

We are the first to provide focus training on Primary PE Exam and Internal Assessment of Secondary School Places Allocations

我們是首個將教育局小學體育科考試及呈分試考核內容納入常規課程的體育學院

As Hong Kong's No.1 International Athletics Academy, we are the first educational institution that integrates the assessment content of the Education Bureau's Primary School PE Examination and Internal Assessment into our regular curriculum. Unlike other sports clubs in the market, we do not focus on an "elite-only model" (where most students are members of school sports teams). Instead, we adhere to a "popularization model" that caters to students of all skill levels—including those with no prior sports training experience. This approach allows us to fulfill our mission of promoting and enhancing the physical and mental health of our next generation, while also helping them achieve excellent results in the PE Examination and Internal Assessment of Secondary School Places Allocations.

作為全港No.1 國際田徑學院，我們是首個將教育局小學體育科考試及呈分試考核內容納入常規課程的教育機構。與坊間的體育會不同，我們並非著重精英制(即學員多為運動校隊成員)，我們著重普及制，可兼顧不同程度(包括沒有體育訓練背景)的學生，從而達致普及提昇學童身心健康的使命，亦令他們在體育科考試及呈分試中爭取好成績。

Timeline 時間

It will be implemented starting from the second semester of Primary 5 in the 2026 academic year. Meanwhile, we anticipate that corresponding assessment items will also be incorporated into the PE curriculum for lower primary grades (Primary 1-3), allowing students to prepare in advance.

2026年度小五下學期開始實施，同時我們預計初小體育科亦會加入相應考試項目為學童提早準備

Examination Scope 考核範疇

Physical Fitness (40%), Sports Skills (40%), Knowledge (10%), Attitude (10%)
— Schools may slightly adjust the percentage of each category or the specific types of Sports Skills. However, these 4 categories are fixed, and the content of Physical Fitness is also fixed.

評估範疇		比重
F	體適能 Physical Fitness	40%
A	態度 Attitudes	10%
S	體育技能 Sports Skills	40%
K	知識 Knowledge	10%

體適能(40%)、體育技能(40%)、知識(10%)、態度(10%) — 學校可微調各類別的百分比，或體育技能的類別，但4項目是固定的，體適能的内容亦是固定的。

Physical Fitness Assessment Scope 體適能考核範疇



Endurance Run
P1-3: 6mins / P4-6: 9mins
6/9分鐘耐力跑



15m Progressive Run
15米 漸進耐力跑



1-min Sit-ups
1分鐘仰臥起坐



Sit and Reach
坐前伸



Hand Grip
手握力

How is your child performing right now?

你的小孩表現如何呢?



Scoring Table (Boys 6-9yo) 評分標準 (6-9歲男孩)

Boys aged ≤ 6

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)	0	0 - < 4	4 - < 10	10 - < 16	16 - < 20	≥ 20
Sit-and-Reach (cm)	< 11	11 - < 17	17 - < 22	22 - < 28	28 - < 33	≥ 33
6-min Run/Walk (m)	< 630	630 - < 720	720 - < 790	790 - < 860	860 - < 920	≥ 920
15-meter PACER	< 7	7 - < 9	9 - < 12	12 - < 16	16 - < 21	≥ 21
Handgrip (left + right, kg)	< 12	12 - < 14.5	14.5 - < 17	17 - < 20.5	20.5 - < 23	≥ 23
Inclined Pull-ups (repetitions)	0	0	0 - < 4	4 - < 9	9 - < 13	≥ 13

Boys aged 7

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)	< 1	1 - < 5	5 - < 14	14 - < 19	19 - < 24	≥ 24
Sit-and-Reach (cm)	< 12	12 - < 18	18 - < 25	25 - < 29	29 - < 33	≥ 33
6-min Run/Walk (m)	< 660	660 - < 750	750 - < 840	840 - < 900	900 - < 960	≥ 960
15-meter PACER	< 9	9 - < 11	11 - < 14	14 - < 20	20 - < 28	≥ 28
Handgrip (left + right, kg)	< 14	14 - < 16.5	16.5 - < 19.5	19.5 - < 22.5	22.5 - < 26	≥ 26
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 6	6 - < 11	11 - < 15	≥ 15

Boys aged 8

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)	< 4	4 - < 10	10 - < 18	18 - < 24	24 - < 30	≥ 30
Sit-and-Reach (cm)	< 12	12 - < 17	17 - < 23	23 - < 29	29 - < 33	≥ 33
6-min Run/Walk (m)	< 700	700 - < 780	780 - < 860	860 - < 940	940 - < 1010	≥ 1010
15-meter PACER	< 10	10 - < 13	13 - < 19	19 - < 28	28 - < 40	≥ 40
Handgrip (left + right, kg)	< 18	18 - < 20	20 - < 23	23 - < 27	27 - < 30	≥ 30
Inclined Pull-ups (repetitions)	0	0 - < 2	2 - < 6	6 - < 12	12 - < 17	≥ 17

Boys aged 9

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)	< 6	6 - < 13	13 - < 19	19 - < 25	25 - < 31	≥ 31
Sit-and-Reach (cm)	< 13	13 - < 18	18 - < 23	23 - < 28	28 - < 33	≥ 33
9-min Run/Walk (m)	< 960	960 - < 1070	1070 - < 1210	1210 - < 1350	1350 - < 1470	≥ 1470
15-meter PACER	< 10	10 - < 14	14 - < 20	20 - < 31	31 - < 42	≥ 42
Handgrip (left + right, kg)	< 20	20 - < 22.5	22.5 - < 26	26 - < 29.5	29.5 - < 33	≥ 33
Inclined Pull-ups (repetitions)	0	0 - < 2	2 - < 6	6 - < 12	12 - < 17	≥ 17

How is your child performing right now?

你的小孩表現如何呢?



Scoring Table (Boys 10-12yo) 評分標準 (10-12歲男孩)

Boys aged 10

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)	< 6	6 - < 13	13 - < 21	21 - < 28	28 - < 33	≥ 33
Sit-and-Reach (cm)	< 13	13 - < 18	18 - < 23	23 - < 28	28 - < 33	≥ 33
9-min Run/Walk (m)	< 1000	1000 - < 1120	1120 - < 1250	1250 - < 1390	1390 - < 1520	≥ 1520
15-meter PACER	< 12	12 - < 17	17 - < 25	25 - < 36	36 - < 52	≥ 52
Handgrip (left + right, kg)	< 22	22 - < 26	26 - < 29.5	29.5 - < 33.5	33.5 - < 38	≥ 38
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 6	6 - < 12	12 - < 18	≥ 18

Boys aged 11

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 - < 30	30 - < 36	≥ 36
Sit-and-Reach (cm)	< 12	12 - < 17	17 - < 22	22 - < 28	28 - < 33	≥ 33
9-min Run/Walk (m)	< 1050	1050 - < 1170	1170 - < 1300	1300 - < 1450	1450 - < 1600	≥ 1600
15-meter PACER	< 15	15 - < 20	20 - < 30	30 - < 44	44 - < 56	≥ 56
Handgrip (left + right, kg)	< 26	26 - < 29	29 - < 33	33 - < 39	39 - < 44	≥ 44
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 6	6 - < 12	12 - < 17	≥ 17

Boys 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)	< 14	14 - < 20	20 - < 27	27 - < 33	33 - < 41	≥ 41
Sit-and-Reach (cm)	< 17	17 - < 22	22 - < 25	25 - < 30	30 - < 33	≥ 33
9-min Run/Walk (m)	< 1070	1070 - < 1210	1210 - < 1380	1380 - < 1530	1530 - < 1770	≥ 1770
15-meter PACER	< 15	15 - < 24	24 - < 34	34 - < 50	50 - < 74	≥ 74
Handgrip (left + right, kg)	< 27.5	27.5 - < 31	31 - < 36.5	36.5 - < 43	43 - < 51	≥ 51
Inclined Pull-ups (repetitions)	0	0 - < 2	2 - < 10	10 - < 15	15 - < 25	≥ 25

How is your child performing right now?

你的小孩表現如何呢?



Scoring Table (Girls 6-9yo) 評分標準 (6-9歲女孩)

Hong Kong's No.1
International Athletic Academy

Girls aged ≤ 6

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)	0	0 - < 1	1 - < 7	7 - < 15	15 - < 20	≥ 20
Sit-and-Reach (cm)	< 16	16 - < 19	19 - < 26	26 - < 30	30 - < 34	≥ 34
6-min Run/Walk (m)	< 640	640 - < 700	700 - < 750	750 - < 810	810 - < 860	≥ 860
15-meter PACER	< 8	8 - < 9	9 - < 11	11 - < 13	13 - < 17	≥ 17
Handgrip (left + right, kg)	< 10.5	10.5 - < 13	13 - < 15.5	15.5 - < 18	18 - < 21	≥ 21
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 5	5 - < 10	10 - < 13	≥ 13

Girls aged 7

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)	0	0 - < 5	5 - < 13	13 - < 19	19 - < 24	≥ 24
Sit-and-Reach (cm)	< 17	17 - < 20	20 - < 26	26 - < 30	30 - < 34	≥ 34
6-min Run/Walk (m)	< 680	680 - < 740	740 - < 800	800 - < 860	860 - < 900	≥ 900
15-meter PACER	< 9	9 - < 10	10 - < 13	13 - < 18	18 - < 23	≥ 23
Handgrip (left + right, kg)	< 12.5	12.5 - < 15	15 - < 18	18 - < 21	21 - < 23.5	≥ 23.5
Inclined Pull-ups (repetitions)	0	0 - < 2	2 - < 6	6 - < 11	11 - < 16	≥ 16

Girls aged 8

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)	< 3	3 - < 9	9 - < 15	15 - < 21	21 - < 26	≥ 26
Sit-and-Reach (cm)	< 17	17 - < 21	21 - < 26	26 - < 30	30 - < 34	≥ 34
6-min Run/Walk (m)	< 680	680 - < 740	740 - < 800	800 - < 870	870 - < 930	≥ 930
15-meter PACER	< 10	10 - < 12	12 - < 15	15 - < 20	20 - < 29	≥ 29
Handgrip (left + right, kg)	< 16	16 - < 18	18 - < 21	21 - < 24	24 - < 27.5	≥ 27.5
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 5	5 - < 12	12 - < 16	≥ 16

Girls aged 9

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)	< 4	4 - < 12	12 - < 19	19 - < 25	25 - < 30	≥ 30
Sit-and-Reach (cm)	< 20	20 - < 24	24 - < 25	25 - < 29	29 - < 30	≥ 30
9-min Run/Walk (m)	< 860	860 - < 1030	1030 - < 1190	1190 - < 1310	1310 - < 1420	≥ 1420
15-meter PACER	< 10	10 - < 14	14 - < 20	20 - < 30	30 - < 41	≥ 41
Handgrip (left + right, kg)	< 18	18 - < 21	21 - < 25	25 - < 30	30 - < 36	≥ 36
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 6	6 - < 11	11 - < 16	≥ 16

How is your child performing right now?

你的小孩表現如何呢?



Scoring Table (Girls 10-12yo) 評分標準 (10-12歲女孩)

Hong Kong's No.1
International Athletic Academy

Girls aged 10

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)	< 7	7 - < 13	13 - < 20	20 - < 25	25 - < 30	≥ 30
Sit-and-Reach (cm)	< 18	18 - < 21	21 - < 26	26 - < 30	30 - < 35	≥ 35
9-min Run/Walk (m)	< 1000	1000 - < 1090	1090 - < 1200	1200 - < 1310	1310 - < 1430	≥ 1430
15-meter PACER	< 13	13 - < 17	17 - < 21	21 - < 30	30 - < 37	≥ 37
Handgrip (left + right, kg)	< 21	21 - < 24	24 - < 28.5	28.5 - < 33	33 - < 37.5	≥ 37.5
Inclined Pull-ups (repetitions)	0	0 - < 1	1 - < 4	4 - < 10	10 - < 15	≥ 15

Girls aged 11

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)	< 8	8 - < 15	15 - < 22	22 - < 28	28 - < 34	≥ 34
Sit-and-Reach (cm)	< 17	17 - < 21	21 - < 25	25 - < 30	30 - < 34	≥ 34
9-min Run/Walk (m)	< 1050	1050 - < 1120	1120 - < 1210	1210 - < 1310	1310 - < 1470	≥ 1470
15-meter PACER	< 14	14 - < 18	18 - < 24	24 - < 32	32 - < 45	≥ 45
Handgrip (left + right, kg)	< 24.5	24.5 - < 29	29 - < 33	33 - < 39	39 - < 44.5	≥ 44.5
Inclined Pull-ups (repetitions)	0	0	0 - < 4	4 - < 8	8 - < 13	≥ 13

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)	< 11	11 - < 17	17 - < 20	20 - < 28	28 - < 33	≥ 33
Sit-and-Reach (cm)	< 14	14 - < 23	23 - < 28	28 - < 32	32 - < 35	≥ 35
9-min Run/Walk (m)	< 970	970 - < 1090	1090 - < 1190	1190 - < 1280	1280 - < 1420	≥ 1420
15-meter PACER	< 13	13 - < 17	17 - < 22	22 - < 32	32 - < 41	≥ 41
Handgrip (left + right, kg)	< 27	27 - < 32	32 - < 39	39 - < 44	44 - < 48	≥ 48
Inclined Pull-ups (repetitions)	0	0	0 - < 4	4 - < 7	7 - < 11	≥ 11

Official Resources Link 官方資料連結

- <https://www.edb.gov.hk/tc/curriculum-development/major-level-of-edu/primary/internal-assessments/index.html>
- [https://www.edb.gov.hk/attachment/tc/curriculum-development/major-level-of-edu/primary/internal-assessments/Internal Assessments leaflet web version.pdf](https://www.edb.gov.hk/attachment/tc/curriculum-development/major-level-of-edu/primary/internal-assessments/Internal%20Assessments%20leaflet%20web%20version.pdf)
- <https://spfas.hkuhealth.com/>



WHATSAPP US FOR REGISTRATION



(852) 9346-2515



<http://www.getsetsportsacademy.com>



getsetsports