

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

### Boys Aged ≤ 6

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 113.0          | 115.4    | 119.0    | 122.5    | 125.5    |
| *Weight(kg)                                                                | 18             | 19.6     | 21.5     | 24.1     | 27.3     |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 0              | 5        | 13       | 18       | 22       |
| Sit-and-Reach (cm)                                                         | 16             | 20       | 24       | 27       | 31       |
| Handgrip (left + right, kg)                                                | 12.5           | 14.0     | 16.5     | 19.5     | 21.5     |
| 6-min Run/Walk (m)                                                         | 640            | 710      | 770      | 840      | 890      |
| 15-meter PACER                                                             | 7              | 9        | 10       | 12       | 16       |
| Inclined Pull-up (repetitions)                                             | 0              | 1        | 4        | 9        | 13       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |

### Boys Aged 7

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 117.2          | 120.0    | 124.2    | 128.4    | 132.1    |
| *Weight (kg)                                                               | 19.7           | 21.4     | 23.8     | 27.3     | 33.5     |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 4              | 11       | 17       | 22       | 26       |
| Sit-and-Reach (cm)                                                         | 16             | 20       | 25       | 28       | 32       |
| Handgrip (left + right, kg)                                                | 14.0           | 17.0     | 19.5     | 23.0     | 26.0     |
| 6-min Run/Walk (m)                                                         | 670            | 740      | 820      | 890      | 940      |
| 15-meter PACER                                                             | 9              | 10       | 12       | 16       | 22       |
| Inclined Pull-up (repetitions)                                             | 0              | 1        | 6        | 11       | 15       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |

### Boys Aged 8

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 122.7          | 126.8    | 130.5    | 135.0    | 139.2    |
| *Weight (kg)                                                               | 21.9           | 24       | 27.5     | 32.7     | 39.4     |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 6              | 13       | 19       | 24       | 29       |
| Sit-and-Reach (cm)                                                         | 14             | 18       | 23       | 27       | 31       |
| Handgrip (left + right, kg)                                                | 16.5           | 19.5     | 22.0     | 26.0     | 29.0     |
| 6-min Run/Walk (m)                                                         | 670            | 750      | 820      | 900      | 970      |
| 15-meter PACER                                                             | 9              | 10       | 14       | 20       | 30       |
| Inclined Pull-up (repetitions)                                             | 0              | 2        | 6        | 12       | 17       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |

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

### Boys Aged 9

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 128.0          | 131.6    | 136.3    | 140.5    | 144.1    |
| *Weight (kg)                                                               | 24.3           | 26.7     | 31       | 36.7     | 44.7     |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 10             | 15       | 21       | 26       | 32       |
| Sit-and-Reach (cm)                                                         | 13             | 18       | 23       | 28       | 32       |
| Handgrip (left + right, kg)                                                | 19.0           | 22.5     | 26.0     | 29.5     | 33.0     |
| 9-min Run/Walk (m)                                                         | 960            | 1090     | 1200     | 1320     | 1440     |
| 15-meter PACER                                                             | 10             | 13       | 18       | 27       | 36       |
| Inclined Pull-up (repetitions)                                             | 0              | 2        | 6        | 12       | 17       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |

### Boys Aged 10

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 133.0          | 137.0    | 141.2    | 145.8    | 150.6    |
| *Weight (kg)                                                               | 26.9           | 29.9     | 34.5     | 42.3     | 49.1     |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 10             | 15       | 22       | 28       | 32       |
| Sit-and-Reach (cm)                                                         | 11             | 16       | 21       | 27       | 32       |
| Handgrip (left + right, kg)                                                | 21.5           | 24.5     | 29.0     | 33.0     | 36.5     |
| 9-min Run/Walk (m)                                                         | 970            | 1100     | 1210     | 1340     | 1450     |
| 15-meter PACER                                                             | 10             | 13       | 19       | 29       | 42       |
| Inclined Pull-up (repetitions)                                             | 0              | 1        | 6        | 12       | 18       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |

### Boys Aged 11

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 138.7          | 143.0    | 148.2    | 153.7    | 159.4    |
| *Weight (kg)                                                               | 29.3           | 32.7     | 40.1     | 48.5     | 59.8     |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 11             | 17       | 24       | 29       | 35       |
| Sit-and-Reach (cm)                                                         | 11             | 15       | 21       | 26       | 31       |
| Handgrip (left + right, kg)                                                | 23.5           | 28.0     | 33.0     | 39.0     | 44.0     |
| 9-min Run/Walk (m)                                                         | 980            | 1100     | 1260     | 1380     | 1510     |
| 15-meter PACER                                                             | 11             | 17       | 23       | 36       | 52       |
| Inclined Pull-up (repetitions)                                             | 0              | 1        | 6        | 12       | 17       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |

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

Boys Aged ≥12

|                                                                            | Percentile (%) |          |          |          |          |
|----------------------------------------------------------------------------|----------------|----------|----------|----------|----------|
| Item                                                                       | 10             | 25       | 50       | 75       | 90       |
| *Height (cm)                                                               | 144.5          | 149.3    | 155.8    | 160.5    | 164.2    |
| *Weight (kg)                                                               | 32.4           | 38.4     | 47.1     | 54.7     | 63       |
| <b>Grading &amp; Score</b>                                                 | <b>1</b>       | <b>2</b> | <b>3</b> | <b>4</b> | <b>5</b> |
| 1-min Sit-up (repetitions)                                                 | 14             | 20       | 25       | 32       | 39       |
| Sit-and-Reach (cm)                                                         | 13             | 16       | 21       | 26       | 31       |
| Handgrip (left + right, kg)                                                | 30.0           | 32.5     | 39.5     | 46.5     | 57.5     |
| 9-min Run/Walk (m)                                                         | 960            | 1070     | 1210     | 1440     | 1530     |
| 15-meter PACER                                                             | 11             | 19       | 30       | 43       | 58       |
| Inclined Pull-up (repetitions)                                             | 0              | 2        | 10       | 15       | 25       |
| *Height and weight are for reference only. There is no need to score them. |                |          |          |          |          |