

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

Girls aged  $\leq 12$

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	146.7	150.5	154.1	157.5	160.5
	Weight (kg)*	36.0	39.8	44.2	50.8	58.1
	Skinfolds Thickness (Triceps+Calf) (mm)*	18.6	22.9	28.5	37.0	44.3
	<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)	10	16	23	29	34
	Sit-and-Reach (cm)	18	23	29	34	40
	9-min Run/Walk (m)	1070	1160	1260	1370	1500
	15m PACER (laps)	17	20	28	36	49
	Bent-knee Push-ups (repetitions)	0	0	4	9	17
	Inclined Pull-up (repetitions)	0	0	3	7	11
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Girls aged 13

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	149.2	152.8	156.7	160.5	164.2
	Weight (kg)*	39.6	43.1	47.2	53.3	62.1
	Skinfolds Thickness (Triceps+Calf) (mm)*	20.6	24.8	30.4	37.8	44.7
	<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)	12	18	24	30	36
	Sit-and-Reach (cm)	20	25	30	36	41
	9-min Run/Walk (m)	1070	1150	1260	1360	1480
	15m PACER (laps)	19	22	30	37	49
	Bent-knee Push-ups (repetitions)	0	0	4	11	19
	Inclined Pull-up (repetitions)	0	0	3	7	11
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Girls aged 14

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	151.4	154.2	157.5	161.2	164.5
	Weight (kg)*	41.3	44.4	48.9	54.7	60.8
	Skinfolds Thickness (Triceps+Calf) (mm)*	21.7	26.3	31.5	38.6	45.6
	<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)	10	17	23	31	36
	Sit-and-Reach (cm)	18	24	31	37	42
	9-min Run/Walk (m)	1060	1160	1260	1370	1460
	15m PACER (laps)	19	22	29	36	46
	Bent-knee Push-ups (repetitions)	0	1	5	12	20
	Inclined Pull-up (repetitions)	0	0	3	7	11
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Girls aged 15

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	151.5	155.3	158.6	162.5	166.0
	Weight (kg)*	42.3	46.4	51.2	56.7	64.2
	Skinfolds Thickness (Triceps+Calf) (mm)*	23.0	27.0	33.1	39.1	45.5
	<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)	11	17	24	31	37
	Sit-and-Reach (cm)	17	25	31	37	43
	9-min Run/Walk (m)	1080	1170	1260	1370	1470
	15m PACER (laps)	18	21	29	35	46
	Bent-knee Push-ups (repetitions)	0	1	6	13	21
	Inclined Pull-up (repetitions)	0	0	2	7	10
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Girls aged 16

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	152.4	155.1	158.8	162.5	166.5
	Weight (kg)*	42.8	46.4	51.3	57.5	65.3
	Skinfolds Thickness (Triceps+Calf) (mm)*	22.3	27.0	33.0	40.3	48.8
	<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)	12	18	24	30	36
	Sit-and-Reach (cm)	19	25	32	38	43
	9-min Run/Walk (m)	1070	1150	1280	1370	1500
	15m PACER (laps)	18	22	28	37	46
	Bent-knee Push-ups (repetitions)	0	0	5	12	20
	Inclined Pull-up (repetitions)	0	0	2	6	10
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Girls aged 17

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	152.1	154.7	158.8	162.3	165.1
	Weight (kg)*	42.8	46.6	51.1	56.7	64.6
	Skinfolds Thickness (Triceps+Calf) (mm)*	22.2	26.3	32.7	40.1	46.7
	<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)	12	19	25	31	38
	Sit-and-Reach (cm)	18	26	32	39	43
	9-min Run/Walk (m)	1080	1170	1270	1390	1490
	15m PACER (laps)	19	23	30	36	45
	Bent-knee Push-ups (repetitions)	0	2	7	15	22
	Inclined Pull-up (repetitions)	0	0	2	6	12
*Height, Weight and Skinfolds are for reference only, no need to scores.						

Girls aged  $\geq 18$

Item	Result & Score	Percentile (%)				
		10	25	50	75	90
	Height (cm)*	152.1	155.9	158.8	163.0	167.1
	Weight (kg)*	43.6	47.5	52.8	59.8	67.9
	Skinfolds Thickness (Triceps+Calf) (mm)*	23.9	27.6	35.6	43.8	51.8
	<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)	9	17	23	29	36
	Sit-and-Reach (cm)	19	27	34	39	44
	9-min Run/Walk (m)	1000	1140	1280	1360	1460
	15m PACER (laps)	17	20	30	39	49
	Bent-knee Push-ups (repetitions)	0	1	6	13	20
	Inclined Pull-up (repetitions)	0	0	3	8	13
*Height, Weight and Skinfolds are for reference only, no need to scores.						