

## Scoring Tables for Physical Fitness – Boys (Secondary School)

Boys aged  $\leq 12$

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	143.9	149.4	155.4	160.1	165.2
	Weight (kg)*	33.4	38.5	46.1	52.8	61.7
	Skinfolds Thickness (Triceps+Calf) (mm)*	12.6	16.2	23.2	32.9	41.6
	<b>Grading &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	13	19	25	31	36
	Sit-and-Reach (cm)	11	16	20	25	31
	9-min Run/Walk (m)	1070	1210	1350	1500	1630
	15m PACER (laps)	19	27	37	50	66
	Push-up (repetitions)	0	0	2	9	16
	Inclined Pull-up (repetitions)	0	2	7	13	20
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Boys aged 13

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	151.7	157.2	162.8	167.4	171.6
	Weight (kg)*	39.3	43.9	50.5	59.5	70.8
	Skinfolds Thickness (Triceps+Calf) (mm)*	12.9	15.3	20.8	31.5	41.6
	<b>Grading &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	15	22	28	33	39
	Sit-and-Reach (cm)	12	17	22	28	34
	9-min Run/Walk (m)	1080	1250	1390	1560	1720
	15m PACER (laps)	21	32	44	61	78
	Push-up (repetitions)	0	0	5	12	20
	Inclined Pull-up (repetitions)	0	4	10	17	22
*Height, Weight and Skinfolds are for reference only, no need to scores.						

## Boys aged 14

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	158.8	162.5	167.0	172.0	175.8
	Weight (kg)*	43.8	48.6	54.6	63.3	75.1
	Skinfolds Thickness (Triceps+Calf) (mm)*	11.9	14.7	19.6	27.9	39.3
	<b>Grading &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	18	25	31	37	43
	Sit-and-Reach (cm)	11	16	22	29	34
	9-min Run/Walk (m)	1180	1300	1460	1630	1790
	15m PACER (laps)	28	38	51	66	82
	Push-up (repetitions)	0	2	8	15	23
	Inclined Pull-up (repetitions)	2	6	13	19	24
*Height, Weight and Skinfolds are for reference only, no need to scores.						

## Boys aged 15

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	162.3	165.7	170.0	173.8	177.5
	Weight (kg)*	47.1	51.4	57.5	65.3	77.1
	Skinfolds Thickness (Triceps+Calf) (mm)*	11.7	14.5	19.0	28.2	39.4
	<b>Grading &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	20	26	32	37	44
	Sit-and-Reach (cm)	11	17	23	29	36
	9-min Run/Walk (m)	1190	1320	1470	1630	1790
	15m PACER (laps)	30	41	51	66	82
	Push-up (repetitions)	0	5	11	20	26
	Inclined Pull-up (repetitions)	4	9	15	21	26
*Height, Weight and Skinfolds are for reference only, no need to scores.						

## Boys aged 16

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	163.4	166.6	170.4	174.9	178.1
	Weight (kg)*	48.1	52.9	58.9	67.4	77.5
	Skinfolds Thickness (Triceps+Calf) (mm)*	11.0	13.4	17.7	26.7	36.5
	<b>Grading &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	20	26	32	38	45
	Sit-and-Reach (cm)	12	17	24	31	37
	9-min Run/Walk (m)	1200	1340	1490	1640	1800
	15m PACER (laps)	33	42	53	70	83
	Push-up (repetitions)	0	5	13	22	30
	Inclined Pull-up (repetitions)	3	11	17	22	27
*Height, Weight and Skinfolds are for reference only, no need to scores.						

## Boys aged 17

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	163.5	166.7	171.0	175.0	179.0
	Weight (kg)*	49.5	54.6	60.8	69.1	78.5
	Skinfolds Thickness (Triceps+Calf) (mm)*	11.1	13.7	18.6	26.8	35.6
	<b>Level &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	19	26	32	38	44
	Sit-and-Reach (cm)	12	18	26	32	37
	9-min Run/Walk (m)	1210	1360	1530	1680	1840
	15m PACER (laps)	32	42	55	73	90
	Push-up (repetitions)	1	8	15	24	31
	Inclined Pull-up (repetitions)	5	11	18	23	30
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Boys aged  $\geq 18$ 

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	164.7	168.0	171.1	175.9	180.6
	Weight (kg)*	51.0	56.9	62.9	70.4	82.0
	Skinfolds Thickness (Triceps+Calf) (mm)*	10.3	13.3	17.8	26.8	33.2
	<b>Grading &amp; Scores</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
	1-min Sit-up (repetitions)	20	25	31	38	44
	Sit-and-Reach (cm)	10	18	26	33	39
	9-min Run/Walk (m)	1200	1370	1520	1680	1840
	15m PACER (laps)	32	43	56	72	90
	Push-up (repetitions)	4	10	19	23	30
	Inclined Pull-up (repetitions)	9	15	21	24	30
*Height, Weight and Skinfolds are for reference only, no need to scores.						