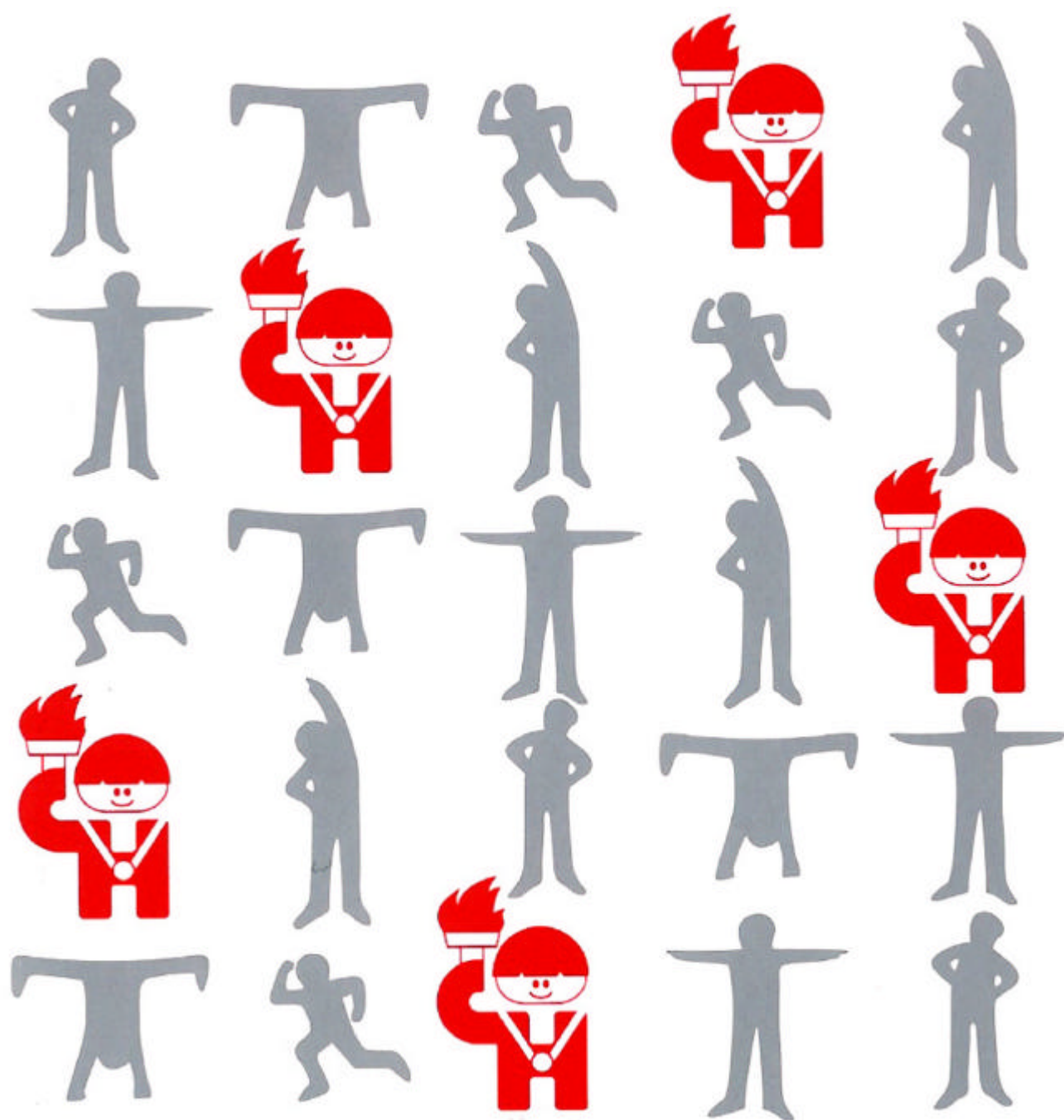


School Physical Fitness Award Schemes Teacher's Handbook

English Version



Content Table

	Page
I Introduction	1
II The Scheme	1
III Participation in and Implementation of the Scheme	2-5
IV Test Items	6
V Test Protocols	7-17
VI Interpretation of Test Results & Percentiles	18-19
VII Design of Exercise Programmes	20-21
<i>Appendix I Awards and the Sports Grant Offered by The Hong Kong Childhealth Foundation (HKCHF)</i>	22
<i>Appendix II Application Form for Awards & the Sports Grant</i>	23-24
<i>Appendix III Secondary School Student's Record Sheet</i>	25
<i>Appendix IV Secondary School Data Collection Record Sheet</i>	26
<i>Appendix V Secondary School Class Record Sheet</i>	27
<i>Appendix VI Primary School Student's Record Sheet</i>	28
<i>Appendix VII Primary School Data Collection Record Sheet</i>	29
<i>Appendix VIII Primary School Class Record Sheet</i>	30
<i>Appendix IX Score Tables of Test Items---Secondary School Boys</i>	31-34
<i>Appendix IX Score Tables of Test Items---Secondary School Girls</i>	35-38
<i>Appendix XI Score Tables of Test Items--- Primary School Boys</i>	39-42
<i>Appendix XII Score Tables of Test Items--- Primary School Girls</i>	43-46

I. Introduction

The School Physical Fitness Award Schemes are jointly organized by the Education Department and the Hong Kong Childhealth Foundation (HKCHF). They aim at promoting the awareness of health-related fitness among school children and encouraging them to participate in regular exercises. Participating students are required to take physical fitness tests at school and pursue physical activities during their leisure time. If their results in the tests reach the required level, they will be awarded badges. Students can only register for participation through their school. Each participant will receive a copy of student's handbook.

The success of this scheme relies entirely on the support and guidance of parents and schools. Valuable guidance of physical education teachers in advising participants to adopt the correct method of exercising as well as encouragement and support from principals and parents to the scheme are also of utmost importance.

II. The Scheme

The scheme consists of FOUR parts:

1. **Fitness Test** : The aim of the test is to assess the physical fitness status of students. Teachers should conduct the test at least once in each school year.
2. **Design of Individual Exercise Programme** : Based on the capability of individual students, teachers can assist students to design their exercise programmes and set their personal goals.
3. **Participation in Physical Exercises** : Students participate in regular physical exercises under the guidance of their teachers and record their activities in the loose leaf log sheet of the Student's Handbook.
4. **Awards** : Students scoring the set total score in the tests will be awarded gold, silver or bronze badges respectively.

III. Participation in and Implementation of the Scheme

1. Application Procedure

Application for participation must be made through schools. Each year, the Education Department will invite schools to participate in the schemes in September. Schools should register or renew registration to up-date details with the Education Department on or before the deadline as specified. Schools may withdraw from the schemes subsequently but they must inform the Education Department in writing.

2. Preparation by Schools

Participating schools should have the following physical education equipment and facilities:

- i) A square or rectangular sports ground with a boundary of 80 metres or above. There should be sufficient space on all sides as a buffer area.
- ii) Several gymnastic mats
- iii) Skittles, cones or markers for indicating distance
- iv) A stop-watch
- v) A measuring tape (30 or 50 metres)
- vi) A weighing scale
- vii) A height measuring scale
- viii) A whistle
- ix) Sit-and-reach box
- x) Skinfold calipers
- xi) Handgrip dynamometer (for primary schools only)

School used to be able to borrow up to 3 sets of equipment from the Hong Kong Childhealth Foundation free of charge for three years. This facility is no longer available from 2001/2002 onwards.

Schools can conduct the tests under the schemes during physical education lessons, as extra-curricular activities or at any time outside school hours. If the tests are conducted during physical education lessons, it takes about 4 periods to complete the test items for the whole class.

3. Safety Precautions and Goal Setting

Schools are responsible for explaining to students the aims and details of the schemes and to give them guidance in pursuing physical activities. Participating students must confirm that they are in normal health condition and are suitable to participate in the scheme by producing written parental consent. If there is any doubt, schools should advise parents to consult a registered doctor about the suitability of their children to participate in the schemes. Teachers can introduce knowledge of exercising to students during physical education lessons or extra-curricular activities.

For information regarding safety precautions, please refer to the booklets “**Safety Precautions in Physical Education for Hong Kong Schools**” the latest version and “**Prevention of Sports Injuries**” published by the Education Department and the Department of Health respectively. Students may join physical activities organised by other organisations as a part of the schemes. Other physical exercises done during leisure time should also be recognised. Students are responsible for recording these activities in the loose leaf log sheet of their handbook.

The most important aim of the schemes is to encourage students to participate in physical exercises regularly. Teachers should pay special attention to the fitness condition of individual students and fun elements in designing exercise programmes so as to arouse students’ interest in pursuing a balanced exercise programme. Teachers can help students set their fitness targets and to design their individual exercise programmes with reference to their capacity. If students are actively involved in the planning process, it certainly helps to motivate students to exercise regularly and enhance their sense of ownership.

4. Fitness Test

Schools should follow the test protocols (procedures) in conducting the fitness test. The fitness test should be conducted by physical education teachers, while other teachers and senior class students can assist in taking measurements.

Schools should conduct the fitness test at least once in each school year and results of the test should be considered for awards. Students can calculate scores themselves. However, students of junior classes may require assistance from teachers. Please refer to the test protocols in Chapter V for more details of the fitness test.

5. Publicity & Promotion

The success of the schemes relies much on the support of schools and parents. Schools may promote the schemes through written notices, parents' day or any other means and occasions. Displaying posters and other materials concerning the schemes will enable students to have a better understanding of the schemes.

6. Test Record

Teachers can use the photocopy of the “**Student’s Record Sheet**” (Appendix III/VI) and the “**Data Collection Record Sheet**” (Appendix IV/ VII) to record individual student’s results or use the “**Class Record Sheet**” (Appendix V/VIII) to record the class results. Students should record their test results in the student’s Handbook. Teachers can also utilize the computer-assisted programme, “School Physical Fitness Award Scheme Recording System” (PFRS) to handle the data collected.

7. Application for and the Issue of Badges

Teachers should complete the form attached (Appendix II) to apply for badges from the Hong Kong Childhealth Foundation for their students when they have finished compiling the fitness test results from 1st April to end of the school year. The following tables indicate the requirements for respective badges:

Badges and Score

<i>Total score</i>	<i>Badge</i>
16 points or above	gold badge
13-15 points	silver badge
10-12 points	bronze badge

Remarks :

- 1) *Starting from the 2000-2001 school year, a new scoring method based on the levels that individual students have reached is introduced to the schemes. please refer to the student handbook printed in 2000.*
- 2) *Please note that gold, silver bronze and white sticky labels previously awarded to students and stuck onto the student's handbook will no longer be used.*

IV. TEST ITEMS

(1) Skinfold Measurements

(2) Bent-knee Sit-ups

(3) Sit-and-reach

(4) Endurance Run / Walk

(5) Push-ups (for Secondary School Boys) **or Bent-knee Push-ups** (for Secondary School Girls) / **Handgrip** (for Primary School Pupils)

V. TEST PROTOCOLS

Teachers should take students' body weight & height measurements before conducting the tests.

- Instructions** :
- 1) Students should wear lightweight clothing and remove their shoes when measuring body weight.
 - 2) Students should remove their shoes and stand erect when measuring height

Equipment : Weighing and height measuring scales.

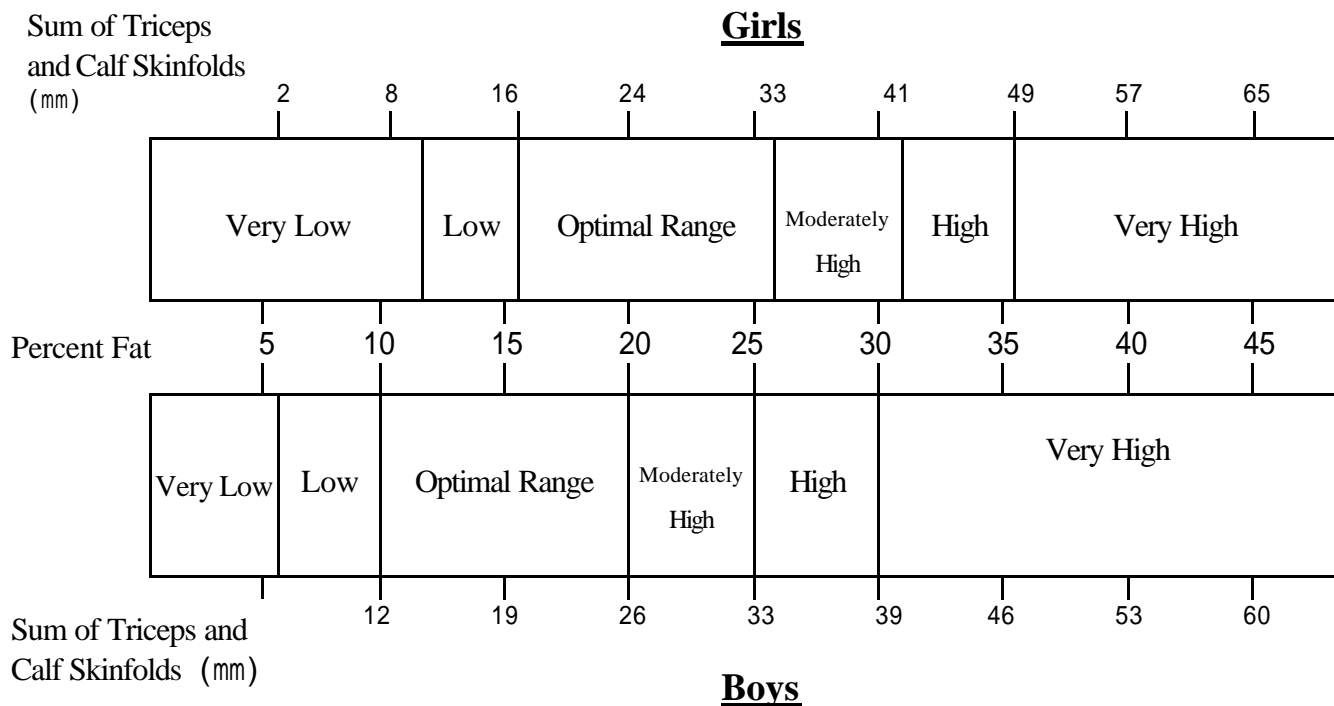
Measurement : Students' weight is measured to the nearest 0.5 kg while height is measured to the nearest cm.

1. Skinfold Measurements

Objective : To measure the thickness of triceps and calf skinfolds. (Thickness of skinfolds can be used for estimating percent body fat.)

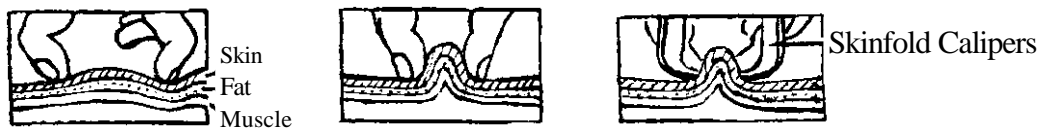
Sum of Triceps and Calf Skinfolds and Percent Body Fat Conversion Scale :

(The Scale serves as a reference only. There is no need to convert the skinfold measurements into percent body fat for students when calculating test scores.)

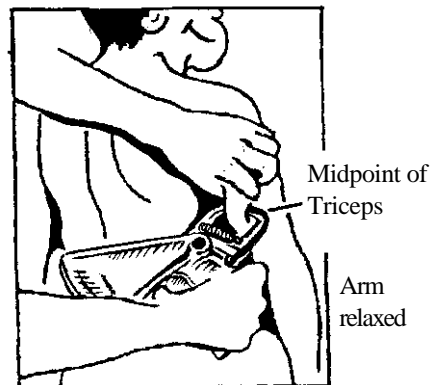


(Adapted from Lohman, 1987 and Slaughter et al., 1988)

Grasping the Skinfold :



(a). Skinfold Measurement for Triceps



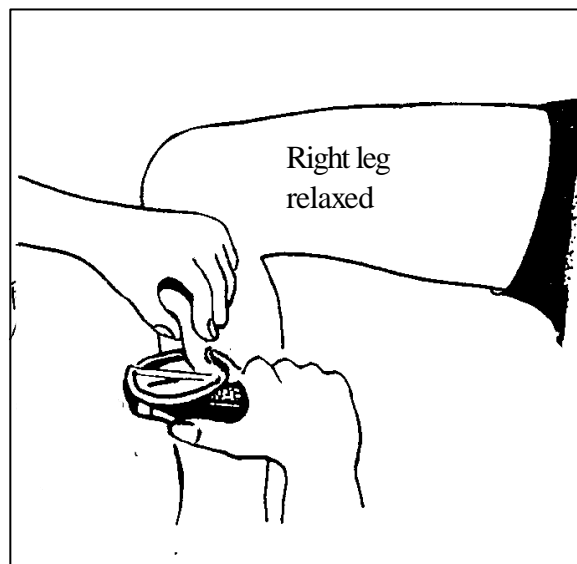
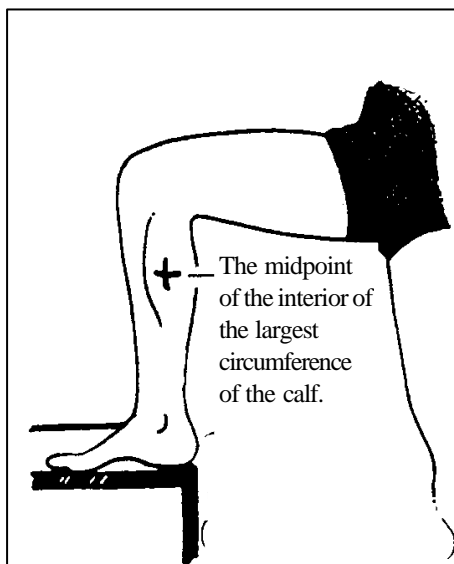
- Procedures:**
- 1) Measure at the midpoint of the triceps at the back of the right upper arm.
 - 2) The student should stand erect with the right arm relaxed and the palm facing the body.
 - 3) The tester should use the thumb and the index finger to grasp the skinfold at 1cm above the midpoint of the triceps (do not pull up the muscle) and then lift it gently. The direction of the lift should be taken at 90 degrees to the muscle.
 - 4) Use the skinfold calipers to measure the skinfold thickness at the midpoint of the triceps.
 - 5) Take the reading to the nearest 0.5mm.

Equipment : Skinfold calipers, measuring tape (to measure the midpoint between the elbow and the shoulder)

Measurement : Measure three times and take the reading of the middle one out of the three measurements to the nearest 0.5mm.

- Hints :** 1) The site of skinfold measurement must be accurate.
2) Do not place the calipers at the base of the skinfolds.

(b) Skinfold Measurement for the Calf



- Procedures :**
- 1) Measure the midpoint of the interior of the largest circumference of the calf .
 - 2) The student should stand erect with the right leg relaxed.
 - 3) The tester should use the thumb and the index finger to grasp the skinfold at the midpoint of the interior of the largest circumference of the calf (do not pull up the muscle) and then lift it gently. The direction of the lift should be taken at 90 degrees to the muscle.
 - 4) Use the skinfold calipers to measure the skinfold thickness at the midpoint of the interior of the largest circumference of the calf.
 - 5) Take the reading to the nearest 0.5mm.

Equipment : Skinfold calipers, measuring tape (to measure the midpoint of the interior of the largest circumference of the calf)

Measurement : Measure three times, and then take the middle one out of the three measurements to the nearest 0.5 mm.

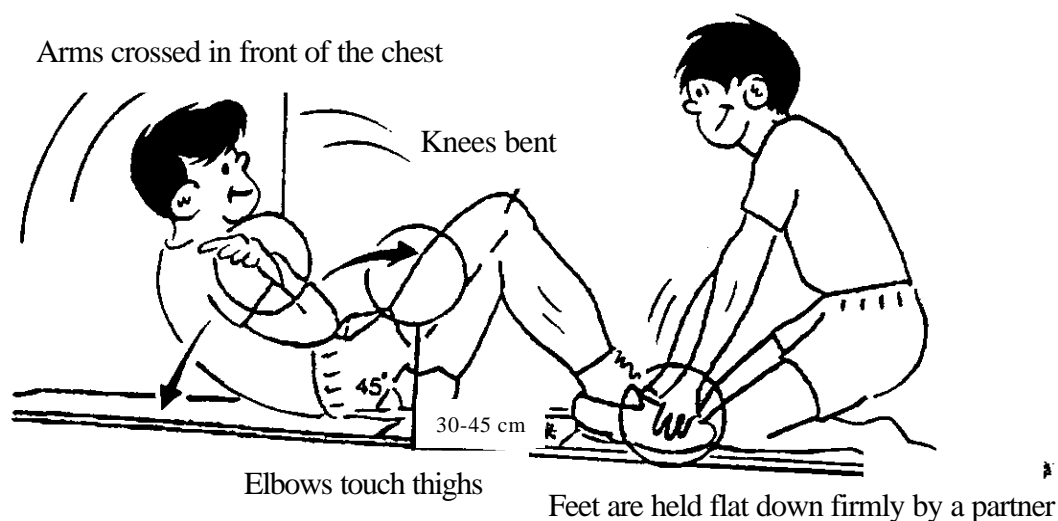
Hints : 1) The site of skinfold measurement must be accurate.

2) Do not place the calipers at the base of the skinfold.

2. Bent-knee Sit-ups

Objective : To measure abdominal muscle strength and endurance by performing as many sit-ups as possible in 1 minute.

Sit-ups



Procedures:1) The student lies on the mat with knees bent and the feet are held flat down firmly by a partner. The heels should be 30 to 45 cm from the buttocks, such that the angle between the thigh and the floor is about 45 degrees. Arms are crossed in front of the chest with hands on the opposite shoulders. The chin is tucked to the chest.

2) The student lies in supine position. In response to the starting signal, he/she curls up until the elbows touch the thighs, and then uncurls until the mid-back contacts the mat. This is counted as one time.

3) The teacher should encourage the student to repeat as many sit-ups as possible within one minute. The student may rest in a lying or sitting position during the test.

Equipment : Stop-watches and gymnastic mats.

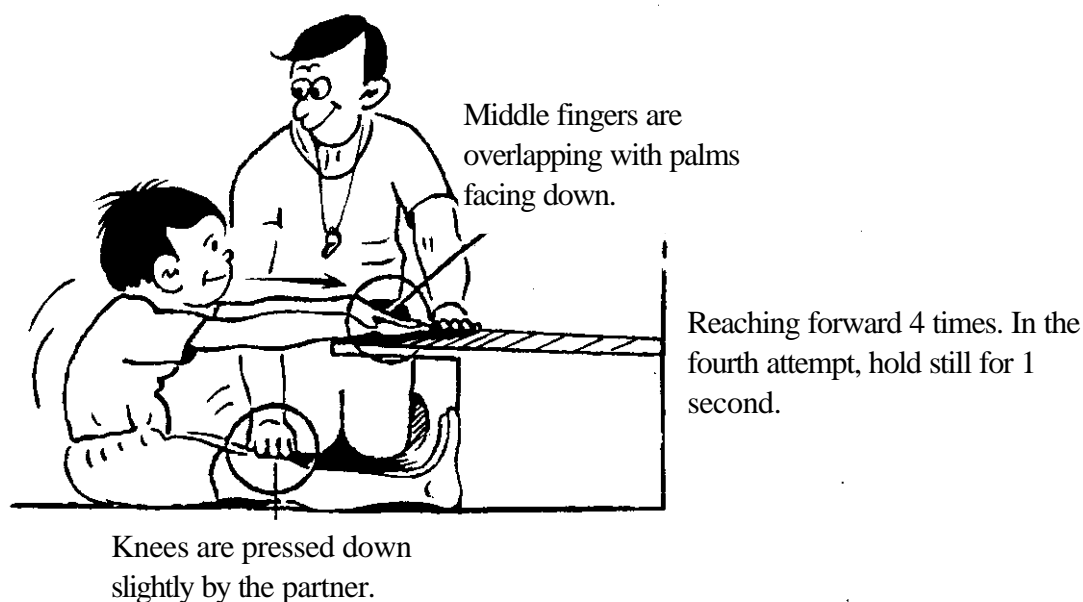
Measurement : Record the number of correctly performed sit-ups in one minute.

- Hints**
- 1) The partner (students are paired up) is responsible for recording the number of correct sit-ups.
 - 2) The supervisor (teacher) must ensure that the sit-ups are correctly performed. The teacher should remind the student that his/her back should touch the mat first when his/her body is uncurled to avoid the head hitting against the floor.
 - 3) Two parallel lines can be drawn on the mat to ensure that the distance between the hips and the feet complies with the requirements (30 to 45cm).

3. Sit-and-Reach

Objective : To measure the flexibility of the lower back and hamstring muscles by reaching forward as far as possible in a sitting position.

Sit-and-Reach



- Procedures** :
- 1) Place the sit-and-reach box on the mat against the wall or a pillar for stabilization.
 - 2) The student should remove shoes, sit with knees fully extended and face the sit & reach box. Both feet should be flattened and placed against the end board, approximately shoulder width apart.
 - 3) The student should reach forward with arms straight, palms facing down and one hand on top of the other with middle fingers overlapping .
 - 4) During the test, the student should fully extended his/her body in straight arms with fingertips sliding forward as far as possible along the measuring scale four times. At the fourth attempt, the student should hold that position still momentarily at least for 1 second at the mark reached on the box.

Equipment : Sit-and-reach box, a specially constructed box marked in 1 cm. intervals. On the measuring scale, the 23cm mark is in line with the vertical plane of the end board against which the student's feet are placed.

Measurement : Record the distance reached in the fourth attempt in the nearest cm. If the student's hands reach forward unevenly, repeat the test.

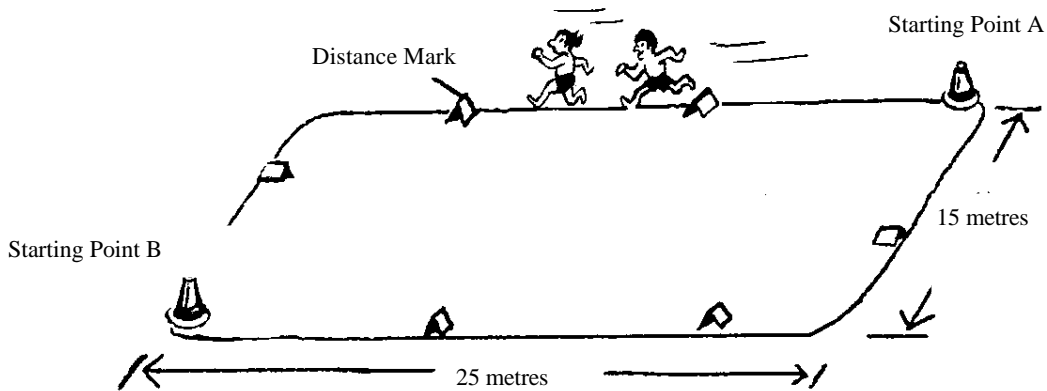
Hints : The sit-and-reach box must conform to the specification.

4. Endurance Run/Walk (6 minutes for age 6-8 and 9 minutes for age 9 or above)

Objective : To measure the cardiovascular endurance by measuring the total distance run / walked in 6/9 minutes in the specific area .

Testing Area : The test can be conducted on a basketball court (25cm x 15cm) or on any flat ground which is rectangular in shape with a boundary of 80 metres. There should be sufficient space on all sides as a buffer area.

Endurance Run / Walk (6/9 Minutes)



- Procedures:**
- 1) Students should run/walk to cover the greatest distance within the time limit.
 - 2) Teachers should remind students to accelerate gradually and attempt to keep running at a steady pace.
 - 3) Teachers should call out the remaining time at the last three minutes and at the last 15 seconds. Students lap scorers should be reminded to get ready when it is about time to record the distance covered.
 - 4) Students should continue to run/walk until the teacher gives a stopping signal and continue to walk for another 1 to 2 laps as a calm-down activity.
 - 5) During the test, students are allowed to walk if they are tired. However, the teacher should encourage them to cover the greatest distance within the time limit.

Equipment : Skittles, stop watches, markers (to show distance), a whistle, pens and Data Collection Record Sheets.

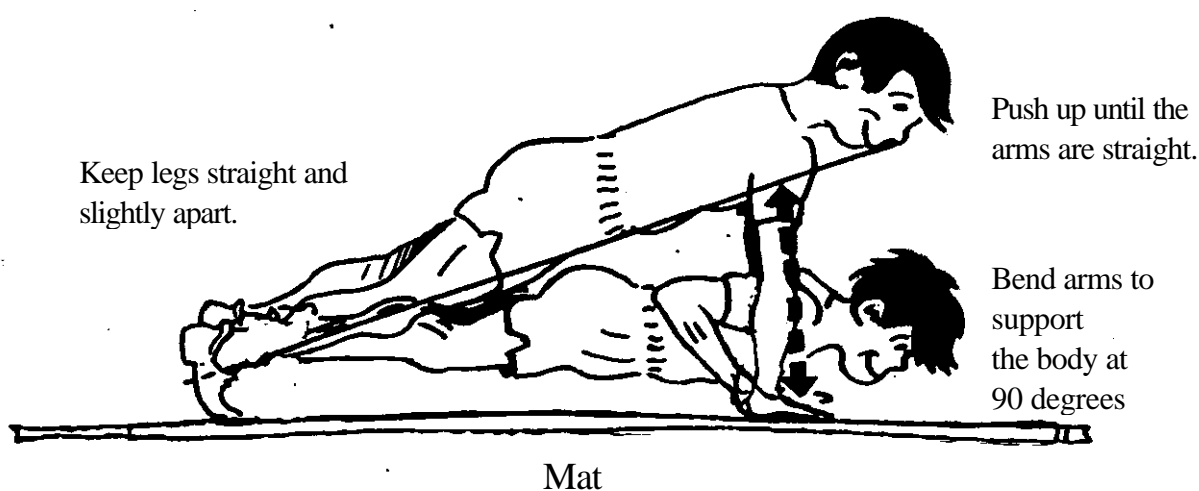
Measurement : Record the distance covered to the last whole unit of 10 metres.

- Hints:**
- 1) It is important that the teacher should find out whether the students are fit enough to take part in the test.
 - 2) Students should be given opportunities to practise running/walking for the required time at a steady pace prior to the test day.
 - 3) Students should be encouraged to do proper warming-up exercises before running or walking vigorously.
 - 4) Students should be encouraged to try their best.
 - 5) Students can be paired up to assist in counting the number of laps covered by their partners. Each student should be given a pen/pencil and a record sheet to record the distance covered by his/her partner.
 - 6) Divide the class into 2 halves. Each half may be further divided into groups. Each group will begin the test at the opposite corners with markers of the testing area simultaneously.

5. A. Push-ups (For Secondary School Boys) / Bent-knee Push-ups (For Secondary School Girls)

Objective : To measure muscular strength and endurance of the upper limbs by performing as many push-ups as possible.

(1) Push-ups (For Secondary School Boys)



- Procedures:**
1. The student lies in a prone position on the mat. Arms are bent and hands placed under the shoulder with fingers stretched out and pointed to the front. Legs are kept straight and slightly apart.
 2. In response to the starting signal, the student pushes his/her body up until arms are fully extended.
 3. During the test, the legs, the back and the head should be kept in a straight line. A complete cycle of pushing up with arms fully extended is counted as one successful push-up.

Under the following circumstances, a push-ups should be corrected and should not be counted:

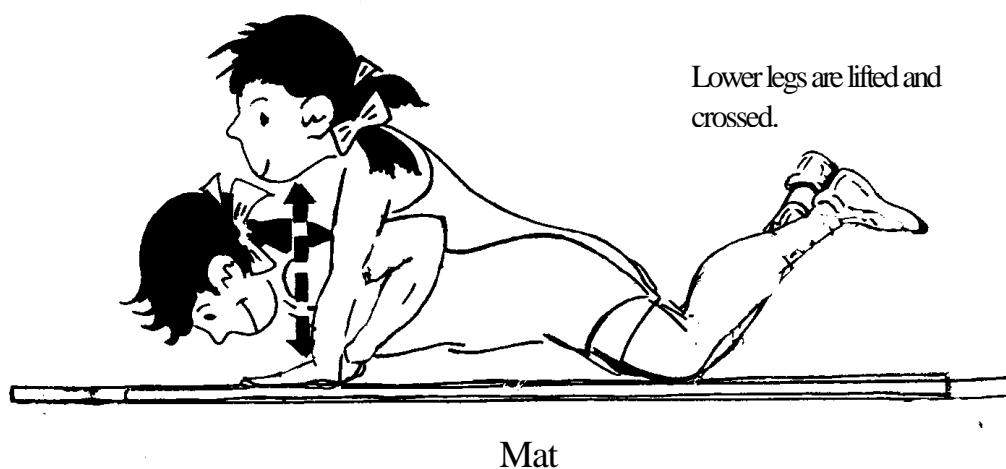
1. *When knees touch the floor.*
2. *When the back sways.*
3. *When arms fail to extend fully.*
4. *When arms fail to bend at 90 degrees at the elbow.*
5. *When a push-up is jerky.*

Equipment : Gymnastic mats.

Measurement : Record the number of push-ups correctly completed.

Hints : The test should be terminated if the action of the student is corrected by the tester for **two** times. Push-ups corrected should not be counted.

(2) Bent-knee Push-ups (For Secondary School Girls)



- Procedures:**
1. The student lies in a prone position, arms are bent and hands are placed under the shoulder with fingers stretched out and pointed to the front. Thighs are kept straight and slightly apart to support the body on knees with lower legs lifted and crossed at the back.
 2. In response to the starting signal, the student should push her body up until arms are fully extended.
 - 3) During the test, the knees, the back and the head should be kept in a straight line. A complete cycle of pushing up with arms fully extended is counted as one successful bent-knee push-up.

Under the following circumstances, a push-up should be corrected and should not be counted :

1. *When the back sways.*
2. *When arms fail to extend fully.*
3. *When arms fail to bend at 90 degrees at the elbow.*
4. *When a push-up is jerky.*

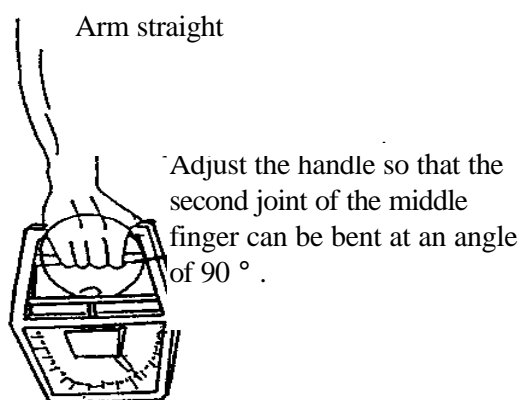
Equipment : Gymnastic mats.

Measurement : Record the number of bent-knee push-ups correctly completed.

Hints : The test should be terminated if the action of a student is corrected by the tester for **two** times. Bent-knee push-ups corrected should not be counted.

B. Hand Grip (For Primary Schools Pupils)

Hand Grip Test



Objective : To measure the maximum handgrip strength.

- Procedures:**
- 1) Adjust the grip distance so that when the pupil holds the hand grip dynamometer with hands down, the second joint of the middle finger can be bent at an angle of 90° .
 - 2) The pupil holds the dynamometer by the side of the thigh and grip it.
 - 3) The pupil should use the part of the hand between the second section of fingers and the base of thumb to grip the dynamometer. The pupil should grip the dynamometer as hard as possible without swinging it around.
 - 4) The pupil should be allowed three attempts for each hand. The best result of each hand is recorded. Rest should be allowed between attempts.
 - 5) During the test, the pupil should hold the hand grip dynamometer in a way that it is not touching the body or other objects.

Equipment : Handgrip dynamometer (with adjustable handle)

Measurement: Record the best score out of the three attempts to the nearest 0.5 kg.

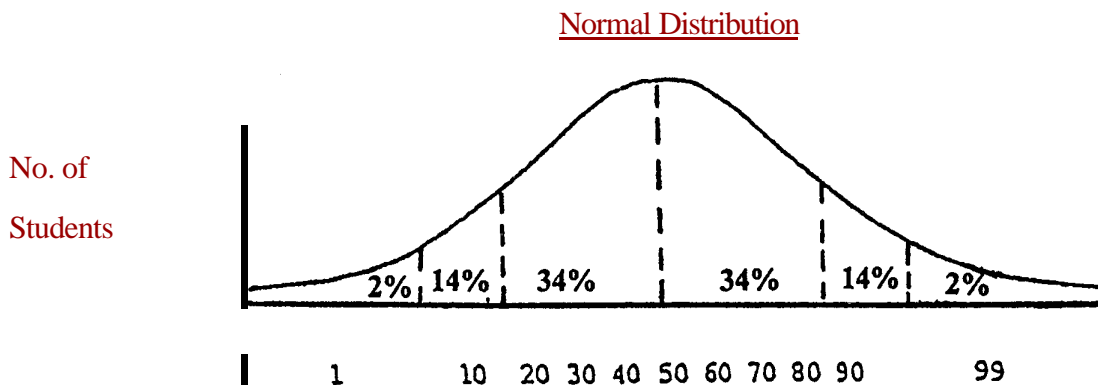
- Hints :**
- 1) If equipment is sufficient, a group of several pupils can take the test at the same time. This arrangement will increase the efficiency of conducting the test on a group of pupils.
 - 2) Pupils must concentrate on the task to obtain the best results.
 - 3) The dynamometer must be readjusted before each attempt; the pointer should be reset to the zero mark.

VI. Interpretation of Test Results and Percentiles

Norms and percentile ranks are frequently used to show the subject's characteristics and levels in the test. A comparison between scores of an individual and the norm table (the table of percentile ranks) can roughly show whether his/her standard is above, below or equivalent to the average. Many tests use the percentile ranks to show the position of an individual among subjects of the same group. Students can understand their performance better if their percentile ranks are converted into scores.

A student knows little about his/her own performance of covering 1800 metres in the 9-Minute Endurance Run without referring to the norms. However, if this result is expressed in percentiles or percentile scores, it will be much more meaningful to him/her. For example, if a seventeen-year old boy completes 1800 metres in the 9-Minute Run, he reaches the 75th percentile. This means that he performs as well as or better than 75% of the seventeen-year old boys in the same test item.

Percentiles are computed from a large amount of relevant data whose distribution is normally bell-shaped.



The difference in performance between percentiles close to the middle (50) is relatively small, but that at both ends **Percentiles** is larger. For example, a 17 year old-boy scoring the 50th percentile in the 9 Minutes Endurance Run covers 1675 metres while another boy scoring the 25th percentile covers 1520 metres. Their difference is **155** metres. However, a boy scoring the 3rd percentile covers 1207 metres. The difference between his distance covered and that of the 25th percentile is **313** metres. Therefore, when converting test results into percentile ranks (scores), they should not be treated as arithmetic means.

The percentile ranks in the norm tables of the Schools Physical Fitness Award Schemes are derived from the results of two surveys on “The Physical Fitness Status of Hong Kong Secondary School Children” conducted by the Hong Kong Childhealth Foundation and the Physical Education Section of the Education Department between 1998 and 2000. About 4,000 (secondary) and 4,600 (primary) students from 20 local secondary and 23 primary schools took part in the tests respectively. Therefore, when using the percentile ranks for comparison, teachers should bear in mind that they are comparing their students with local secondary and primary students’ performance of the year 1998/1999 and 1999/2000 respectively.

Besides, the norms show the overall standard of Hong Kong students rather than the expected performance of individual students. Apart from the inborn factors, students’ physical status during the test and the environmental factors of the test should also be considered when interpreting test results.

In the school stage, students are undergoing a growth process but the growth rates of individual children of the same age can be quite different. Results of the test should not be used to predict future performance of individual children in sports. However, participating schools can derive their own norms from the test results of their students and compare their own norms with those of the schemes.

VII. Design of Exercise Programmes

Health-related fitness comprises the following components :

- 1) Cardiovascular endurance
- 2) Muscular strength and endurance
- 3) Flexibility
- 4) Body composition

A healthy body can be maintained by participating in a regular and balanced exercise programme which includes the above four components. The tests of this scheme are designed according to this theoretical framework. Based on the percentile scores obtained in the tests, the physical fitness of individual students can be identified.

Teachers are advised to assist students to design their individual exercise programmes according to their capacity. If a student's performance in the endurance run is below average, his/her training program should be geared to strengthening the aerobic endurance of the student in the exercise programme. In order to ensure that the students have a balanced development, the exercise programme should include activities other than items in the tests. To improve the cardiovascular function, swimming, brisk walking and distance running will help achieve the same objective.

Junior class students are not physically mature enough to take part in weight training. Therefore, specific training programmes for adults (such as weight training) should not be adopted for students. In addition, a child's physical development and maturity is closely related to the exercise workload. The following factors should be considered when designing exercise programmes for students:

- 1) **Growth Rate and Height** - Growth rate remains steady during childhood. Starting from the age of 5, growth rate increases on an average of 6.5cm per year in terms of height and gradually decreases to 5cm per year on puberty.
- 2) **Body Composition** - Before puberty, boys and girls share almost the same body composition. Their body fat increases steadily and reach a level of about 15% to 20% of the body mass whereas muscle, bone and organs have a greater extent of changes.

- 3) **Cardiovascular Endurance** - The maximum oxygen uptake (Aerobic Capacity) of a child increases with age. A child's motor ability is positively related to his/her age. Students of junior and senior classes will have different physiological reactions to high intensity training.
- 4) **Muscular Strength** - Nervous stimulation and hormonal activities in the body greatly influence the growth of muscle fibers. Stimulus produced by exercises will facilitate the growth of muscles and bones. For students of the same body height, older students will have greater muscular strength. During puberty, boys have a slightly stronger muscular strength in the upper extremities than girls have.
- 5) **Flexibility** - Before puberty, most students have good flexibility. Generally, girls are more flexible.

The exercise intensity correlates positively with heart rates. According to most research, exercising at 70% or above of the maximal heart rate for 20 minutes, 3-5 times a week can improve the cardiovascular function of the body. Students of junior classes may find difficulties in understanding the above concepts. To help students understand these concepts better, teachers should explain the effect of frequency and duration of exercises to students.

To design a balanced exercise programme, the following **FITT** principles should be considered:

1)	Frequency	- Research shows that exercising three times a week can maintain or improve health conditions.
2)	Intensity	- Generally speaking, exercise intensity can be estimated from the heart rates. Muscular strength and endurance can be calculated from weight resistance and the number of repetitions .
3)	Time (duration)	- Research shows that exercising continuously for 20 minutes or above each time can maintain or improve health.
4)	Type of Training	- Different types of physical activities result in different training effects. Therefore, the selected physical activities should meet the training needs.

----- END -----

Awards and the Sports Grant Offered by The Hong Kong Childhealth Foundation (HKCHF)

I) The HKCHF is offering the following school awards in addition to the badges for individual students:

1. School Participation Certificate

The HKCHF will offer the “School Participation Certificate” to the schools having successfully completed the Scheme for a particular academic year.

2. School Achievement Award

The HKCHF will offer the “School Achievement Award” to the three schools with the best achievement. Weighted scores will be given to the gold, silver and bronze badges. An index based on the total score (the badges won) and the total number of participants will then be calculated. Based on the result of the above calculation, the three schools with the best achievement will be the champion, 1st runner-up and 2nd runner-up. A plaque will be presented to each of the schools. The HKCHF reserves the right to make the final decision on the winners after taking other factors into consideration.

3. Progressive School Award

The HKCHF will offer an award named “ Progressive School Award ”. It will be awarded to schools with improvement in achievement for two consecutive years. A plaque will be awarded to the 3 winning schools.

4. Sports Grant

All schools which have participated in the Physical Fitness Award Scheme for more than one year will be entitled to apply for a “Sports Grant” with the amount up to \$5,000 from the HKCHF. The school must use the Grant to purchase equipment for improving physical fitness of their students. The HKCHF reserves the right to decide which schools and the amount to award in such a Grant.

II) Application for the Awards

Participating schools interested in applying for the awards should fill in the relevant parts in Appendix II and return it to the Hong Kong Childhealth Foundation by post from 1st April to 15th July.

III) Enquiry

For enquiry, please contact the HKCHF Secretariat on 8208 0727.

Primary/Secondary School Physical Fitness Award Schemes (PFAS) 20__/20__

(Participation Figures, Application for Awards and the Sports Grant)

School must return this form to the Hong Kong Childhealth Foundation by post in the period between 1st April and 15th July : HKCHF, P.O. Box 9922, General Post Office, Central, Hong Kong.

Schools should keep a copy of the completed form for future reference.

Part A

School I.D. Number : _____ Please refer to the School I.D. no. (six digits)

School Name(In English) _____

學校名稱(中文) : _____

Address(In English) : _____

學校地址(中文) : _____

Teacher i/c : Mr / Ms _____ (先生/女士)

Tel. no. : _____ Fax No. : _____ E-mail : _____

Participation

Total number of students enrolled in your school in the above academic year _____

Actual number of students participated in the PFAS in the above academic year _____

Names of teachers who are involved in implementing the PFAS

(The HKCHF will present certificates of appreciation to these teachers)

a. Mr./Ms _____ (先生/女士) b. Mr./Ms _____ (先生/女士)

c. Mr./Ms _____ (先生/女士) d. Mr./Ms _____ (先生/女士)

Part B Application for Badges *(Please complete this part if your school has not yet applied for badges in this academic year.)*

Please send HKCHF a self addressed envelop (with adequate stamps) measuring at least 21cm x 30cm.

The postal fee required depends on the number of badges the school requires. (See table below)

No. of badges	1-6	7-10	11-20	21-30	31-40	41-50	51-100	101-200	201-400	401-600	601-800	801-1000	1001-1200
Postal Fees	\$1.40	\$2.20	\$3.00	\$3.70	\$4.00	\$4.40	\$8.20	\$16.40	\$28.00	\$47.00	\$57.00	\$67.00	\$77.00

Information in the tables above refers to the postage fee as of 01/04/2002

Our school wishes to apply for badges for students who have met the requirements for respective awards of the PFAS. Details are as follows:

	<u>Age</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
	*Primary Secondary			
	#6 / 12	_____	_____	_____
	#7 / 13	_____	_____	_____
# Delete whichever is NOT applicable	#8 / 14	_____	_____	_____
	#9 / 15	_____	_____	_____
	#10 / 16	_____	_____	_____
	#11 / 17	_____	_____	_____
	#12 / 18	_____	_____	_____
	Sub-total No.:	=====	=====	=====

Total No. of Gold, Silver and Bronze badges: _____

Notes.: HKCHF needs around 6 weeks to process applications for badges. Schools must allow HKCHF adequate time for packing if they require the badges on or before a particular day

Part C Application for Hong Kong Childhealth Foundation Sports Grant

(If your school has participated in the above Scheme for more than one year, you can apply for the Sports Grant up to HK\$5,000).

Hong Kong Childhealth Foundation reserves the right to choose which schools to award such Grant and how much to award.

a. Please ‘ ✓ ’ in the appropriate box

Our School has not applied for the Sports Grant before

Our School has applied for the Sports Grant unsuccessfully in the following year(s)

Year _____ Year _____

Our School has applied for the Sports Grant successfully in the following year(s)

<u>Year</u>	<u>Description</u>	<u>Amount(\$)</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

b. The Sport Grant would be used to purchase the following physical fitness equipment:

<u>Description</u>	<u>Amount(\$)</u>
_____	_____
_____	_____
_____	_____

c. No. of participants and badges granted in the past five years:

<u>Year</u>	<u>Total Numbers of Participants</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
____/____	_____	_____	_____	_____
____/____	_____	_____	_____	_____
____/____	_____	_____	_____	_____
____/____	_____	_____	_____	_____
____/____	_____	_____	_____	_____

Signature of School Head :

Name of School Head :

_____ School Chop

Date :

Secondary School Physical Fitness Award Scheme Student's Record Sheet

Name : _____

Sex : _____

School Year																	
Class (Class No.)		____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()
Date																	
Age Group																	
Results/Scores		Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score
Items																	
Height (cm)																	
Weight (kg)																	
Triceps and Calf Skinfolds (mm)	Triceps																
	Calf																
	#Sum																
Sit-ups (times in 1 min.)																	
Sit-and-reach (cm)																	
9 min. Endurance Run/Walk (m)																	
Push-ups (times)(boys)/ Bent-knee Push-ups (times)(girls)																	
Total Scores																	

*If the result does not reach a particular level, the score should be calculated according to the next lower level listed in the scoring table.

Sum up the middle results out of the three trials.

Secondary School Physical Fitness Award Scheme Data Collection Record Sheet

School : _____

Name : _____ Class No. : _____ Class : _____

Date of Test : _____ Date of Birth : _____ Day _____ Month _____ Year _____

Sex : Male / Female Age : 12 13 14 15 16 17 18 Others: _____

9-Minute Run/Walk Test Record		
1 x 80 = 80m		16 x 80 = 1280m
2 x 80 = 160m		17 x 80 = 1360m
3 x 80 = 240m	Laps (80 m)	18 x 80 = 1440m
4 x 80 = 320m		19 x 80 = 1520m
5 x 80 = 400m		20 x 80 = 1600m
6 x 80 = 480m	1 2 3 4 5 6 7 8 9 10	21 x 80 = 1680m
7 x 80 = 560m	11 12 13 14 15 16 17 18 19 20	22 x 80 = 1760m
8 x 80 = 640m	21 22 23 24 25 26 27 28 29 30	23 x 80 = 1840m
9 x 80 = 720m		24 x 80 = 1920m
10 x 80 = 800m		25 x 80 = 2000m
11 x 80 = 880m		26 x 80 = 2080m
12 x 80 = 960m		27 x 80 = 2160m
13 x 80 = 1040m	_____ Laps x 80m + _____ m = _____ m	28 x 80 = 2240m
14 x 80 = 1120m		29 x 80 = 2320m
15 x 80 = 1200m		30 x 80 = 2400m

Triceps and Calf Skinfolts (mm)			Sit-ups	Sit & Reach	Push-ups (Boys) / Bent-knee Push-ups (Girls)	9-Minute Run/Walk	
	Triceps	Calf	#Sum	(times in 1 min.)	(cm)	(times)	(m)
1							
2							
3							

Sum up the middle results out of the three trials.

SECONDARY SCHOOL PHYSICAL FITNESS AWARD SCHEME

CLASS RECORD SHEET

CLASS : _____

DATE OF TEST: _____

Name	Sex	Height (cm)	Weight (0.5kg)	Triceps and Calf Skinfolts (mm)			Sit-up (times/ 1 min.)	Sit & Reach (cm)	9-Minute Run/Walk (m)	Push-up (Boys) / Bent -knee Push-up (Girls)
		(1)	(2)	Triceps (3)	Calf (4)	#Sum	(5)	(6)	(7)	(times) (8)

Sum up the middle results out of the three trials.

Primary School Physical Fitness Award Scheme Student's Record Sheet

Name : _____

Sex : _____

School Year																	
Class (Class No.)		____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()	____ ()
Date																	
Age Group																	
Results/Scores		Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score	Result	Score
Items																	
Height (cm)																	
Weight (kg)																	
Triceps and Calf Skinfolds (mm)	Triceps																
	Calf																
	#Sum																
Sit-ups (times in 1 min.)																	
Sit-and-reach (cm)																	
Handgrip (kg)	Left																
	Right																
	#Sum																
Endurance Run/Walk (m) 6 min.(Ages 6-8) / 9 min.(Ages 9 or above)																	
Total Scores																	

*Score: If the result does not reach a particular level, the score should be calculated according to the next lower level listed in the scoring table.

Sum up the middle results out of the three trials.

Primary School Physical Fitness Award Scheme

Data Collection Record Sheet

School : _____

Name : _____ Class No. : _____ Class : _____

Date of Test : _____ Date of Birth : _____ Da _____ Month _____ Year

Sex : Male / Female Age : 6 7 8 9 10 11 12 Other: _____

6/9-Minute Run/Walk Test Record											
Laps (80 m)											
1 x 80 = 80m	1	2	3	4	5	6	7	8	9	10	16 x 80 = 1280m
2 x 80 = 160m	11	12	13	14	15	16	17	18	19	20	17 x 80 = 1360m
3 x 80 = 240m	21	22	23	24	25	26	27	28	29	30	18 x 80 = 1440m
4 x 80 = 320m											19 x 80 = 1520m
5 x 80 = 400m											20 x 80 = 1600m
6 x 80 = 480m											21 x 80 = 1680m
7 x 80 = 560m											22 x 80 = 1760m
8 x 80 = 640m											23 x 80 = 1840m
9 x 80 = 720m											24 x 80 = 1920m
10 x 80 = 800m											25 x 80 = 2000m
11 x 80 = 880m											26 x 80 = 2080m
12 x 80 = 960m											27 x 80 = 2160m
13 x 80 = 1040m											28 x 80 = 2240m
14 x 80 = 1120m											29 x 80 = 2320m
15 x 80 = 1200m											30 x 80 = 2400m
_____ Laps x 80m + _____ m = _____ m											

Triceps and Calf Skinfolts			Sit-ups	Sit & Reach	Hand Grip			6/9-Minute Run/Walk
(mm)			(times/1 min)	(cm)	(0.5 kg)			
	Triceps	Calf	#Sum			Left	Right	#Sum
1						1		
2						2		
3						3		

Sum up the middle results out of the three trials.

PRIMARY SCHOOL PHYSICAL FITNESS AWARD SCHEME CLASS RECORD SHEET

CLASS : _____

DATE OF TEST : _____

Name	Sex	Height	Weight	Triceps and Calf Skinfolds			Sit-up	Sit & Reach	Hand Grip			6/9-Minute
		(cm)	(0.5kg)	(mm)			(times in 1 min.)	(cm)	(0.5kg)			Run / Walk (m)
		(1)	(2)	Triceps(3)	Ca l f (4)	#Sum	(5)	(6)	Left(7)	Right(8)	#Sum	(9)

30

Sum up the middle results out of the three trials.

Score Tables of Test Items---Secondary School Boys

Boys : Age 12

Item	Percentile (%)						
	3	10	25	50	75	90	97
*Height (cm)	133	138	143	148	153	157	162
*Weight (kg)	27	30	34	38	45	52	62
* # Sum of triceps and calf skinfolds (mm)	12	13	16	21	31	39	51
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	9	15	22	28	32	36	42
Sit & Reach (cm)	11	15	19	23	28	34	36
9 mins. Run/Walk (m)	1060	1180	1280	1400	1580	1680	1800
Push-ups (Times)	0	0	1	3	10	17	24
Total Score							

Boys : Age 13

Item	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	140	145	150	155	161	166	171
*Weight (kg)	30	34	38	43	49	57	67
* # Sum of triceps and calf skinfolds (mm)	10	13	15	20	26	38	49
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	14	22	27	33	39	42	46
Sit & Reach (cm)	11	16	21	25	30	34	37
9 mins. Run/Walk (m)	1080	1240	1380	1490	1660	1820	1930
Push-ups (Times)	0	0	1	7	15	21	30
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40.0 mm

Score Tables of Test Items---Secondary School Boys

Boys : Age 14

Item	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	147	152	157	162	167	172	177
*Weight (kg)	34	38	42	47	54	62	73
* # Sum of triceps and calf skinfolds (mm)	11	12	15	18	25	39	55
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	18	24	30	35	40	45	49
Sit & Reach (cm)	10	14	21	26	31	34	39
9 mins. Run/Walk (m)	1160	1310	1440	1590	1710	1870	2020
Push-ups (Times)	0	0	3	11	19	26	33
Total Score							

Boys : Age 15

Item	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	154	158	162	167	171	175	179
*Weight (kg)	38	42	46	51	58	67	78
* # Sum of triceps and calf skinfolds (mm)	9	12	14	17	23	32	44
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	16	25	30	36	41	46	53
Sit & Reach (cm)	10	15	21	27	32	38	42
9 mins. Run/Walk (m)	1120	1300	1460	1600	1780	1850	1980
Push-ups (Times)	0	1	4	11	20	30	37
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40.0 mm

Score Tables of Test Items---Secondary School Boys

Boys : Age 16

Item \ Result and Score	Percentile (%)						
	3	10	25	50	75	90	97
*Height (cm)	158	162	165	169	173	177	180
*Weight (kg)	42	45	49	55	62	71	83
* # Sum of triceps and calf skinfolds (mm)	10	12	13	17	24	34	47
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	20	25	30	36	42	48	53
Sit & Reach (cm)	11	17	22	27	33	38	42
9 mins. Run/Walk (m)	1200	1360	1510	1650	1790	1880	2010
Push-ups (Times)	0	2	8	16	23	31	40
Total Score							

Boys : Age 17

Item \ Result and Score	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	159	162	166	170	174	178	182
*Weight (kg)	45	48	52	58	65	73	86
* # Sum of triceps and calf skinfolds (mm)	10	12	14	18	24	31	44
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	20	26	31	36	43	49	53
Sit & Reach (cm)	10	15	21	28	33	37	41
9 mins. Run/Walk (m)	1200	1390	1520	1670	1800	1920	2050
Push-ups (Times)	0	1	8	16	25	33	39
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40.0 mm

Score Tables of Test Items---Secondary School Boys

Boys : Age 18

Item \ Result and Score	Percentile (%)						
	3	10	25	50	75	90	97
*Height (cm)	160	163	167	171	175	178	182
*Weight (kg)	47	50	54	59	66	75	87
* # Sum of triceps and calf skinfolds (mm)	9	11	13	16	23	33	44
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	20	27	30	38	43	51	53
Sit & Reach (cm)	13	20	25	31	36	41	45
9 mins. Run/Walk (m)	1200	1370	1600	1730	1840	1970	2130
Push-ups (Times)	0	5	13	20	30	36	40
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40.0 mm

Score Tables of Test Items---Secondary School Girls

Girls : Age 12

Item	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	137	141	145	149	154	158	162
*Weight (kg)	28	31	34	38	43	48	58
* # Sum of triceps and calf skinfolds (mm)	14	17	21	25	33	41	52
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	4	13	18	23	28	32	37
Sit & Reach (cm)	14	19	24	28	33	37	41
9 mins. Run/Walk (m)	1030	1120	1200	1280	1360	1440	1560
Bent-knee Push-ups (Times)	0	0	2	7	13	20	24
Total Score							

Girls : Age 13

Item	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	142	145	149	153	158	161	165
*Weight (kg)	31	34	37	41	46	52	62
* # Sum of triceps and calf skinfolds (mm)	15	17	21	26	33	42	55
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	7	12	18	24	30	34	41
Sit & Reach (cm)	15	19	23	28	33	38	42
9 mins. Run/Walk (m)	960	1120	1200	1280	1380	1480	1580
Bent-knee Push-ups (Times)	0	0	1	6	11	19	27
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1%	12.2-14.9%	15.0-26.8%	26.9-31.9%	32.0-35.0%	Over 35.0%
Under 11.5 mm	12.0-16.0 mm	16.5-35.5 mm	36.0-44.0 mm	44.5-49.0 mm	Over 49.5 mm

Score Tables of Test Items---Secondary School Girls

Girls : Age 14

Item \ Result and Score	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	145	149	152	156	159	163	166
*Weight (kg)	34	37	40	44	50	56	66
* # Sum of triceps and calf skinfolds (mm)	16	20	24	29	35	43	55
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	8	14	20	25	32	37	41
Sit & Reach (cm)	11	18	24	28	33	38	43
9 mins. Run/Walk (m)	1030	1100	1180	1280	1370	1470	1560
Bent-knee Push-ups (Times)	0	0	1	4	10	17	26
Total Score							

Girls : Age 15

Item \ Result and Score	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	147	150	154	157	160	164	167
*Weight (kg)	36	39	43	47	52	58	69
* # Sum of triceps and calf skinfolds (mm)	17	21	24	29	35	41	48
Level and Score	0	1	2	3	4	5	5
Sit & Reach (cm)	14	21	25	31	36	40	44
9 mins. Run/Walk (m)	1020	1070	1190	1280	1370	1460	1550
Bent-knee Push-ups (Times)	0	0	2	6	13	19	25
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1%	12.2-14.9%	15.0-26.8%	26.9-31.9%	32.0-35.0%	Over 35.0%
Under 11.5 mm	12.0-16.0 mm	16.5-35.5 mm	36.0-44.0 mm	44.5-49.0 mm	Over 49.5 mm

Score Tables of Test Items---Secondary School Girls

Girls : Age 16

Item \ Result and Score	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	148	151	154	158	161	164	167
*Weight (kg)	38	41	45	49	54	60	70
* # Sum of triceps and calf skinfolds (mm)	17	21	25	30	36	43	54
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	12	17	23	30	36	42	48
Sit & Reach (cm)	17	21	26	31	36	40	45
9 mins. Run/Walk (m)	1010	1120	1200	1310	1410	1530	1680
Bent-knee Push-ups (times)	0	0	2	7	15	23	32
Total Score							

Girls : Age 17

Item \ Result and Score	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	148	151	154	158	162	165	168
*Weight (kg)	39	43	46	50	55	61	71
* # Sum of triceps and calf skinfolds (mm)	16	21	24	30	37	43	53
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	6	15	22	28	35	40	45
Sit & Reach (cm)	14	20	26	32	37	43	47
9 mins. Run/Walk (m)	1010	1120	1200	1310	1400	1480	1570
Bent-knee Push-ups (times)	0	0	1	5	10	18	26
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1%	12.2-14.9%	15.0-26.8%	26.9-31.9%	32.0-35.0%	Over 35.0%
Under 11.5 mm	12.0-16.0 mm	16.5-35.5 mm	36.0-44.0 mm	44.5-49.0 mm	Over 49.5 mm

Score Tables of Test Items---Secondary School Girls

Girls : Age 18

Item	Percentile(%)						
	3	10	25	50	75	90	97
*Height (cm)	149	152	155	158	162	165	168
*Weight (kg)	40	43	47	51	55	61	69
* # Sum of triceps and calf skinfolds (mm)	17	20	23	31	37	49	59
Level and Score	0	1	2	3	4	5	5
1 min. Sit-ups (Times)	8	15	22	27	32	40	46
Sit & Reach (cm)	17	24	26	32	36	41	46
9 mins. Run/Walk (m)	1040	1120	1200	1300	1420	1530	1630
Bent-knee Push-ups (times)	0	0	2	10	18	24	29
Total Score							

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1%	12.2-14.9%	15.0-26.8%	26.9-31.9%	32.0-35.0%	Over 35.0%
Under 11.5 mm	12.0-16.0 mm	16.5-35.5 mm	36.0-44.0 mm	44.5-49.0 mm	Over 49.5 mm

Score Tables of Test Items ---Primary School Boys

Boys : Age 6

Result and Score Item		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		105	108	111	115	118	121	124
*Weight (kg)		16	16	17	19	22	26	30
* # Sum of triceps and calf skinfolds (mm)		9.0	11.5	13.5	16.0	21.5	30.0	38.0
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		0.0	1.0	6.0	13.0	19.0	22.0	27.0
Sit & Reach (cm)		15.0	19.0	22.0	26.0	30.0	32.0	34.0
Hand Grip (kg)	Right	3.5	5.0	6.0	8.0	9.5	11.0	12.5
	Left	3.0	4.5	5.5	7.5	9.0	11.0	12.5
	Sum	6.5	9.5	11.5	15.5	18.5	22.0	25.0
6 mins. Run/Walk (m)		610	670	740	810	860	910	970
Total Score								

Boys : Age 7

Result and Score Item		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		110	114	117	120	124	127	130
*Weight (kg)		17	18	19	21	25	29	34
* # Sum of triceps and calf skinfolds (mm)		9.0	11.5	14.0	17.5	25.0	34.0	42.0
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		0.0	4.0	10.0	16.0	22.0	26.0	30.0
Sit & Reach (cm)		14.0	17.0	22.0	26.0	29.0	32.0	36.0
Hand Grip (kg)	Right	5.0	6.5	8.0	9.5	11.0	13.0	14.0
	Left	5.0	6.0	7.5	9.5	11.0	12.5	14.0
	Sum	10.0	12.5	15.5	19.0	22.0	25.5	28.0
6 mins. Run/Walk (m)		640	720	790	840	900	960	1060
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40 mm

Score Tables of Test Items ---Primary School Boys

Boys : Age 8

Item \ Result and Score		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		116	119	122	126	130	133	136
*Weight (kg)		19	20	21	24	28	33	39
* # Sum of triceps and calf skinfolds (mm)		9.5	11.5	14.5	19.0	28.0	39.0	49.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		1.0	6.0	11.0	18.0	23.0	27.0	30.0
Sit & Reach (cm)		13.0	18.0	22.0	25.0	29.0	32.0	35.0
Hand Grip (kg)	Right	6.5	8.0	10.0	11.5	13.0	15.0	17.0
	Left	6.0	7.5	9.0	11.0	13.0	14.5	16.0
	Sum	12.5	15.5	19.0	22.5	26.0	29.5	33.0
6 mins. Run/Walk (m)		670	740	810	880	960	1110	1270
Total Score								

Boys : Age 9

Item \ Result and Score		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		121	124	127	131	135	138	141
*Weight (kg)		20	22	24	27	32	37	44
* # Sum of triceps and calf skinfolds (mm)		10.0	12.0	16.0	22.0	33.0	43.0	51.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		3.0	8.0	15.0	21.0	26.0	31.0	35.0
Sit & Reach (cm)		10.0	16.0	21.0	25.0	29.0	32.0	34.0
Hand Grip (kg)	Right	8.5	10.0	11.5	13.0	15.0	17.5	19.0
	Left	7.5	9.0	10.5	12.5	14.5	16.0	18.0
	Sum	16.0	19.0	22.0	25.5	29.5	33.5	37.0
9 mins. Run/Walk (m)		870	970	1100	1210	1320	1440	1560
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40 mm

Score Tables of Test Items ---Primary School Boys

Boys : Age 10

Percentile(%) Result and Score Item		3	10	25	50	75	90	97
		*Height (cm)	125	129	132	136	140	143
*Weight (kg)		22	24	27	31	36	42	50
* # Sum of triceps and calf skinfolds (mm)		10.5	13.5	17.5	25.0	36.0	45.5	56.0
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		4.0	12.0	18.0	23.0	28.0	31.0	37.0
Sit & Reach (cm)		10.0	16.0	20.0	24.0	29.0	32.0	36.0
Hand Grip (kg)	Right	9.0	11.0	13.0	15.0	18.0	20.0	23.0
	Left	9.0	10.0	12.0	14.0	16.5	19.0	21.5
	Sum	18.0	21.0	25.0	29.0	34.5	39.0	44.5
9 mins. Run/Walk (m)		940	1040	1130	1230	1370	1460	1560
Total Score								

Boys : Age 11

Percentile(%) Result and Score Item		3	10	25	50	75	90	97
		*Height (cm)	129	133	137	141	146	150
*Weight (kg)		24	27	30	34	40	47	56
* # Sum of triceps and calf skinfolds (mm)		10.5	13.0	16.0	24.0	36.5	47.0	60.0
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		4.0	13.0	20.0	25.0	31.0	35.0	40.0
Sit & Reach (cm)		11.0	14.0	19.0	25.0	29.0	32.0	36.0
Hand Grip (kg)	Right	11.0	12.5	15.0	18.0	21.0	25.0	30.0
	Left	9.5	11.5	14.0	16.0	19.5	23.5	28.0
	Sum	20.5	24.0	29.0	34.0	40.5	48.5	58.0
9 mins. Run/Walk (m)		970	1040	1190	1300	1440	1600	1760
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40 mm

Score Tables of Test Items ---Primary School Boys

Boys : Age 12

Percentile(%) Result and Score Item		3	10	25	50	75	90	97
		*Height (cm)	133	138	143	148	153	157
*Weight (kg)		27	30	34	38	45	52	61
* # Sum of triceps and calf skinfolds (mm)		10.0	13.0	15.5	21.0	31.5	47.0	55.0
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		12.0	19.0	24.0	30.0	34.0	36.0	41.0
Sit & Reach (cm)		7.0	18.0	22.0	26.0	29.0	32.0	35.0
Hand Grip (kg)	Right	13.0	15.0	17.5	21.0	26.0	31.0	36.5
	Left	12.0	15.0	17.0	20.0	24.0	28.5	33.5
	Sum	25.0	30.0	34.5	41.0	50.0	59.5	70.0
9 mins. Run/Walk (m)		1030	1100	1230	1350	1540	1640	1870
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 5.8%	5.9-10.2%	10.3-20.1%	20.2-25.3%	25.4-30.0%	Over 30.0%
Under 6.5 mm	7.0-12.5 mm	13.0-26.0 mm	26.5-33.0 mm	33.5-39.5 mm	Over 40 mm

Score Tables of Test Items ---Primary School Girls

Girls : Age 6

Result and Score Item		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		105	108	110	114	117	120	123
*Weight (kg)		14	15	17	19	21	25	29
**Sum of triceps and calf skinfolds (mm)		11.0	13.0	15.0	18.0	23.0	28.5	35.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		0.0	1.0	5.0	13.0	18.0	21.0	24.0
Sit & Reach (cm)		18.0	21.0	24.0	27.0	30.0	33.0	35.0
Hand Grip (kg)	Right	3.0	4.0	5.0	7.0	8.5	10.0	11.5
	Left	3.0	4.0	5.0	6.0	8.0	9.5	11.0
	Sum	6.0	8.0	10.0	13.0	16.5	19.5	22.5
6 mins. Run/Walk (m)		610	680	740	790	840	880	940
Total Score								

Girls : Age 7

Result and Score Item		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		110	113	116	119	123	126	129
*Weight (kg)		16	17	19	21	24	28	34
**Sum of triceps and calf skinfolds (mm)		11.5	13.0	16.0	20.0	24.5	31.0	40.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		0.0	3.0	10.0	16.0	21.0	24.0	28.0
Sit & Reach (cm)		17.0	20.0	25.0	28.0	31.0	34.0	37.0
Hand Grip (kg)	Right	4.5	5.5	7.0	8.5	10.0	11.5	13.0
	Left	3.5	5.0	6.5	8.0	10.0	11.0	12.5
	Sum	8.0	10.5	13.5	16.5	20.0	22.5	25.5
6 mins. Run/Walk (m)		640	710	750	810	870	920	1000
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1%	12.2-14.9%	15.0-26.8%	26.9-31.9%	32.0-35.0%	Over 35.0%
Under 11.5 mm	12.0-16.0 mm	16.5-35.5 mm	36.0-44.0 mm	44.5-49.0 mm	Over 49.5 mm

Score Tables of Test Items ---Primary School Girls

Girls : Age 8

Result and Score Item		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		115	118	121	125	129	132	135
*Weight (kg)		18	20	22	24	28	32	38
*# Sum of triceps and calf skinfolds (mm)		11.0	14.0	17.0	22.0	28.0	37.0	45.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		1.0	5.0	12.0	18.0	22.0	26.0	31.0
Sit & Reach (cm)		16.0	20.0	24.0	28.0	31.0	34.0	36.0
Hand Grip (kg)	Right	5.5	7.0	8.0	10.0	11.5	13.5	15.5
	Left	5.0	6.5	8.0	9.5	11.0	13.0	15.5
	Sum	10.5	13.5	16.0	19.5	22.5	26.5	31.0
6 mins. Run/Walk (m)		640	720	800	830	920	1040	1280
Total Score								

Girls : Age 9

Result and Score Item		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		119	123	127	131	135	139	142
*Weight (kg)		20	22	24	27	31	36	43
*# Sum of triceps and calf skinfolds (mm)		12.0	14.5	17.0	23.0	30.0	43.0	55.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		2.0	8.0	14.0	20.0	24.0	29.0	34.0
Sit & Reach (cm)		14.0	19.0	23.0	27.0	31.0	34.0	38.0
Hand Grip (kg)	Right	7.0	8.0	9.5	11.5	13.5	15.5	18.0
	Left	6.0	7.5	9.0	11.0	13.0	15.0	17.5
	Sum	13.0	15.5	18.5	22.5	26.5	30.5	35.5
9 mins. Run/Walk (m)		870	1000	1100	1190	1260	1350	1460
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1% Under 11.5 mm	12.2-14.9% 12.0-16.0 mm	15.0-26.8% 16.5-35.5 mm	26.9-31.9% 36.0-44.0 mm	32.0-35.0% 44.5-49.0 mm	Over 35.0% Over 49.5 mm

Score Tables of Test Items ---Primary School Girls

Girls : Age 10

Item \ Result and Score		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		124	128	133	137	142	146	150
*Weight (kg)		23	25	27	31	35	40	48
**Sum of triceps and calf skinfolds (mm)		12.5	14.5	18.0	23.0	31.0	41.0	50.0
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		5.0	12.0	17.0	23.0	27.0	31.0	37.0
Sit & Reach (cm)		13.0	18.0	22.0	26.0	30.0	34.0	37.0
Hand Grip (kg)	Right	7.5	9.5	11.5	14.0	17.0	19.5	22.0
	Left	6.5	9.0	11.0	13.0	15.5	18.0	21.0
	Sum	14.0	18.5	22.5	27.0	32.5	37.5	43.0
9 mins. Run/Walk (m)		910	1040	1130	1210	1320	1430	1490
Total Score								

Girls : Age 11

Item \ Result and Score		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		131	135	139	144	148	152	157
*Weight (kg)		25	28	31	34	39	44	53
**Sum of triceps and calf skinfolds (mm)		13.0	15.5	19.0	24.0	31.0	39.5	52.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		5.0	15.0	20.0	24.0	29.0	33.0	39.0
Sit & Reach (cm)		12.0	18.0	22.0	26.0	31.0	35.0	37.0
Hand Grip (kg)	Right	10.0	11.5	13.5	16.0	19.0	22.5	25.5
	Left	9.0	10.0	12.5	15.0	18.0	21.0	24.0
	Sum	19.0	21.5	26.0	31.0	37.0	43.5	49.5
9 mins. Run/Walk (m)		940	1060	1140	1240	1340	1440	1570
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1% Under 11.5 mm	12.2-14.9% 12.0-16.0 mm	15.0-26.8% 16.5-35.5 mm	26.9-31.9% 36.0-44.0 mm	32.0-35.0% 44.5-49.0 mm	Over 35.0% Over 49.5 mm

Score Tables of Test Items ---Primary School Girls**Girls : Age 12**

Item \ Result and Score		Percentile(%)						
		3	10	25	50	75	90	97
*Height (cm)		137	141	145	150	154	158	162
*Weight (kg)		28	31	34	38	43	48	58
*# Sum of triceps and calf skinfolds (mm)		12.5	16.0	20.5	26.0	36.5	45.5	51.5
Level and Score		0	1	2	3	4	5	5
1 min. Sit-ups (Times)		1.0	7.0	17.0	24.0	28.0	31.0	37.0
Sit & Reach (cm)		10.0	18.0	23.0	28.0	32.0	35.0	41.0
Hand Grip (kg)	Right	9.5	12.5	15.0	19.0	22.0	24.5	29.0
	Left	8.5	12.0	14.5	18.0	20.5	22.5	26.5
	Sum	18.0	24.5	29.5	37.0	42.5	47.0	55.5
9 mins. Run/Walk (m)		1030	1060	1130	1210	1340	1450	1570
Total Score								

* Height, Weight, Sum of triceps and calf skinfolds serve as a reference only.

Table for conversion of skinfold measurements into estimated percent body fat

Very Low	Low	Optimal Range	Moderately High	High	Very High
Under 12.1% Under 11.5 mm	12.2-14.9% 12.0-16.0 mm	15.0-26.8% 16.5-35.5 mm	26.9-31.9% 36.0-44.0 mm	32.0-35.0% 44.5-49.0 mm	Over 35.0% Over 49.5 mm

ADDRESS & TELEPHONE

Education Department

Physical Education Section

Rm. 704, 7/F., To Kwa Wan Market & Government Offices,

165, Ma Tau Wai Road,

Kowloon.

Tel: 2624 7139 Fax: 2761 4291

Website: <http://cd.ed.gov.hk> → Physical Education → Reference & Resources →
→ School Physical Fitness Award Schemes

教育署體育組

九龍馬頭圍道165號

土瓜灣市政大廈暨政府合署7樓704室

電話：2624 7139 傳真：2761 4291

網址：<http://cd.ed.gov.hk> → 體育 → 教學資源 → 學校體適能獎勵計劃

Hong Kong Childhealth Foundation

14/F., AIE Building,

33, Connaught Road, Central

Central, Hong Kong

Website: <http://www.childhealthhongkong.com>

E-mail: hkchf@netvigator.com

香港兒童健康基金

香港中環干諾道中三十三號

亞洲大廈十四字

網址：<http://www.childhealthhongkong.com>

電郵：hkchf@netvigator.com

電話：2567 2727

傳真：28863166

Copyright reserved

版權所有



由優質教育基金(1999至2001)贊助

Sponsored by

Quality Education Fund (1999-2001)



香港兒童健康基金

**Hong Kong
Childhealth Foundation**

與
合辦

Jointly Organized By

and



教育署

Education Department