

男生

| 10-23歲中小學男性學生仰臥捲腹百分等級常模(次數) |           |      |      |      |          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |  |
|-----------------------------|-----------|------|------|------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--|
| 百分等級                        | 5th       | 10th | 15th | 20th | 25th     | 30th | 35th | 40th | 45th | 50th | 55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |  |
| 年齡                          | << 待加強 >> |      |      |      | << 中等 >> |      |      |      |      | 銅牌   |      |      | 銀牌   |      |      | 金牌   |      |      |      |  |
| 10                          | 1         | 3    | 5    | 8    | 9        | 11   | 13   | 15   | 16   | 18   | 20   | 22   | 24   | 26   | 29   | 32   | 37   | 45   | 63   |  |
| 11                          | 2         | 5    | 7    | 10   | 12       | 14   | 16   | 17   | 20   | 22   | 24   | 26   | 28   | 31   | 34   | 39   | 45   | 53   | 71   |  |
| 12                          | 3         | 7    | 10   | 13   | 15       | 18   | 20   | 21   | 23   | 25   | 28   | 30   | 32   | 35   | 38   | 43   | 51   | 61   | 75   |  |
| 13                          | 4         | 9    | 12   | 15   | 17       | 19   | 21   | 23   | 26   | 29   | 30   | 33   | 36   | 40   | 43   | 49   | 57   | 68   | 75   |  |
| 14                          | 5         | 11   | 14   | 17   | 19       | 21   | 24   | 26   | 28   | 30   | 33   | 35   | 39   | 42   | 47   | 52   | 60   | 74   | 75   |  |
| 15                          | 7         | 13   | 16   | 19   | 21       | 23   | 26   | 29   | 30   | 32   | 34   | 38   | 41   | 44   | 49   | 55   | 64   | 74   | 75   |  |
| 16                          | 9         | 14   | 18   | 20   | 22       | 24   | 26   | 29   | 30   | 32   | 34   | 37   | 40   | 42   | 46   | 51   | 57   | 67   | 75   |  |
| 17                          | 5         | 11   | 16   | 19   | 21       | 23   | 25   | 28   | 30   | 31   | 34   | 37   | 40   | 44   | 49   | 52   | 60   | 74   | 75   |  |
| 18                          | 6         | 13   | 17   | 19   | 21       | 23   | 25   | 27   | 29   | 30   | 32   | 34   | 39   | 42   | 45   | 50   | 53   | 64   | 75   |  |
| 19                          | 5         | 11   | 15   | 18   | 20       | 22   | 25   | 27   | 29   | 30   | 32   | 35   | 37   | 41   | 45   | 50   | 55   | 69   | 75   |  |
| 20                          | 5         | 10   | 15   | 18   | 19       | 21   | 23   | 25   | 28   | 30   | 31   | 33   | 35   | 39   | 44   | 56   | 69   | 74   | 75   |  |
| 21                          | 9         | 13   | 16   | 20   | 26       | 28   | 34   | 37   | 40   | 41   | 43   | 46   | 50   | 54   | 57   | 63   | 72   | 74   | 75   |  |
| 22                          | 9         | 14   | 19   | 20   | 22       | 25   | 26   | 27   | 28   | 30   | 33   | 35   | 40   | 44   | 49   | 52   | 65   | 72   | 75   |  |
| 23                          | 2         | 10   | 14   | 19   | 20       | 22   | 24   | 26   | 28   | 29   | 30   | 31   | 36   | 40   | 43   | 48   | 51   | 60   | 74   |  |

女生

| 10-23歲女性學生仰臥捲腹百分等級常模(次數) |           |      |      |      |          |      |      |      |      |      |      |      |      |      |      |      |      |      |      |  |
|--------------------------|-----------|------|------|------|----------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|--|
| 百分等級                     | 5th       | 10th | 15th | 20th | 25th     | 30th | 35th | 40th | 45th | 50th | 55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |  |
| 年齡                       | << 待加強 >> |      |      |      | << 中等 >> |      |      |      |      | 銅牌   |      |      | 銀牌   |      |      | 金牌   |      |      |      |  |
| 10                       | 1         | 3    | 6    | 8    | 10       | 11   | 13   | 15   | 17   | 19   | 20   | 21   | 23   | 25   | 29   | 32   | 36   | 42   | 64   |  |
| 11                       | 2         | 5    | 8    | 10   | 12       | 14   | 16   | 17   | 20   | 21   | 23   | 25   | 28   | 30   | 33   | 38   | 42   | 51   | 71   |  |
| 12                       | 2         | 5    | 8    | 10   | 12       | 14   | 16   | 18   | 20   | 22   | 24   | 26   | 29   | 31   | 35   | 40   | 45   | 54   | 74   |  |
| 13                       | 2         | 5    | 8    | 11   | 13       | 15   | 17   | 19   | 20   | 22   | 24   | 26   | 29   | 31   | 34   | 39   | 44   | 52   | 74   |  |
| 14                       | 1         | 4    | 8    | 10   | 12       | 14   | 16   | 17   | 19   | 21   | 23   | 25   | 27   | 30   | 33   | 38   | 43   | 50   | 73   |  |
| 15                       | 2         | 5    | 8    | 11   | 13       | 15   | 17   | 19   | 20   | 22   | 24   | 26   | 28   | 30   | 33   | 37   | 42   | 50   | 74   |  |
| 16                       | 1         | 4    | 8    | 11   | 15       | 17   | 19   | 21   | 23   | 25   | 27   | 28   | 30   | 33   | 36   | 40   | 45   | 51   | 71   |  |
| 17                       | 1         | 4    | 8    | 11   | 14       | 16   | 19   | 20   | 22   | 24   | 26   | 29   | 31   | 34   | 37   | 41   | 47   | 57   | 74   |  |
| 18                       | 1         | 5    | 9    | 12   | 15       | 17   | 20   | 21   | 24   | 26   | 28   | 30   | 33   | 35   | 39   | 41   | 44   | 51   | 65   |  |
| 19                       | 1         | 4    | 8    | 11   | 14       | 17   | 19   | 20   | 21   | 23   | 25   | 27   | 29   | 31   | 33   | 37   | 42   | 50   | 69   |  |
| 20                       | 1         | 4    | 9    | 11   | 13       | 15   | 17   | 19   | 20   | 21   | 24   | 26   | 30   | 31   | 36   | 41   | 49   | 54   | 71   |  |
| 21                       | 3         | 6    | 10   | 14   | 16       | 18   | 20   | 21   | 22   | 24   | 25   | 28   | 30   | 33   | 38   | 42   | 50   | 58   | 72   |  |
| 22                       | 1         | 5    | 10   | 13   | 15       | 16   | 19   | 20   | 21   | 23   | 25   | 26   | 28   | 30   | 31   | 34   | 38   | 43   | 68   |  |
| 23                       | 1         | 3    | 10   | 16   | 19       | 20   | 21   | 22   | 23   | 24   | 25   | 26   | 27   | 29   | 31   | 33   | 43   | 51   | 61   |  |