

Scoring Tables for Physical Fitness---Girls (Primary School)

Girls aged ≤6

Item \ Result & Score	Percentile (%)				
Item	10	25	50	75	90
Height (cm)*	112.5	114.5	118.3	121.5	125.1
Weight (kg)*	18.0	19.4	21.3	24.1	27.3
Skinfolds Thickness (Triceps + Calf) (mm)*	13.9	16.7	20.3	24.8	30.9
Grading & Score	1	2	3	4	5
1-min Sit-ups (repetitions)	0	1	7	15	20
Sit-and-Reach (cm)	16	19	26	30	34
6-min Run/Walk (m)	640	700	750	810	860
15m PACER (laps)	8	9	11	13	17
Handgrip (kg)	10.5	13	15.5	18	21
Inclined Pull-ups (repetitions)	0	1	5	10	13
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					

Girls aged 7

Item \ Result & Score	Percentile (%)				
Item	10	25	50	75	90
Height (cm)*	116.0	119.0	123.0	127.1	130.0
Weight (kg)*	19.3	21.0	23.3	25.8	30.0
Skinfolds Thickness (Triceps + Calf) (mm)*	14.5	17.2	20.5	24.9	31.4
Grading & Score	1	2	3	4	5
1-min Sit-ups (repetitions)	0	5	13	19	24
Sit-and-Reach (cm)	17	20	26	30	34
6-min Run/Walk (m)	680	740	800	860	900
15m PACER (laps)	9	10	13	18	23
Handgrip (kg)	12.5	15	18	21	23.5
Inclined Pull-ups (repetitions)	0	2	6	11	16
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					

Scoring Tables for Physical Fitness---Girls (Primary School)

Girls aged 8

Item	Percentile (%)				
	10	25	50	75	90
Height (cm)*	122.2	125.5	129.5	133.7	137.5
Weight (kg)*	21.5	23.7	26.1	30.8	37.0
Skinfolds Thickness (Triceps + Calf) (mm)*	14.6	17.7	21.8	29.8	37.9
Grading & Score					
1-min Sit-ups (repetitions)	3	9	15	21	26
Sit-and-Reach (cm)	17	21	26	30	34
6-min Run/Walk (m)	680	740	800	870	930
15m PACER (laps)	10	12	15	20	29
Handgrip (kg)	16	18	21	24	27.5
Inclined Pull-ups (repetitions)	0	1	5	12	16
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					

Girls aged 9

Item	Percentile (%)				
	10	25	50	75	90
Height (cm)*	123.6	130.0	136.2	143.4	149.5
Weight (kg)*	22.8	25.9	30.7	38.0	45.9
Skinfolds Thickness (Triceps + Calf) (mm)*	14.3	17.5	23.7	31.8	40.5
Grading & Score					
1-min Sit-ups (repetitions)	4	12	19	25	30
Sit-and-Reach (cm)	20	24	25	29	30
9-min Run/Walk (m)	860	1030	1190	1310	1420
15m PACER (laps)	10	14	20	30	41
Handgrip (kg)	18	21	25	30	36
Inclined Pull-ups (repetitions)	0	1	6	11	16
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					

Scoring Tables for Physical Fitness---Girls (Primary School)

Girls aged 10

Item	Percentile (%)				
	10	25	50	75	90
Height (cm)*	132.8	137.8	142.0	146.7	151.5
Weight (kg)*	26.6	29.9	34.6	40.1	48.5
Skinfolds Thickness (Triceps + Calf) (mm)*	16.2	19.8	25.5	32.2	40.6
Grading & Score					
1-min Sit-ups (repetitions)	7	13	20	25	30
Sit-and-Reach (cm)	18	21	26	30	35
9-min Run/Walk (m)	1000	1090	1200	1310	1430
15m PACER (laps)	13	17	21	30	37
Handgrip (kg)	21	24	28.5	33	37.5
Inclined Pull-ups (repetitions)	0	1	4	10	15
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					

Girls aged 11

Item	Percentile (%)				
	10	25	50	75	90
Height (cm)*	139.3	144.6	148.9	154.3	159.0
Weight (kg)*	30.6	34.8	39.9	47.0	56.7
Skinfolds Thickness (Triceps + Calf) (mm)*	17.2	20.7	26.2	34.7	44.1
Grading & Score					
1-min Sit-ups (repetitions)	8	15	22	28	34
Sit-and-Reach (cm)	17	21	25	30	34
9-min Run/Walk (m)	1050	1120	1210	1310	1470
15m PACER (laps)	14	18	24	32	45
Handgrip (kg)	24.5	29	33	39	44.5
Inclined Pull-ups (repetitions)	0	1	4	8	13
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					

Scoring Tables for Physical Fitness---Girls (Primary School)

Girls aged ≥ 12

Item	Percentile (%)				
Result & Score	10	25	50	75	90
Height (cm)*	143.2	150.0	153.9	158.0	161.2
Weight (kg)*	33.0	38.8	45.6	50.5	56.0
Skinfolds Thickness (Triceps + Calf) (mm)*	19.1	23.5	29.7	37.1	44.5
Grading & Score	1	2	3	4	5
1-min Sit-ups (repetitions)	11	17	20	28	33
Sit-and-Reach (cm)	14	23	28	32	35
9-min Run/Walk (m)	970	1090	1190	1280	1420
15m PACER (laps)	13	17	22	32	41
Handgrip (kg)	27	32	39	44	48
Inclined Pull-ups (repetitions)	0	1	4	7	11
Total Score					
* Height, weight and skinfolds are for reference only. There is no need to score them.					