

Scoring Tables for Physical Fitness – Girls (Primary School)

Girls Aged ≤ 6

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	111.1	114.1	117.7	121.5	125.5
*Weight (kg)	17.7	18.9	20.8	22.9	26.1
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	1	5	12	18	24
Sit-and-Reach (cm)	19	23	27	31	34
Handgrip (left + right, kg)	11.5	13.0	15.0	18.0	20.0
6-min Run/Walk (m)	630	690	740	800	840
15-meter PACER	7	9	10	11	13
Inclined Pull-up (repetitions)	0	1	5	10	13
*Height and weight are for reference only. There is no need to score them.					

Girls Aged 7

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	116.0	119.0	123.0	126.9	130.3
*Weight (kg)	19	20.1	22.5	25.4	29.2
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	2	8	15	20	24
Sit-and-Reach (cm)	20	24	28	32	36
Handgrip (left + right, kg)	13.5	15.5	18.0	20.0	22.5
6-min Run/Walk (m)	660	730	790	840	890
15-meter PACER	9	10	11	14	17
Inclined Pull-up (repetitions)	0	2	6	11	16
*Height and weight are for reference only. There is no need to score them.					

Girls Aged 8

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	122.5	126.0	130.0	133.3	137.3
*Weight (kg)	21.4	23.4	26.3	29.8	35.4
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	3	11	17	22	28
Sit-and-Reach (cm)	18	23	28	32	35
Handgrip (left + right, kg)	16.5	18.5	21.5	23.5	26.5
6-min Run/Walk (m)	680	740	810	870	940
15-meter PACER	9	11	15	18	23
Inclined Pull-up (repetitions)	0	1	5	12	16
*Height and weight are for reference only. There is no need to score them.					

Scoring Tables for Physical Fitness – Girls (Primary School)

Girls Aged 9

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	127.0	131.1	135.0	140.0	145.8
*Weight (kg)	22.8	25.3	29	34.2	40.1
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	9	14	20	24	30
Sit-and-Reach (cm)	18	23	28	33	36
Handgrip (left + right, kg)	17.5	20.5	24.0	28.0	31.0
9-min Run/Walk (m)	980	1050	1140	1220	1320
15-meter PACER	10	12	17	22	29
Inclined Pull-up (repetitions)	0	1	6	11	16
*Height and weight are for reference only. There is no need to score them.					

Girls Aged 10

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	133.0	136.6	142.2	147.1	151.5
*Weight (kg)	25.7	28.9	32.8	39.6	46.3
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	9	16	21	26	30
Sit-and-Reach (cm)	16	21	26	32	37
Handgrip (left + right, kg)	20.0	23.5	27.5	32.0	35.5
9-min Run/Walk (m)	990	1070	1170	1250	1360
15-meter PACER	10	13	18	22	30
Inclined Pull-up (repetitions)	0	1	4	10	15
*Height and weight are for reference only. There is no need to score them.					

Girls Aged 11

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	140.1	145.3	150.5	155.2	159.2
*Weight (kg)	29.8	33.8	40.5	46.6	55.9
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	11	18	23	28	34
Sit-and-Reach (cm)	15	22	27	33	38
Handgrip (left + right, kg)	25.0	28.5	33.0	39.0	44.0
9-min Run/Walk (m)	980	1080	1200	1300	1410
15-meter PACER	11	15	20	28	36
Inclined Pull-up (repetitions)	0	1	4	8	13
*Height and weight are for reference only. There is no need to score them.					

Scoring Tables for Physical Fitness – Girls (Primary School)

Girls Aged ≥12

	Percentile (%)				
Item	10	25	50	75	90
*Height (cm)	146.7	150.6	155.3	159.1	162.4
*Weight (kg)	34.1	38.6	44.1	49.3	58.2
Grading & Score	1	2	3	4	5
1-min Sit-up (repetitions)	8	19	25	31	35
Sit-and-Reach (cm)	13	22	28	35	40
Handgrip (left + right, kg)	27.5	32.5	38.0	45.0	51.0
9-min Run/Walk (m)	960	1060	1150	1260	1390
15-meter PACER	13	16	20	30	40
Inclined Pull-up (repetitions)	0	1	4	7	11
*Height and weight are for reference only. There is no need to score them.					