

Hong Kong Secondary School Children Physical Activity Level Scoring Table

Girls aged ≤ 12

| Item                             | Percentile ( % ) |                    |               |               |               |               |
|----------------------------------|------------------|--------------------|---------------|---------------|---------------|---------------|
|                                  | <10              | 10 - <25           | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90          |
|                                  | Grade ( Score )  |                    |               |               |               |               |
|                                  | Unclassified (0) | To be improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent (5) |
| 1-min Sit-ups (repetitions)      | < 10             | 10 - < 16          | 16 - < 23     | 23 - < 29     | 29 - < 34     | ≥34           |
| Sit-and-Reach (cm)               | < 18             | 18 - < 23          | 23 - < 29     | 29 - < 34     | 34 - < 40     | ≥40           |
| 9-min Run/Walk (m)               | < 1070           | 1070 - < 1155      | 1155 - < 1260 | 1260 - < 1370 | 1370 - < 1500 | ≥1500         |
| 15-meter PACER                   | < 17             | 17 - < 20          | 20 - < 28     | 28 - < 36     | 36 - < 49     | ≥49           |
| Bent-knee Push-ups (repetitions) | 0                | 0                  | 0 - < 4       | 4 - < 9       | 9 - < 17      | ≥17           |
| Inclined Pull-ups (repetitions)  | 0                | 0                  | 0 - < 3       | 3 - < 7       | 7 - < 11      | ≥11           |

Girls aged 13

| Item                             | Percentile ( % ) |                    |               |               |               |               |
|----------------------------------|------------------|--------------------|---------------|---------------|---------------|---------------|
|                                  | <10              | 10 - <25           | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90          |
|                                  | Grade ( Score )  |                    |               |               |               |               |
|                                  | Unclassified (0) | To be improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent (5) |
| 1-min Sit-ups (repetitions)      | < 12             | 12 - < 18          | 18 - < 24     | 24 - < 30     | 30 - < 36     | ≥36           |
| Sit-and-Reach (cm)               | < 20             | 20 - < 25          | 25 - < 30     | 30 - < 36     | 36 - < 41     | ≥41           |
| 9-min Run/Walk (m)               | < 1070           | 1070 - < 1150      | 1150 - < 1260 | 1260 - < 1360 | 1360 - < 1480 | ≥1480         |
| 15-meter PACER                   | < 19             | 19 - < 22          | 22 - < 30     | 30 - < 37     | 37 - < 49     | ≥49           |
| Bent-knee Push-ups (repetitions) | 0                | 0                  | 0 - < 4       | 4 - < 11      | 11 - < 19     | ≥19           |
| Inclined Pull-ups (repetitions)  | 0                | 0                  | 0 - < 3       | 3 - < 7       | 7 - < 11      | ≥11           |

Girls aged 14

| Item                             | Percentile ( % ) |                    |               |               |               |               |
|----------------------------------|------------------|--------------------|---------------|---------------|---------------|---------------|
|                                  | <10              | 10 - <25           | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90          |
|                                  | Grade ( Score )  |                    |               |               |               |               |
|                                  | Unclassified (0) | To be improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent (5) |
| 1-min Sit-ups (repetitions)      | < 10             | 10 - < 17          | 17 - < 23     | 23 - < 31     | 31 - < 36     | ≥36           |
| Sit-and-Reach (cm)               | < 18             | 18 - < 24          | 24 - < 31     | 31 - < 37     | 37 - < 42     | ≥42           |
| 9-min Run/Walk (m)               | < 1060           | 1060 - < 1160      | 1160 - < 1260 | 1260 - < 1370 | 1370 - < 1460 | ≥1460         |
| 15-meter PACER                   | < 19             | 19 - < 22          | 22 - < 29     | 29 - < 36     | 36 - < 46     | ≥46           |
| Bent-knee Push-ups (repetitions) | 0                | 0 - < 1            | 1 - < 5       | 5 - < 12      | 12 - < 20     | ≥20           |
| Inclined Pull-ups (repetitions)  | 0                | 0                  | 0 - < 3       | 3 - < 7       | 7 - < 11      | ≥11           |

Hong Kong Secondary School Children Physical Activity Level Scoring Table

Girls aged 15

| Item                             | Percentile ( % ) |                    |               |               |               |               |
|----------------------------------|------------------|--------------------|---------------|---------------|---------------|---------------|
|                                  | <10              | 10 - <25           | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90          |
|                                  | Grade ( Score )  |                    |               |               |               |               |
|                                  | Unclassified (0) | To be improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent (5) |
| 1-min Sit-ups (repetitions)      | < 11             | 11 - < 17          | 17 - < 24     | 24 - < 31     | 31 - < 37     | ≥37           |
| Sit-and-Reach (cm)               | < 17             | 17 - < 25          | 25 - < 31     | 31 - < 37     | 37 - < 43     | ≥43           |
| 9-min Run/Walk (m)               | < 1080           | 1080 - < 1170      | 1170 - < 1260 | 1260 - < 1370 | 1370 - < 1470 | ≥1470         |
| 15-meter PACER                   | < 18             | 18 - < 21          | 21 - < 29     | 29 - < 35     | 35 - < 46     | ≥46           |
| Bent-knee Push-ups (repetitions) | 0                | 0 - < 1            | 1 - < 6       | 6 - < 13      | 13 - < 21     | ≥21           |
| Inclined Pull-ups (repetitions)  | 0                | 0                  | 0 - < 2       | 2 - < 7       | 7 - < 10      | ≥10           |

Girls aged 16

| Item                             | Percentile ( % ) |                    |               |               |               |               |
|----------------------------------|------------------|--------------------|---------------|---------------|---------------|---------------|
|                                  | <10              | 10 - <25           | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90          |
|                                  | Grade ( Score )  |                    |               |               |               |               |
|                                  | Unclassified (0) | To be improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent (5) |
| 1-min Sit-ups (repetitions)      | < 12             | 12 - < 18          | 18 - < 24     | 24 - < 30     | 30 - < 36     | ≥36           |
| Sit-and-Reach (cm)               | < 19             | 19 - < 25          | 25 - < 32     | 32 - < 38     | 38 - < 43     | ≥43           |
| 9-min Run/Walk (m)               | < 1070           | 1070 - < 1150      | 1150 - < 1280 | 1280 - < 1370 | 1370 - < 1500 | ≥1500         |
| 15-meter PACER                   | < 18             | 18 - < 22          | 22 - < 28     | 28 - < 37     | 37 - < 46     | ≥46           |
| Bent-knee Push-ups (repetitions) | 0                | 0                  | 0 - < 5       | 5 - < 12      | 12 - < 20     | ≥20           |
| Inclined Pull-ups (repetitions)  | 0                | 0                  | 0 - < 2       | 2 - < 6       | 6 - < 10      | ≥10           |

Girls aged ≥ 17

| Item                             | Percentile ( % ) |                    |               |               |               |               |
|----------------------------------|------------------|--------------------|---------------|---------------|---------------|---------------|
|                                  | <10              | 10 - <25           | 25 - <50      | 50 - <75      | 75 - <90      | ≥ 90          |
|                                  | Grade ( Score )  |                    |               |               |               |               |
|                                  | Unclassified (0) | To be improved (1) | Fair (2)      | Average (3)   | Good (4)      | Excellent (5) |
| 1-min Sit-ups (repetitions)      | < 11             | 11 - < 18          | 18 - < 24     | 24 - < 31     | 31 - < 37     | ≥37           |
| Sit-and-Reach (cm)               | < 18             | 18 - < 26          | 26 - < 33     | 33 - < 39     | 39 - < 43     | ≥43           |
| 9-min Run/Walk (m)               | < 1060           | 1060 - < 1170      | 1170 - < 1270 | 1270 - < 1370 | 1370 - < 1480 | ≥1480         |
| 15-meter PACER                   | < 18             | 18 - < 22          | 22 - < 30     | 30 - < 37     | 37 - < 45     | ≥45           |
| Bent-knee Push-ups (repetitions) | 0                | 0 - < 2            | 2 - < 7       | 7 - < 15      | 15 - < 21     | ≥21           |
| Inclined Pull-ups (repetitions)  | 0                | 0                  | 0 - < 2       | 2 - < 7       | 7 - < 12      | ≥12           |