

學校體適能獎勵計劃 School Physical Fitness Award Schemes



Target Recommendations 目標建議

I. Keep body fat within a target range 保持身體脂肪於目標範圍:

Primary School Students 小學學童

	Age 歲數	Triceps skinfold 50% percentile 三頭肌皮摺厚度中位數字
Girls 女	6 至 12 歲	9 至 12 mm
Boys 男	6 至 12 歲	8 至 9 mm

Secondary School Students 中學學童

e.g

	Triceps + Calf Skinfolds 三頭肌及小腿內側皮摺 厚度總和(毫米)	Percent Body Fat 身體脂肪百分比
Girls 女	16.5mm - 35.5mm	15% - 27%
Boys 男	13mm - 26mm	10% - 20%

Easy to remember approximate values 簡單易記數值:

Boys/Girls 6 to 12 years: 10mm (50th percentile) = Good 良好, 15mm (75th percentile) = Be Alert 警覺, 20mm (90th percentile) = Too Fat 過肥!

Easy to remember approximate values 簡單易記數值:

Girls 12 to 18 years (三頭肌及小腿皮摺厚度總和) 女: 25mm = Good 良好, 35mm = Be Alert 警覺, 45mm = Too Fat 過肥!

Boys 12 to 18 years (三頭肌及小腿皮摺厚度總和) 男: 20mm = Good 良好, 25mm = Be Alert 警覺, 30mm = Too Fat 過肥!

FACT SHEET 9.2
學校體適能獎勵計劃
School Physical Fitness Award Schemes



Target Recommendations (continue)
目標建議(繼續)

II. School children should aim to reach at least the average physical fitness standard for their age. They are as follows: 學童應以達到其年齡之體適能平均標準為目標, 平均標準表列如下:

	1-min Sit-ups (times) 一分鐘仰臥起坐(次)	Sit & Reach (mm) 坐地前伸(毫米)	6/9-mins Run/Walk (m) 六/九分鐘耐力跑/行(米)	Bent-knee Push-ups (girls) / Push-ups (boys) (times) 屈膝掌上壓(女)/ 掌上壓(男)(次)	Handgrip 手握力 (千克)
5 years old girls on entering primary school 女童六歲 就讀小學	16	29	840 (approximately 10 times around basketball court in 6 minutes) 六分鐘內約繞籃球場跑10圈	1	8
12 years old girls on entering secondary school 女童十二歲 就讀中學	23	28	1280 (approximately 16 times around basketball court in 9 minutes) 九分鐘內約繞籃球場跑16圈	7	20
18 years old girls on leaving secondary school 女童十八歲 離開中學	27	32	1300 (approximately 16 times around basketball court in 9 minutes) 九分鐘內約繞籃球場跑16圈	10	
6 years old boys on entering primary school 男童六歲 就讀小學	18	28	870 (approximately 11 times around basketball court in 6 minutes) 六分鐘內約繞籃球場跑11圈	1	9
12 years old boys on entering secondary school 男童十二歲 就讀中學	28	23	1400 (approximately 17 times around basketball court in 9 minutes) 九分鐘內約繞籃球場跑17圈	3	24
18 years old boys on leaving secondary school 男童十八歲 離開中學	38	31	1730 (approximately 22 times around basketball court in 9 minutes) 九分鐘內約繞籃球場跑22圈	20	

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Target Recommendations (continue) 目標建議(繼續)

Easy to remember approximate figures: 簡單易記數值:

1. All primary school children should be able to do over **16** sit-ups in 1 minute. All secondary school children should be able to do **over 20** one minute sit-ups aiming for **30** on leaving school.
所有小學學童應做超過十六次一分鐘仰臥起坐。所有中學學童應做超過20次一分鐘仰臥起坐，當離開學校時目標可達30次以上。
2. Sit and Reach Test: To keep children flexible, primary school children should be able to stretch to reach **28cm** mark of the sit and reach box. On leaving secondary school, girls should be able to reach 32cm and boys 31cm.
坐地前伸: 小學學童應該伸展到28厘米。中學女童離開中學時應該伸展到32厘米，而中學男童伸展到31厘米。
3. 6/9 minute endurance run /walk – primary school children between 6-8 years - at least **10** times around basketball court in 6 minutes. For children older than 9 years – at least **16** times around basketball court in 9 minutes. Secondary School boys should gradually aim to run **22** times round the basketball court in 9 minutes.
六至八歲小童六分鐘耐力跑最小圍繞籃球場跑十圈。九歲以上九分鐘耐力跑最小十六圈。中學男學童離開中學時最小九分鐘內跑二十二圈。
4. Bent-knee push-ups: On leaving primary school, all boys and girls should be able to do at least one bent-knee push-up properly. On leaving secondary school, girls should be able to do **10** bent-knee push-ups; boys should be able to do **20** push-ups.
男女童離開小學時應該最小能夠做到準確的屈膝掌上壓最小一次。當離開中學時，女童應做到10次屈膝掌上壓；男童應做到20次掌上壓。