24	24	27	29	32	35	37	39	44	31	11.1	428
	09/10	19	21	23	25	27	30	33	37	39	42	51	32	12.9	431
	14/15	21	24	25	26	28	30	33	35	38	39	45	32	9.7	504
1-min Sit-ups (repetition)	04/05	12	16	18	20	22	24	27	29	30	31	37	24	9.5	426
	09/10	9	14	17	19	21	23	25	28	30	31	35	23	9.5	428
	14/15	12	16	18	20	21	24	26	29	30	32	36	24	9.5	499
Sit-and-Reach (cm)	04/05	20	24	25	26	28	31	32	34	36	37	40	30	7.8	426
	09/10	19	23	24	26	28	30	32	34	35	37	39	29	8.2	431
	14/15	20	23	25	26	28	30	32	35	36	37	41	30	8.2	504
Bent-knee pushups (repetition)	04/05	0	1	2	4	7	10	14	17	19	21	30	12	12.3	422
	09/10	0	1	1	2	4	6	9	12	14	16	21	9	9.0	428
	14/15	0	0	0	1	3	4	6	9	11	13	19	7	8.5	498
9-min Run (m)	04/05	980	1090	1120	1140	1190	1230	1280	1300	1320	1340	1430	1220	163.5	408
	09/10	970	1050	1080	1120	1170	1200	1250	1280	1310	1340	1430	1200	177.1	411
	14/15	1070	1130	1150	1180	1210	1260	1290	1340	1360	1390	1480	1270	165.3	496
15m PACER (lap)	09/10	11	13	14	15	17	18	20	22	23	25	30	19	7.62	427
	14/15	19	21	22	24	26	30	32	35	37	40	49	31	12.38	496
Inclined Pull-ups (repetition)	09/10	0	0	0	0	0	2	3	4	5	6	10	3	4.55	428
	14/15	0	0	0	1	1	3	4	6	7	8	11	4	4.91	502
Height (cm)	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	5.2	431
	09/10	149.2	151.2	151.9	152.9	154.5	156.0	157.1	159.0	160.0	160.6	163.1	155.9	5.7	432
	14/15	149.2	151.8	152.8	153.5	155.3	156.7	158.0	159.6	160.5	161.4	164.2	156.6	5.8	505
Weight (kg)	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	8.9	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	48.7	10.4	432
	14/15	39.6	42.3	43.1	43.8	45.6	47.2	49.3	51.7	53.3	55.2	62.1	49.0	9.1	505

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 20)

Items	School Year	Percentiles											Mean	Standard Deviation	Sample Size
		10	20	25	30	40	50	60	70	75	80	90			
Skinfolds Triceps + Calf (mm)	04/05	21	23	25	26	28	30	33	36	37	39	47	32	11.4	398
	09/10	20	22	24	25	28	30	33	35	38	40	49	32	12.0	489
	14/15	22	25	26	27	29	32	34	36	39	40	46	33	9.7	610
1-min Sit-ups (repetition)	04/05	12	16	19	20	22	25	27	29	30	32	38	25	9.8	401
	09/10	10	15	17	19	22	24	26	29	30	32	35	23	9.8	476
	14/15	10	15	17	18	21	23	26	29	31	32	36	23	10.1	608
Sit-and-Reach (cm)	04/05	19	24	26	27	29	31	33	35	37	37	40	30	8.3	402
	09/10	20	23	24	26	29	31	32	35	36	37	40	30	8.1	485
	14/15	18	23	24	26	28	31	33	35	37	38	42	30	8.9	611
Bent-knee pushups (repetition)	04/05	0	2	4	6	8	11	14	20	21	24	30	14	12.0	397
	09/10	0	1	2	3	6	8	11	14	15	17	22	10	8.5	477
	14/15	0	0	1	2	3	5	8	10	12	14	20	8	8.3	607
9-min Run (m)	04/05	1020	1100	1120	1150	1200	1240	1290	1340	1360	1380	1490	1250	183.4	387
	09/10	1000	1060	1090	1120	1160	1210	1270	1300	1330	1370	1450	1210	189.9	480
	14/15	1060	1130	1160	1190	1220	1260	1300	1340	1370	1400	1460	1260	160.8	600
15m PACER (lap)	09/10	11	15	16	16	18	19	21	23	25	26	30	20	7.78	473
	14/15	19	21	22	24	26	29	31	34	36	39	46	31	11.6	599
Inclined Pull-ups (repetition)	09/10	0	0	0	0	0	1	2	4	5	6	9	3	4.22	483
	14/15	0	0	0	0	2	3	4	6	7	8	11	4	4.87	604
Height (cm)	04/05	150.3	153.0	153.8	154.5	156.0	157.0	158.5	160.0	161.0	161.5	164.0	157.0	5.5	401
	09/10	151.0	153.0	154.0	155.0	156.0	157.5	158.8	160.5	161.5	162.1	165.2	157.8	5.5	491
	14/15	151.4	153.5	154.2	155.0	156.3	157.5	159.0	160.4	161.2	162.0	164.5	157.8	5.3	611
Weight (kg)	04/05	40.0	43.0	44.0	45.0	46.5	48.5	50.0	53.0	54.5	57.0	61.5	50.2	9.8	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	50.8	9.7	491
	14/15	41.3	43.6	44.4	45.1	47.1	48.9	51.0	53.0	54.7	55.9	60.8	50.2	8.4	611

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)	04/05	21	24	25	27	29	31	33	36	37	40	47	32	10.2	451
	09/10	21	24	25	26	28	31	34	36	38	40	47	33	12.1	445
	14/15	23	26	27	29	31	33	36	38	39	41	46	34	9.7	563
1-min Sit-ups (repetition)	04/05	12	17	19	20	22	24	27	30	30	32	35	24	9.3	450
	09/10	11	16	18	19	22	24	26	29	30	31	35	24	9.7	438
	14/15	11	16	17	19	21	24	27	30	31	33	37	24	10.0	562
Sit-and-Reach (cm)	04/05	20	25	26	28	30	32	34	37	38	39	42	31	8.4	454
	09/10	21	25	26	28	30	32	34	36	37	39	43	32	8.4	443
	14/15	17	23	25	26	29	31	34	36	37	39	43	31	9.4	565
Bent-knee pushups (repetition)	04/05	0	2	3	4	8	10	14	18	20	21	30	13	11.3	450
	09/10	0	2	3	4	6	8	11	13	15	18	22	10	9.0	437
	14/15	0	0	1	2	4	6	8	11	13	16	21	8	8.5	561
9-min Run (m)	04/05	1050	1110	1130	1160	1200	1250	1280	1330	1350	1380	1450	1240	165.9	432
	09/10	1040	1120	1140	1170	1210	1260	1290	1340	1360	1370	1450	1250	183.1	420
	14/15	1080	1140	1170	1200	1220	1260	1300	1350	1370	1400	1470	1270	161.9	553
15m PACER (lap)	09/10	12	15	16	17	18	19	21	23	24	26	30	21	7.76	429
	14/15	18	20	21	23	25	29	31	33	35	38	46	30	11.43	556
Inclined Pull-ups (repetition)	09/10	0	0	0	0	1	1	2	4	5	6	9	3	4.35	436
	14/15	0	0	0	0	1	2	4	6	7	8	10	4	4.78	556
Height (cm)	04/05	151.5	153.5	154.0	154.5	156.0	157.5	159.0	160.0	161.0	162.0	165.0	157.8	5.4	454
	09/10	151.5	154.0	155.0	155.8	157.3	158.6	159.9	161.5	162.5	163.2	165.8	158.7	5.7	445
	14/15	151.5	154.3	155.3	156.2	157.5	158.6	160.1	161.4	162.5	163.4	166.0	158.8	5.5	566
Weight (kg)	04/05	42.0	44.0	45.0	46.0	47.5	49.5	51.0	53.0	54.5	56.0	60.0	50.5	8.3	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	50.9	9.2	445
	14/15	42.3	45.2	46.4	47.1	49.0	51.2	52.8	55.5	56.7	58.7	64.2	52.4	33.1	566

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)	04/05	21	25	26	27	29	32	34	37	39	42	47	33	10.2	469
	09/10	21	24	25	26	28	30	33	36	37	40	44	32	11.2	410
	14/15	22	26	27	28	31	33	36	39	40	43	49	35	10.3	502
1-min Sit-ups (repetition)	04/05	13	17	19	20	22	24	27	29	31	33	36	25	9.4	467
	09/10	11	16	18	19	21	24	26	28	29	30	36	23	9.3	408
	14/15	12	16	18	20	22	24	26	29	30	32	36	24	9.6	498
Sit-and-Reach (cm)	04/05	21	25	27	27	30	32	33	37	37	38	41	31	8.0	470
	09/10	22	25	27	28	31	33	35	36	37	39	43	32	8.3	411
	14/15	19	24	25	27	30	32	34	36	38	39	43	31	9.1	502
Bent-knee pushups (repetition)	04/05	1	4	5	6	9	12	15	18	20	22	27	14	11.1	465
	09/10	0	2	3	4	6	8	11	13	14	16	20	10	8.1	404
	14/15	0	0	0	1	3	5	7	11	12	14	20	8	8.9	500
9-min Run (m)	04/05	1020	1090	1140	1160	1210	1260	1290	1330	1360	1380	1450	1240	176.1	449
	09/10	980	1060	1120	1130	1180	1230	1280	1340	1360	1380	1460	1230	212.3	370
	14/15	1070	1130	1150	1190	1230	1280	1300	1350	1370	1400	1500	1270	175.6	483
15m PACER (lap)	09/10	11	14	15	16	18	19	21	23	25	27	31	20	8.43	402
	14/15	18	21	22	23	25	28	32	35	37	40	46	30	11.94	497
Inclined Pull-ups (repetition)	09/10	0	0	0	0	1	2	3	4	5	6	9	3	3.82	406
	14/15	0	0	0	0	1	2	3	5	6	7	10	3	4.32	496
Height (cm)	04/05	152.0	153.5	154.5	155.4	157.0	158.0	159.5	161.0	162.0	162.5	165.0	158.2	5.4	474
	09/10	151.0	153.5	154.5	155.0	156.5	157.8	159.5	161.1	161.6	162.6	165.0	158.0	5.7	413
	14/15	152.4	154.4	155.1	156.0	157.3	158.8	160.2	161.7	162.5	163.4	166.5	158.9	5.4	503
Weight (kg)	04/05	42.5	44.5	45.5	46.0	48.0	49.5	51.0	53.0	54.0	55.0	59.0	50.3	7.3	470
	09/10	42.7	45.1	45.9	46.6	48.2	49.4	51.2	53.8	55.1	57.0	61.7	51.1	8.4	411
	14/15	42.8	45.7	46.4	47.5	49.3	51.3	53.5	56.4	57.5	59.6	65.3	53.1	10.0	503

Hong Kong Secondary School Students' Physical Fitness Norm Tables (Girls 17 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)	04/05	20	23	25	26	28	31	33	35	37	39	46	32	11.1	405
	09/10	20	23	24	26	28	30	33	36	37	40	46	32	11.3	430
	14/15	22	25	26	28	30	33	36	39	41	43	48	34	11.1	688
1-min Sit-ups (repetition)	04/05	15	20	20	22	24	25	28	31	32	34	38	26	9.0	405
	09/10	10	16	18	19	22	25	27	30	31	33	37	24	10.1	418
	14/15	11	16	18	20	22	24	27	30	31	32	37	24	10.2	684
Sit-and-Reach (cm)	04/05	21	25	27	28	31	33	35	38	39	40	42	32	8.5	406
	09/10	18	25	27	28	30	33	34	36	37	39	43	31	9.4	432
	14/15	18	24	26	27	30	33	35	38	39	40	43	32	9.5	687
Bent-knee pushups (repetition)	04/05	0	3	5	6	10	13	17	20	21	23	29	14	11.3	396
	09/10	0	2	4	4	6	9	11	13	15	17	22	10	8.7	418
	14/15	0	1	2	3	5	7	10	13	15	16	21	9	8.7	679
9-min Run (m)	04/05	1040	1140	1160	1200	1250	1290	1330	1370	1380	1410	1480	1270	176.7	407
	09/10	1060	1140	1190	1200	1230	1260	1290	1330	1360	1360	1430	1260	147.5	411
	14/15	1060	1150	1170	1190	1230	1270	1300	1350	1370	1400	1480	1270	169.0	670
15m PACER (lap)	09/10	12	15	16	17	19	19	21	23	24	26	31	21	7.65	415
	14/15	18	21	22	24	27	30	31	34	37	40	45	31	11.88	680
Inclined Pull-ups (repetition)	09/10	0	0	0	0	1	2	3	4	5	6	9	3	4.33	426
	14/15	0	0	0	0	1	2	4	6	7	8	12	4	5.15	679
Height (cm)	04/05	152.0	154.0	155.0	155.5	157.0	158.0	159.5	161.0	162.0	163.0	166.0	158.4	5.7	412
	09/10	150.2	153.5	154.5	155.4	157.0	158.5	159.7	160.8	161.6	162.8	165.5	158.2	5.8	434
	14/15	152.1	154.3	155.0	155.6	157.2	158.8	160.0	161.7	162.4	163.3	165.5	158.7	5.3	689
Weight (kg)	04/05	43.0	45.0	46.0	47.0	48.0	49.5	52.0	53.5	54.5	55.5	61.0	51.0	7.7	411
	09/10	42.3	44.9	46.0	47.2	48.7	50.2	52.0	54.4	55.6	57.7	62.7	51.7	8.6	434
	14/15	43.0	45.8	46.9	47.8	49.4	51.4	53.7	55.8	57.3	59.4	65.4	53.1	9.4	689