

REVISED NATIONAL PHYSICAL FITNESS AWARD (NAPFA) NORMS FOR PRIMARY SCHOOLS (2006)

1. BENT-KNEE SIT-UPS (WITH HANDS CUPPING EARS)

Males

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>35	>36	>39	>41	>42	>42	>42	>42
B	30-35	31-36	34-39	36-41	38-42	40-42	40-42	40-42
C	25-29	26-30	30-33	32-35	34-37	37-39	37-39	37-39
D	20-24	21-25	25-29	27-31	29-33	33-36	34-36	34-36
E	15-19	17-20	20-24	22-26	25-28	29-32	30-33	31-33

Females

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>26	>27	>28	>29	>30	>30	>30	>30
B	22-26	23-27	24-28	25-29	26-30	28-30	29-30	29-30
C	18-21	19-22	20-23	21-24	22-25	24-27	25-28	26-28
D	14-17	15-18	16-19	17-20	18-21	20-23	21-24	22-25
E	10-13	11-14	12-15	13-16	14-17	16-19	17-20	18-21

2. STANDING BROAD JUMP

Males

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>168	>174	>188	>202	>214	>225	>237	>245
B	159-168	165-174	177-188	189-202	202-214	216-225	228-237	236-245
C	149-158	156-164	166-176	176-188	189-201	206-215	218-227	226-235
D	139-148	146-155	155-165	163-175	176-188	196-205	208-217	216-225
E	130-138	137-145	144-154	150-162	164-175	186-195	198-207	206-215

Females

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>158	>161	>164	>167	>170	>177	>182	>186
B	148-158	152-161	156-164	159-167	162-170	169-177	174-182	178-186
C	139-147	143-151	147-155	150-158	153-161	160-168	165-173	169-177
D	129-138	134-142	138-146	141-149	144-152	151-159	156-164	160-168
E	119-128	125-133	129-137	132-140	135-143	142-150	147-155	151-159

3. (MODIFIED) SIT-AND-REACH

Males

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>33	>35	>37	>39	>41	>43	>45	>47
B	30-33	32-35	34-37	36-39	38-41	40-43	42-45	44-47
C	26-29	28-31	30-33	32-35	34-37	36-39	38-41	40-43
D	21-25	23-27	25-29	28-31	30-33	32-35	34-37	36-39
E	16-20	18-22	20-24	23-27	25-29	27-31	29-33	31-35

Females

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>33	>35	>37	>39	>41	>43	>45	>46
B	31-33	33-35	35-37	37-39	39-41	41-43	43-45	44-46
C	28-30	30-32	32-34	34-36	36-38	38-40	39-42	40-43
D	24-27	26-29	28-31	30-33	32-35	34-37	35-38	36-39
E	19-23	21-25	23-27	25-29	27-31	29-33	30-34	31-35

4(A) INCLINED PULL-UP (FOR ALL FEMALES AND FOR MALES BETWEEN 9 AND 14 YEARS OLD)

Males (9 – 14 years old)

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
A	> 21	> 22	> 23	> 24	> 25	> 26
B	18-21	19-22	20-23	21-24	22-25	23-26
C	13-17	14-18	15-19	16-20	17-21	18-22
D	9-12	9-13	10-14	11-15	12-16	13-17
E	3-8	3-8	4-9	5-10	7-11	8-12

Females

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	>14	>14	> 15	>15	>16	>16	>16	>17
B	12-14	12-14	13-15	13-15	13-16	14-16	14-16	14-17
C	9-11	9-11	10-12	10-12	10-12	10-13	10-13	11-13
D	6-8	6-8	7-9	7-9	7-9	7-9	7-9	7-10
E	2-5	3-5	3-6	3-6	3-6	3-6	3-6	3-6

4(B) PULL-UP (FOR MALES BETWEEN 15 AND 19 YEARS OLD)

Males (15 – 19 years old)

Grade	15 yrs	16 yrs
A	> 7	> 8
B	6-7	7-8
C	5	5-6
D	3-4	3-4
E	1-2	1-2

5. 4 x 10M SHUTTLE RUN

Males

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	<11.3	<11.1	<10.7	<10.4	<10.3	<10.2	<10.2	<10.2
B	11.3-11.8	11.1-11.6	10.7-11.2	10.4-10.9	10.3-10.7	10.2-10.4	10.2-10.3	10.2-10.3
C	11.9-12.2	11.7-12.0	11.3-11.6	11.0-11.3	10.8-11.1	10.5-10.8	10.4-10.5	10.4-10.5
D	12.3-12.7	12.1-12.4	11.7-12.0	11.4-11.7	11.2-11.5	10.9-11.2	10.6-10.9	10.6-10.7
E	12.8-13.1	12.5-12.9	12.1-12.5	11.8-12.2	11.6-11.9	11.3-11.6	11.0-11.3	10.8-11.1

Females

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	<11.8	<11.7	<11.6	<11.5	<11.3	<11.2	<11.3	<11.3
B	11.8-12.3	11.7-12.2	11.6-12.1	11.5-11.9	11.3-11.7	11.5-11.8	11.3-11.6	11.3-11.5
C	12.4-12.8	12.3-12.7	12.2-12.5	12.0-12.3	11.8-12.2	11.9-12.2	11.7-12.0	11.6-11.8
D	12.9-13.3	12.8-13.2	12.6-12.9	12.4-12.7	12.3-12.7	12.3-12.6	12.1-12.4	11.9-12.2
E	13.4-13.8	13.3-13.7	13.0-13.4	12.8-13.2	12.8-13.2	12.7-13.0	12.5-12.8	12.3-12.6

6. 1.6KM/2.4 KM RUN/WALK
(1.6KM RUN/WALK FOR STUDENTS IN PRIMARY LEVELS BELOW 14 YEARS OF AGE)
(2.4KM RUN/WALK FOR STUDENTS IN PRIMARY LEVELS OF AGES 14 AND ABOVE)

Males

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	< 9:40	< 9:30	< 8:50	< 8:40	< 8:10	< 11:01	< 10:41	< 10:31
B	9:40-10:40	9:30-10:30	8:50-10:00	8:40-9:40	8:10-9:10	11:01-12:00	10:41-11:40	10:31-11:30
C	10:41-11:40	10:31-11:40	10:01-11:10	9:41-10:40	9:11-10:10	12:01-13:00	11:41-12:40	11:31-12:20
D	11:41-12:40	11:41-12:40	11:11-12:20	10:41-11:40	10:11-11:00	13:01-14:10	12:41-13:40	12:21-13:20
E	12:41-13:50	12:41-13:40	12:21-13:30	11:41-12:30	11:01-12:00	14:11-15:20	13:41-14:40	13:21-14:10

Females

Grade	9 yrs	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs
A	< 10:40	< 10:30	< 10:20	< 10:10	< 10:00	< 14:21	< 14:11	< 14:01
B	10:40-11:40	10:30-11:25	10:20-11:10	10:10-11:00	10:00-10:50	14:21-15:20	14:11-15:10	14:01-15:00
C	11:41-12:50	11:26-12:30	11:11-12:10	11:01-12:00	10:51-11:50	15:21-16:20	15:11-16:10	15:01-16:00
D	12:51-13:50	12:31-13:25	12:11-13:00	12:01-12:50	11:51-12:40	16:21-17:20	16:11-17:10	16:01-17:00
E	13:51-15:0	13:26-14:30	13:01-14:00	12:51-13:50	12:41-13:40	17:21-18:20	17:11-18:10	17:01-17:50

