Percentile Norms for the Sit-and-Reach for Boys

Age	10	11	12	13	14	15	16	17+
Percentile	**(In inches)**							
90	13.0	13.5	13.0	13.5	14.0	15.0	16.0	16.5
80	12.0	12.5	12.0	12.0	13.0	14.0	15.0	15.0
70	11.5	11.5	11.5	11.5	12.0	13.0	14.0	14.0
60	11.0	11.0	10.5	10.5	11.0	12.0	13.0	13.0
50	10.5	10.0	10.0	10.0	10.5	11.0	12.0	12.5
40	9.5	9.5	9.0	9.5	10.0	10.5	11.0	11.5
30	9.0	9.0	8.5	9.0	9.5	9.5	10.5	10.5
20	8.0	8.0	7.5	7.5	8.0	8.5	9.0	9.5
10	7.0	7.0	5.5	6.0	6.0	6.5	7.0	7.5

Source: The National Children and Youth Fitness Study

Percentile Norms for the Sit-and-Reach for Girls

Age	10	11	12	13	14	15	16	17+
Percentile	**(In inches)**							
90	14.5	15.0	16.0	17.0	16.5	17.0	17.5	17.5
80	13.5	14.0	15.0	16.0	16.0	16.0	16.5	16.5
70	13.0	13.5	14.0	14.5	15.0	15.5	16.0	16.0
60	12.0	12.5	13.0	14.0	14.5	15.0	15.0	15.0
50	11.5	12.0	12.5	13.0	14.0	14.0	14.5	15.0
40	11.0	11.0	12.0	12.5	13.0	14.0	14.0	14.0
30	10.0	10.5	11.5	11.5	12.0	13.0	13.5	13.0
20	9.0	10.0	10.5	10.5	11.0	12.0	12.5	12.0
10	7.5	8.5	9.0	9.0	9.5	10.5	11.0	10.5

Source: The National Children and Youth Fitness Study