

Hong Kong Secondary School Children Physical Activity Level Scoring Table

Boys aged ≤ 12

| Item                               | Percentile ( % )    |                       |               |               |               |                  |
|------------------------------------|---------------------|-----------------------|---------------|---------------|---------------|------------------|
|                                    | <10                 | 10 - <25              | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90             |
|                                    | Grade ( Score )     |                       |               |               |               |                  |
|                                    | Unclassified<br>(0) | To be<br>improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent<br>(5) |
| 1-min Sit-ups (repetitions)        | < 13                | 13 - < 19             | 19 - < 25     | 25 - < 31     | 31 - < 36     | ≥ 36             |
| Sit-and-Reach (cm)                 | < 11                | 11 - < 16             | 16 - < 20     | 20 - < 25     | 25 - < 31     | ≥ 31             |
| 9-min Run/Walk (m)                 | < 1070              | 1070 - < 1210         | 1210 - < 1350 | 1350 - < 1500 | 1500 - < 1630 | ≥ 1630           |
| 15-meter PACER                     | < 19                | 19 - < 27             | 27 - < 37     | 37 - < 50     | 50 - < 66     | ≥ 66             |
| Push-ups (repetitions)             | 0                   | 0                     | 0 - < 2       | 2 - < 9       | 9 - < 16      | ≥ 16             |
| Inclined Pull-ups<br>(repetitions) | 0                   | 0 - < 2               | 2 - < 7       | 7 - < 13      | 13 - < 20     | ≥ 20             |

Boys aged 13

| Item                               | Percentile ( % )    |                       |               |               |               |                  |
|------------------------------------|---------------------|-----------------------|---------------|---------------|---------------|------------------|
|                                    | <10                 | 10 - <25              | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90             |
|                                    | Grade ( Score )     |                       |               |               |               |                  |
|                                    | Unclassified<br>(0) | To be<br>improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent<br>(5) |
| 1-min Sit-ups (repetitions)        | < 15                | 15 - < 22             | 22 - < 28     | 28 - < 33     | 33 - < 39     | ≥ 39             |
| Sit-and-Reach (cm)                 | < 12                | 12 - < 17             | 17 - < 22     | 22 - < 28     | 28 - < 34     | ≥ 34             |
| 9-min Run/Walk (m)                 | < 1080              | 1080 - < 1250         | 1250 - < 1390 | 1390 - < 1560 | 1560 - < 1720 | ≥ 1720           |
| 15-meter PACER                     | < 21                | 21 - < 32             | 32 - < 44     | 44 - < 61     | 61 - < 78     | ≥ 78             |
| Push-ups (repetitions)             | 0                   | 0                     | 0 - < 5       | 5 - < 12      | 12 - < 20     | ≥ 20             |
| Inclined Pull-ups<br>(repetitions) | 0                   | 0 - < 4               | 4 - < 10      | 10 - < 17     | 17 - < 22     | ≥ 22             |

Boys aged 14

| Item                               | Percentile ( % )    |                       |               |               |               |                  |
|------------------------------------|---------------------|-----------------------|---------------|---------------|---------------|------------------|
|                                    | <10                 | 10 - <25              | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90             |
|                                    | Grade ( Score )     |                       |               |               |               |                  |
|                                    | Unclassified<br>(0) | To be<br>improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent<br>(5) |
| 1-min Sit-ups (repetitions)        | < 18                | 18 - < 25             | 25 - < 31     | 31 - < 37     | 37 - < 43     | ≥ 43             |
| Sit-and-Reach (cm)                 | < 11                | 11 - < 16             | 16 - < 22     | 22 - < 29     | 29 - < 34     | ≥ 34             |
| 9-min Run/Walk (m)                 | < 1180              | 1180 - < 1300         | 1300 - < 1460 | 1460 - < 1630 | 1630 - < 1790 | ≥ 1790           |
| 15-meter PACER                     | < 28                | 28 - < 38             | 38 - < 51     | 51 - < 66     | 66 - < 82     | ≥ 82             |
| Push-ups (repetitions)             | 0                   | 0 - < 2               | 2 - < 8       | 8 - < 15      | 15 - < 23     | ≥ 23             |
| Inclined Pull-ups<br>(repetitions) | < 2                 | 2 - < 6               | 6 - < 13      | 13 - < 19     | 19 - < 24     | ≥ 24             |

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Boys aged 15

| Item                               | Percentile ( % )    |                       |               |               |               |                  |
|------------------------------------|---------------------|-----------------------|---------------|---------------|---------------|------------------|
|                                    | <10                 | 10 - <25              | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90             |
|                                    | Grade ( Score )     |                       |               |               |               |                  |
|                                    | Unclassified<br>(0) | To be<br>improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent<br>(5) |
| 1-min Sit-ups (repetitions)        | < 20                | 20 - < 26             | 26 - < 32     | 32 - < 37     | 37 - < 44     | ≥ 44             |
| Sit-and-Reach (cm)                 | < 11                | 11 - < 17             | 17 - < 23     | 23 - < 29     | 29 - < 36     | ≥ 36             |
| 9-min Run/Walk (m)                 | < 1190              | 1190 - < 1320         | 1320 - < 1470 | 1470 - < 1630 | 1630 - < 1790 | ≥ 1790           |
| 15-meter PACER                     | < 30                | 30 - < 41             | 41 - < 51     | 51 - < 66     | 66 - < 82     | ≥ 82             |
| Push-ups (repetitions)             | 0                   | 0 - < 5               | 5 - < 11      | 11 - < 20     | 20 - < 26     | ≥ 26             |
| Inclined Pull-ups<br>(repetitions) | < 4                 | 4 - < 9               | 9 - < 15      | 15 - < 21     | 21 - < 26     | ≥ 26             |

Boys aged 16

| Item                               | Percentile ( % )    |                       |               |               |               |                  |
|------------------------------------|---------------------|-----------------------|---------------|---------------|---------------|------------------|
|                                    | <10                 | 10 - <25              | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90             |
|                                    | Grade ( Score )     |                       |               |               |               |                  |
|                                    | Unclassified<br>(0) | To be<br>improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent<br>(5) |
| 1-min Sit-ups (repetitions)        | < 20                | 20 - < 26             | 26 - < 32     | 32 - < 38     | 38 - < 45     | ≥ 45             |
| Sit-and-Reach (cm)                 | < 12                | 12 - < 17             | 17 - < 24     | 24 - < 31     | 31 - < 37     | ≥ 37             |
| 9-min Run/Walk (m)                 | < 1200              | 1200 - < 1340         | 1340 - < 1490 | 1490 - < 1640 | 1640 - < 1800 | ≥ 1800           |
| 15-meter PACER                     | < 33                | 33 - < 42             | 42 - < 53     | 53 - < 70     | 70 - < 83     | ≥ 83             |
| Push-ups (repetitions)             | 0                   | 0 - < 5               | 5 - < 13      | 13 - < 22     | 22 - < 30     | ≥ 30             |
| Inclined Pull-ups<br>(repetitions) | < 3                 | 3 - < 11              | 11 - < 17     | 17 - < 22     | 22 - < 27     | ≥ 27             |

Boys aged ≥ 17

| Item                               | Percentile ( % )    |                       |               |               |               |                  |
|------------------------------------|---------------------|-----------------------|---------------|---------------|---------------|------------------|
|                                    | <10                 | 10 - <25              | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90             |
|                                    | Grade ( Score )     |                       |               |               |               |                  |
|                                    | Unclassified<br>(0) | To be<br>improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent<br>(5) |
| 1-min Sit-ups (repetitions)        | < 20                | 20 - < 26             | 26 - < 32     | 32 - < 38     | 38 - < 44     | ≥ 44             |
| Sit-and-Reach (cm)                 | < 11                | 11 - < 18             | 18 - < 26     | 26 - < 33     | 33 - < 38     | ≥ 38             |
| 9-min Run/Walk (m)                 | < 1200              | 1200 - < 1360         | 1360 - < 1520 | 1520 - < 1680 | 1680 - < 1840 | ≥ 1840           |
| 15-meter PACER                     | < 32                | 32 - < 43             | 43 - < 56     | 56 - < 73     | 73 - < 90     | ≥ 90             |
| Push-ups (repetitions)             | < 2                 | 2 - < 9               | 9 - < 16      | 16 - < 24     | 24 - < 30     | ≥ 30             |
| Inclined Pull-ups<br>(repetitions) | < 6                 | 6 - < 12              | 12 - < 19     | 19 - < 24     | 24 - < 30     | ≥ 30             |