

Hong Kong Secondary School Students' Physical Fitness Norm Tables (2019/20 and 2020/21)

Under the COVID-19 pandemic

Boys 12 or below

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	10.7	14	16	17	20	22	24	26	28	28	32	21.44	9.04	286
Standing Long Jump (cm)	110	120	120	130	140	140	150	160	170	170	180	144.18	31.69	285
Height (cm)	145.5	148.7	150.6	153	155.9	158.1	161.1	162.6	164.3	165	167.8	157.4	8.79	285
Weight (kg)	34.1	38.6	40.2	41.9	45.2	48.1	52.8	57.1	60.5	62.8	71.5	51.12	14.51	285

Boys 13

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	11	15	16	18	20	22	25	27	28	29	33.3	22.27	8.77	486
Standing Long Jump (cm)	110	120	130	133	140	150	160	170	180	180	200	153.08	32.58	500
Height (cm)	151	155.5	157.2	158	160.6	162.4	164.5	166.7	167.8	169	172	162.12	8.07	503
Weight (kg)	39.2	42.5	44.4	46.0	49.2	52.9	56.0	60.3	62.2	65.8	75.6	55.2	15.01	499

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Boys 14

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	12	15	16	18	20	23	26	28	30	32	36	23.31	9.54	455
Standing Long Jump (cm)	120	140	140	150	160	164	170	180	190	190	210	163.95	35.04	462
Height (cm)	158.4	161.5	162.5	163.5	165.4	167.4	169	171	172.2	173.3	175.9	167.23	6.97	465
Weight (kg)	42.6	46.8	49.1	50.6	53.2	56.4	60	65.6	67.4	71.4	80.6	59.44	15.17	462

Boys 15

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	11	14	15	17	20	24	26	29	31	33	36.1	23.63	9.91	378
Standing Long Jump (cm)	130	140	150	160	170	175	180	190	200	200	220	173.74	35.5	384
Height (cm)	161.5	164.0	164.8	165.5	167.8	169.5	171.4	173.3	174.4	175.4	178.5	169.7	6.83	385
Weight (kg)	45.7	49.2	50.8	52.3	55.5	58.5	62.3	66.2	69.2	70.8	81.2	61.42	14.83	385

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Boys 16

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	12	15	17	19	22	24	27	30	32	33.9	38	24.66	9.9	440
Standing Long Jump (cm)	130	150	150	160	170	180	190	200	200	210	220	176.61	34.19	454
Height (cm)	164	166.3	167.4	168.3	170	172	173.4	175	175.6	177	179	171.61	6.24	458
Weight (kg)	48.3	51.5	53.3	55.4	58.5	60.9	63.7	68.6	71	75	86.4	64.12	15.17	458

Boys 17

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	11	16	18	19	23	26	29	31	32.5	34	38	25.05	10.67	401
Standing Long Jump (cm)	130	150	160	160	170	180	190	200	210	210	224	177.86	43.37	405
Height (cm)	164.3	167.3	168	168.9	170.5	171.6	173.4	174.8	175.5	176.5	179.2	171.7	6.18	410
Weight (kg)	49.8	53.7	55.8	57.4	60.3	63.4	67.2	71.8	73.9	77	87.7	66.22	14.98	405

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Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	10.3	15	17	19	23	26	28.4	31	33	36	39	24.98	10.94	192
Standing Long Jump (cm)	130	150	160	170	180	190	200	207	210	220	230	180.25	47.08	200
Height (cm)	165.1	167.3	168.5	170	170.5	172.2	173.9	175	176	177.1	180	172.26	5.71	202
Weight (kg)	52.9	56.4	57.6	59	61.4	64.1	68.2	72.9	74.9	76.9	85.6	67.38	14.31	202

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Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	16	20.5	23	24	26	28	31	34	36	37	40	28.38	9.97	309
Standing Long Jump (cm)	100	110	110	110	120	122.5	130	140	140	150	160	125.87	25.03	308
Height (cm)	146.5	149.8	150.6	151.4	153.1	154.6	156	158	158.7	159.7	162	154.75	8.45	308
Weight (kg)	35	38.5	39.8	41.2	43.1	45.8	48	50.9	53.4	54.9	61.2	47.26	10.72	308

Girls 13

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	15	20	22	24	27	30	32	34	36	37.5	41	28.85	9.72	407
Standing Long Jump (cm)	90	110	110	110	120	120	130	140	140	150	160	129.94	27.02	410
Height (cm)	150	152	153.1	154	155.4	156.8	157.9	159.3	160	161	164	156.69	5.39	416
Weight (kg)	38.4	40.8	42.1	43.1	45.2	46.9	49.3	51.8	53.7	55.5	61.6	48.83	9.86	416

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Girls 14

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	19	24	26	27	30	33	35	38	39	40	44	32	9.43	384
Standing Long Jump (cm)	100	110	110	110	120	130	140	140	150	150	170	130.04	25.26	386
Height (cm)	151.6	154	155	156	157.2	158.8	160.1	162	162.8	163.7	165.4	158.7	5.49	389
Weight (kg)	41.2	43.8	45.1	46	47.8	49.4	51.5	54.8	56.2	58.1	64.4	51.35	9.54	389

Girls 15

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	17	21	24	26	29	32	35.7	38	40	41.6	45	31.32	10.55	393
Standing Long Jump (cm)	100	110	110	120	120	130	140	140	150	150	168.6	130.12	26.46	393
Height (cm)	152.7	155.1	155.6	156.6	157.9	159	160.5	162.3	163.4	164.2	166	159.41	5.26	399
Weight (kg)	41.6	43.9	45.1	46	47.9	50.4	52.3	54.9	56.3	58	63.1	51.79	9.95	399

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Girls 16

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	17	22	24.5	26	29	32	35	37.7	39	40	43.8	30.89	10.63	331
Standing Long Jump (cm)	100	110	110	120	120	130	140	150	150	160	170	132.24	28.18	333
Height (cm)	154.1	156	156.7	157.5	158.7	159.9	161.5	163.3	164.3	165.5	168.1	160.62	5.48	340
Weight (kg)	42.5	45.7	46.7	47.7	50.1	51.4	53.4	55.6	57	59.2	64.4	53.05	9.47	340

Girls 17

Items	Percentiles											Mean	Standard Deviation	Sample Size
	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	16.4	23	26	27	30	33	35	37	38	40	43	30.91	10.74	393
Standing Long Jump (cm)	90	110	110	120	120	130	140	150	150	150	170	128.68	36.77	391
Height (cm)	152.8	155.2	156	156.7	158.2	160	161.1	162.6	163.6	164.5	166.7	159.8	5.56	396
Weight (kg)	44.6	47.5	48.3	49.1	50.8	53.4	55.2	58.1	60.1	61.5	69.2	55.04	9.98	395

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	10	20	25	30	40	50	60	70	75	80	90			
Sit-and-Reach (cm)	17	22.4	25.9	26	29	31	35.2	38	39	40	45.3	31.07	11.14	106
Standing Long Jump (cm)	110	120	120	130	130	140	150	150	150	160	170	137.48	28.58	105
Height (cm)	151.5	154.4	155.4	156.9	158.4	160.3	162.1	164	164.6	165.5	168.2	160.15	6.45	106
Weight (kg)	43.1	46.5	47	47.5	49.7	52.4	55.6	58.8	60.8	63.6	69	54.46	10.08	106