

Po Leung Kuk Centenary Li Shiu Chung Memorial College

P.E. Assessment System

Form	Skill	Fitness [#]	Contribution to school	Attitude [^]	Examination Result	Test Mark
1	40%	30%	15%	15%	Maximum is 50 marks	Grade A - F*
2						
3						
4	40%	30%	15%	15%	Grade A - F*	
5						
6						
7						


*


A	B	C	D	E	F
90-100	80-89	70-79	60-69	50-59	49 or less

Remarks: First in form of F4 – F.6 in second term should be ranked by the marks in the first and second term in the ratio of 45:55.

(Sample)

Event Score	1 min. Sit up	Sit & Reach	Hand Grip (0.5 kg)	Press up	9 min. Run (m)
6	> 40	> 40	> 32	> 25	> 2200
5	35 - 40	36 - 40	28 - 32	20 - 25	2000 - 2200
4	30 - 34	28 - 35	23 - 27.5	14 - 19	1800 - 1999
3	20 - 29	19 - 27	20 - 22.5	10 - 13	1600 - 1799
2	15 - 19	12 - 18	15 - 19.5	6 - 9	1400 - 1599
1	< 15	< 12	< 15	< 5	< 1400

 : Standard score is used for fitness assessment. (Maximum is 30)

 : Raw score is used for PLK fitness award scheme

[^] Attitude score is base on the students' punctuality, uniform and class performance.

Scores for F.1 - F.3 should be rounded off to 1 decimal place.