（一）单项指标评分表

**表1-1 男生体重指数（BMI）单项评分表（单位：千克/米2）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大学** |
| **正常** | **100** | 13.5~18.1 | 13.7~18.4 | 13.9~19.4 | 14.2~20.1 | 14.4~21.4 | 14.7~21.8 | 15.5~22.1 | 15.7~22.5 | 15.8~22.8 | 16.5~23.2 | 16.8~23.7 | 17.3~23.8 | **17.9~23.9** |
| **低体重** | **80** | ≤13.4 | ≤13.6 | ≤13.8 | ≤14.1 | ≤14.3 | ≤14.6 | ≤15.4 | ≤15.6 | ≤15.7 | ≤16.4 | ≤16.7 | ≤17.2 | **≤17.8** |
| **超重** | 18.2~20.3 | 18.5~20.4 | 19.5~22.1 | 20.2~22.6 | 21.5~24.1 | 21.9~24.5 | 22.2~24.9 | 22.6~25.2 | 22.9~26.0 | 23.3~26.3 | 23.8~26.5 | 23.9~27.3 | **24.0~27.9** |
| **肥胖** | **60** | ≥20.4 | ≥20.5 | ≥22.2 | ≥22.7 | ≥24.2 | ≥24.6 | ≥25.0 | ≥25.3 | ≥26.1 | ≥26.4 | ≥26.6 | ≥27.4 | **≥28.0** |

**表1-2 女生体重指数（BMI）单项评分表（单位：千克/米2）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大学** |
| **正常** | **100** | 13.3~17.3 | 13.5~17.8 | 13.6~18.6 | 13.7~19.4 | 13.8~20.5 | 14.2~20.8 | 14.8~21.7 | 15.3~22.2 | 16.0~22.6 | 16.5~22.7 | 16.9~23.2 | 17.1~23.3 | **17.2~23.9** |
| **低体重** | **80** | ≤13.2 | ≤13.4 | ≤13.5 | ≤13.6 | ≤13.7 | ≤14.1 | ≤14.7 | ≤15.2 | ≤15.9 | ≤16.4 | ≤16.8 | ≤17.0 | **≤17.1** |
| **超重** | 17.4~19.2 | 17.9~20.2 | 18.7~21.1 | 19.5~22.0 | 20.6~22.9 | 20.9~23.6 | 21.8~24.4 | 22.3~24.8 | 22.7~25.1 | 22.8~25.2 | 23.3~25.4 | 23.4~25.7 | **24.0~27.9** |
| **肥胖** | **60** | ≥19.3 | ≥20.3 | ≥21.2 | ≥22.1 | ≥23.0 | ≥23.7 | ≥24.5 | ≥24.9 | ≥25.2 | ≥25.3 | ≥25.5 | ≥25.8 | **≥28.0** |

**表1-3 男生肺活量单项评分表（单位：毫升）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 1700 | 2000 | 2300 | 2600 | 2900 | 3200 | 3640 | 3940 | 4240 | 4540 | 4740 | 4940 | **5040** | **5140** |
| **95** | 1600 | 1900 | 2200 | 2500 | 2800 | 3100 | 3520 | 3820 | 4120 | 4420 | 4620 | 4820 | **4920** | **5020** |
| **90** | 1500 | 1800 | 2100 | 2400 | 2700 | 3000 | 3400 | 3700 | 4000 | 4300 | 4500 | 4700 | **4800** | **4900** |
| **良好** | **85** | 1400 | 1650 | 1900 | 2150 | 2450 | 2750 | 3150 | 3450 | 3750 | 4050 | 4250 | 4450 | **4550** | **4650** |
| **80** | 1300 | 1500 | 1700 | 1900 | 2200 | 2500 | 2900 | 3200 | 3500 | 3800 | 4000 | 4200 | **4300** | **4400** |
| **及格** | **78** | 1240 | 1430 | 1620 | 1820 | 2110 | 2400 | 2780 | 3080 | 3380 | 3680 | 3880 | 4080 | **4180** | **4280** |
| **76** | 1180 | 1360 | 1540 | 1740 | 2020 | 2300 | 2660 | 2960 | 3260 | 3560 | 3760 | 3960 | **4060** | **4160** |
| **74** | 1120 | 1290 | 1460 | 1660 | 1930 | 2200 | 2540 | 2840 | 3140 | 3440 | 3640 | 3840 | **3940** | **4040** |
| **72** | 1060 | 1220 | 1380 | 1580 | 1840 | 2100 | 2420 | 2720 | 3020 | 3320 | 3520 | 3720 | **3820** | **3920** |
| **70** | 1000 | 1150 | 1300 | 1500 | 1750 | 2000 | 2300 | 2600 | 2900 | 3200 | 3400 | 3600 | **3700** | **3800** |
| **68** | 940 | 1080 | 1220 | 1420 | 1660 | 1900 | 2180 | 2480 | 2780 | 3080 | 3280 | 3480 | **3580** | **3680** |
| **66** | 880 | 1010 | 1140 | 1340 | 1570 | 1800 | 2060 | 2360 | 2660 | 2960 | 3160 | 3360 | **3460** | **3560** |
| **64** | 820 | 940 | 1060 | 1260 | 1480 | 1700 | 1940 | 2240 | 2540 | 2840 | 3040 | 3240 | **3340** | **3440** |
| **62** | 760 | 870 | 980 | 1180 | 1390 | 1600 | 1820 | 2120 | 2420 | 2720 | 2920 | 3120 | **3220** | **3320** |
| **60** | 700 | 800 | 900 | 1100 | 1300 | 1500 | 1700 | 2000 | 2300 | 2600 | 2800 | 3000 | **3100** | **3200** |
| **不及格** | **50** | 660 | 750 | 840 | 1030 | 1220 | 1410 | 1600 | 1890 | 2180 | 2470 | 2660 | 2850 | **2940** | **3030** |
| **40** | 620 | 700 | 780 | 960 | 1140 | 1320 | 1500 | 1780 | 2060 | 2340 | 2520 | 2700 | **2780** | **2860** |
| **30** | 580 | 650 | 720 | 890 | 1060 | 1230 | 1400 | 1670 | 1940 | 2210 | 2380 | 2550 | **2620** | **2690** |
| **20** | 540 | 600 | 660 | 820 | 980 | 1140 | 1300 | 1560 | 1820 | 2080 | 2240 | 2400 | **2460** | **2520** |
| **10** | 500 | 550 | 600 | 750 | 900 | 1050 | 1200 | 1450 | 1700 | 1950 | 2100 | 2250 | **2300** | **2350** |

**表1-4 女生肺活量单项评分表（单位：毫升）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 1400 | 1600 | 1800 | 2000 | 2250 | 2500 | 2750 | 2900 | 3050 | 3150 | 3250 | 3350 | **3400** | **3450** |
| **95** | 1300 | 1500 | 1700 | 1900 | 2150 | 2400 | 2650 | 2850 | 3000 | 3100 | 3200 | 3300 | **3350** | **3400** |
| **90** | 1200 | 1400 | 1600 | 1800 | 2050 | 2300 | 2550 | 2800 | 2950 | 3050 | 3150 | 3250 | **3300** | **3350** |
| **良好** | **85** | 1100 | 1300 | 1500 | 1700 | 1950 | 2200 | 2450 | 2650 | 2800 | 2900 | 3000 | 3100 | **3150** | **3200** |
| **80** | 1000 | 1200 | 1400 | 1600 | 1850 | 2100 | 2350 | 2500 | 2650 | 2750 | 2850 | 2950 | **3000** | **3050** |
| **及格** | **78** | 960 | 1150 | 1340 | 1530 | 1770 | 2010 | 2250 | 2400 | 2550 | 2650 | 2750 | 2850 | **2900** | **2950** |
| **76** | 920 | 1100 | 1280 | 1460 | 1690 | 1920 | 2150 | 2300 | 2450 | 2550 | 2650 | 2750 | **2800** | **2850** |
| **74** | 880 | 1050 | 1220 | 1390 | 1610 | 1830 | 2050 | 2200 | 2350 | 2450 | 2550 | 2650 | **2700** | **2750** |
| **72** | 840 | 1000 | 1160 | 1320 | 1530 | 1740 | 1950 | 2100 | 2250 | 2350 | 2450 | 2550 | **2600** | **2650** |
| **70** | 800 | 950 | 1100 | 1250 | 1450 | 1650 | 1850 | 2000 | 2150 | 2250 | 2350 | 2450 | **2500** | **2550** |
| **68** | 760 | 900 | 1040 | 1180 | 1370 | 1560 | 1750 | 1900 | 2050 | 2150 | 2250 | 2350 | **2400** | **2450** |
| **66** | 720 | 850 | 980 | 1110 | 1290 | 1470 | 1650 | 1800 | 1950 | 2050 | 2150 | 2250 | **2300** | **2350** |
| **64** | 680 | 800 | 920 | 1040 | 1210 | 1380 | 1550 | 1700 | 1850 | 1950 | 2050 | 2150 | **2200** | **2250** |
| **62** | 640 | 750 | 860 | 970 | 1130 | 1290 | 1450 | 1600 | 1750 | 1850 | 1950 | 2050 | **2100** | **2150** |
| **60** | 600 | 700 | 800 | 900 | 1050 | 1200 | 1350 | 1500 | 1650 | 1750 | 1850 | 1950 | **2000** | **2050** |
| **不及格** | **50** | 580 | 680 | 780 | 880 | 1020 | 1170 | 1310 | 1460 | 1610 | 1710 | 1810 | 1910 | **1960** | **2010** |
| **40** | 560 | 660 | 760 | 860 | 990 | 1140 | 1270 | 1420 | 1570 | 1670 | 1770 | 1870 | **1920** | **1970** |
| **30** | 540 | 640 | 740 | 840 | 960 | 1110 | 1230 | 1380 | 1530 | 1630 | 1730 | 1830 | **1880** | **1930** |
| **20** | 520 | 620 | 720 | 820 | 930 | 1080 | 1190 | 1340 | 1490 | 1590 | 1690 | 1790 | **1840** | **1890** |
| **10** | 500 | 600 | 700 | 800 | 900 | 1050 | 1150 | 1300 | 1450 | 1550 | 1650 | 1750 | **1800** | **1850** |

**表1-5 男生50米跑单项评分表（单位：秒）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 10.2 | 9.6 | 9.1 | 8.7 | 8.4 | 8.2 | 7.8 | 7.5 | 7.3 | 7.1 | 7.0 | 6.8 | **6.7** | **6.6** |
| **95** | 10.3 | 9.7 | 9.2 | 8.8 | 8.5 | 8.3 | 7.9 | 7.6 | 7.4 | 7.2 | 7.1 | 6.9 | **6.8** | **6.7** |
| **90** | 10.4 | 9.8 | 9.3 | 8.9 | 8.6 | 8.4 | 8.0 | 7.7 | 7.5 | 7.3 | 7.2 | 7.0 | **6.9** | **6.8** |
| **良好** | **85** | 10.5 | 9.9 | 9.4 | 9.0 | 8.7 | 8.5 | 8.1 | 7.8 | 7.6 | 7.4 | 7.3 | 7.1 | **7.0** | **6.9** |
| **80** | 10.6 | 10.0 | 9.5 | 9.1 | 8.8 | 8.6 | 8.2 | 7.9 | 7.7 | 7.5 | 7.4 | 7.2 | **7.1** | **7.0** |
| **及格** | **78** | 10.8 | 10.2 | 9.7 | 9.3 | 9.0 | 8.8 | 8.4 | 8.1 | 7.9 | 7.7 | 7.6 | 7.4 | **7.3** | **7.2** |
| **76** | 11.0 | 10.4 | 9.9 | 9.5 | 9.2 | 9.0 | 8.6 | 8.3 | 8.1 | 7.9 | 7.8 | 7.6 | **7.5** | **7.4** |
| **74** | 11.2 | 10.6 | 10.1 | 9.7 | 9.4 | 9.2 | 8.8 | 8.5 | 8.3 | 8.1 | 8.0 | 7.8 | **7.7** | **7.6** |
| **72** | 11.4 | 10.8 | 10.3 | 9.9 | 9.6 | 9.4 | 9.0 | 8.7 | 8.5 | 8.3 | 8.2 | 8.0 | **7.9** | **7.8** |
| **70** | 11.6 | 11.0 | 10.5 | 10.1 | 9.8 | 9.6 | 9.2 | 8.9 | 8.7 | 8.5 | 8.4 | 8.2 | **8.1** | **8.0** |
| **68** | 11.8 | 11.2 | 10.7 | 10.3 | 10.0 | 9.8 | 9.4 | 9.1 | 8.9 | 8.7 | 8.6 | 8.4 | **8.3** | **8.2** |
| **66** | 12.0 | 11.4 | 10.9 | 10.5 | 10.2 | 10.0 | 9.6 | 9.3 | 9.1 | 8.9 | 8.8 | 8.6 | **8.5** | **8.4** |
| **64** | 12.2 | 11.6 | 11.1 | 10.7 | 10.4 | 10.2 | 9.8 | 9.5 | 9.3 | 9.1 | 9.0 | 8.8 | **8.7** | **8.6** |
| **62** | 12.4 | 11.8 | 11.3 | 10.9 | 10.6 | 10.4 | 10.0 | 9.7 | 9.5 | 9.3 | 9.2 | 9.0 | **8.9** | **8.8** |
| **60** | 12.6 | 12.0 | 11.5 | 11.1 | 10.8 | 10.6 | 10.2 | 9.9 | 9.7 | 9.5 | 9.4 | 9.2 | **9.1** | **9.0** |
| **不及格** | **50** | 12.8 | 12.2 | 11.7 | 11.3 | 11.0 | 10.8 | 10.4 | 10.1 | 9.9 | 9.7 | 9.6 | 9.4 | **9.3** | **9.2** |
| **40** | 13.0 | 12.4 | 11.9 | 11.5 | 11.2 | 11.0 | 10.6 | 10.3 | 10.1 | 9.9 | 9.8 | 9.6 | **9.5** | **9.4** |
| **30** | 13.2 | 12.6 | 12.1 | 11.7 | 11.4 | 11.2 | 10.8 | 10.5 | 10.3 | 10.1 | 10.0 | 9.8 | **9.7** | **9.6** |
| **20** | 13.4 | 12.8 | 12.3 | 11.9 | 11.6 | 11.4 | 11.0 | 10.7 | 10.5 | 10.3 | 10.2 | 10.0 | **9.9** | **9.8** |
| **10** | 13.6 | 13.0 | 12.5 | 12.1 | 11.8 | 11.6 | 11.2 | 10.9 | 10.7 | 10.5 | 10.4 | 10.2 | **10.1** | **10.0** |

**表1-6 女生50米跑单项评分表（单位：秒）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 11.0 | 10.0 | 9.2 | 8.7 | 8.3 | 8.2 | 8.1 | 8.0 | 7.9 | 7.8 | 7.7 | 7.6 | **7.5** | **7.4** |
| **95** | 11.1 | 10.1 | 9.3 | 8.8 | 8.4 | 8.3 | 8.2 | 8.1 | 8.0 | 7.9 | 7.8 | 7.7 | **7.6** | **7.5** |
| **90** | 11.2 | 10.2 | 9.4 | 8.9 | 8.5 | 8.4 | 8.3 | 8.2 | 8.1 | 8.0 | 7.9 | 7.8 | **7.7** | **7.6** |
| **良好** | **85** | 11.5 | 10.5 | 9.7 | 9.2 | 8.8 | 8.7 | 8.6 | 8.5 | 8.4 | 8.3 | 8.2 | 8.1 | **8.0** | **7.9** |
| **80** | 11.8 | 10.8 | 10.0 | 9.5 | 9.1 | 9.0 | 8.9 | 8.8 | 8.7 | 8.6 | 8.5 | 8.4 | **8.3** | **8.2** |
| **及格** | **78** | 12.0 | 11.0 | 10.2 | 9.7 | 9.3 | 9.2 | 9.1 | 9.0 | 8.9 | 8.8 | 8.7 | 8.6 | **8.5** | **8.4** |
| **76** | 12.2 | 11.2 | 10.4 | 9.9 | 9.5 | 9.4 | 9.3 | 9.2 | 9.1 | 9.0 | 8.9 | 8.8 | **8.7** | **8.6** |
| **74** | 12.4 | 11.4 | 10.6 | 10.1 | 9.7 | 9.6 | 9.5 | 9.4 | 9.3 | 9.2 | 9.1 | 9.0 | **8.9** | **8.8** |
| **72** | 12.6 | 11.6 | 10.8 | 10.3 | 9.9 | 9.8 | 9.7 | 9.6 | 9.5 | 9.4 | 9.3 | 9.2 | **9.1** | **9.0** |
| **70** | 12.8 | 11.8 | 11.0 | 10.5 | 10.1 | 10.0 | 9.9 | 9.8 | 9.7 | 9.6 | 9.5 | 9.4 | **9.3** | **9.2** |
| **68** | 13.0 | 12.0 | 11.2 | 10.7 | 10.3 | 10.2 | 10.1 | 10.0 | 9.9 | 9.8 | 9.7 | 9.6 | **9.5** | **9.4** |
| **66** | 13.2 | 12.2 | 11.4 | 10.9 | 10.5 | 10.4 | 10.3 | 10.2 | 10.1 | 10.0 | 9.9 | 9.8 | **9.7** | **9.6** |
| **64** | 13.4 | 12.4 | 11.6 | 11.1 | 10.7 | 10.6 | 10.5 | 10.4 | 10.3 | 10.2 | 10.1 | 10.0 | **9.9** | **9.8** |
| **62** | 13.6 | 12.6 | 11.8 | 11.3 | 10.9 | 10.8 | 10.7 | 10.6 | 10.5 | 10.4 | 10.3 | 10.2 | **10.1** | **10.0** |
| **60** | 13.8 | 12.8 | 12.0 | 11.5 | 11.1 | 11.0 | 10.9 | 10.8 | 10.7 | 10.6 | 10.5 | 10.4 | **10.3** | **10.2** |
| **不及格** | **50** | 14.0 | 13.0 | 12.2 | 11.7 | 11.3 | 11.2 | 11.1 | 11.0 | 10.9 | 10.8 | 10.7 | 10.6 | **10.5** | **10.4** |
| **40** | 14.2 | 13.2 | 12.4 | 11.9 | 11.5 | 11.4 | 11.3 | 11.2 | 11.1 | 11.0 | 10.9 | 10.8 | **10.7** | **10.6** |
| **30** | 14.4 | 13.4 | 12.6 | 12.1 | 11.7 | 11.6 | 11.5 | 11.4 | 11.3 | 11.2 | 11.1 | 11.0 | **10.9** | **10.8** |
| **20** | 14.6 | 13.6 | 12.8 | 12.3 | 11.9 | 11.8 | 11.7 | 11.6 | 11.5 | 11.4 | 11.3 | 11.2 | **11.1** | **11.0** |
| **10** | 14.8 | 13.8 | 13.0 | 12.5 | 12.1 | 12.0 | 11.9 | 11.8 | 11.7 | 11.6 | 11.5 | 11.4 | **11.3** | **11.2** |

**表1-7 男生坐位体前屈单项评分表（单位：厘米）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 16.1 | 16.2 | 16.3 | 16.4 | 16.5 | 16.6 | 17.6 | 19.6 | 21.6 | 23.6 | 24.3 | 24.6 | **24.9** | **25.1** |
| **95** | 14.6 | 14.7 | 14.9 | 15.0 | 15.2 | 15.3 | 15.9 | 17.7 | 19.7 | 21.5 | 22.4 | 22.8 | **23.1** | **23.3** |
| **90** | 13.0 | 13.2 | 13.4 | 13.6 | 13.8 | 14.0 | 14.2 | 15.8 | 17.8 | 19.4 | 20.5 | 21.0 | **21.3** | **21.5** |
| **良好** | **85** | 12.0 | 11.9 | 11.8 | 11.7 | 11.6 | 11.5 | 12.3 | 13.7 | 15.8 | 17.2 | 18.3 | 19.1 | **19.5** | **19.9** |
| **80** | 11.0 | 10.6 | 10.2 | 9.8 | 9.4 | 9.0 | 10.4 | 11.6 | 13.8 | 15.0 | 16.1 | 17.2 | **17.7** | **18.2** |
| **及格** | **78** | 9.9 | 9.5 | 9.1 | 8.6 | 8.2 | 7.7 | 9.1 | 10.3 | 12.4 | 13.6 | 14.7 | 15.8 | **16.3** | **16.8** |
| **76** | 8.8 | 8.4 | 8.0 | 7.4 | 7.0 | 6.4 | 7.8 | 9.0 | 11.0 | 12.2 | 13.3 | 14.4 | **14.9** | **15.4** |
| **74** | 7.7 | 7.3 | 6.9 | 6.2 | 5.8 | 5.1 | 6.5 | 7.7 | 9.6 | 10.8 | 11.9 | 13.0 | **13.5** | **14.0** |
| **72** | 6.6 | 6.2 | 5.8 | 5.0 | 4.6 | 3.8 | 5.2 | 6.4 | 8.2 | 9.4 | 10.5 | 11.6 | **12.1** | **12.6** |
| **70** | 5.5 | 5.1 | 4.7 | 3.8 | 3.4 | 2.5 | 3.9 | 5.1 | 6.8 | 8.0 | 9.1 | 10.2 | **10.7** | **11.2** |
| **68** | 4.4 | 4.0 | 3.6 | 2.6 | 2.2 | 1.2 | 2.6 | 3.8 | 5.4 | 6.6 | 7.7 | 8.8 | **9.3** | **9.8** |
| **66** | 3.3 | 2.9 | 2.5 | 1.4 | 1.0 | -0.1 | 1.3 | 2.5 | 4.0 | 5.2 | 6.3 | 7.4 | **7.9** | **8.4** |
| **64** | 2.2 | 1.8 | 1.4 | 0.2 | -0.2 | -1.4 | 0.0 | 1.2 | 2.6 | 3.8 | 4.9 | 6.0 | **6.5** | **7.0** |
| **62** | 1.1 | 0.7 | 0.3 | -1.0 | -1.4 | -2.7 | -1.3 | -0.1 | 1.2 | 2.4 | 3.5 | 4.6 | **5.1** | **5.6** |
| **60** | 0.0 | -0.4 | -0.8 | -2.2 | -2.6 | -4.0 | -2.6 | -1.4 | -0.2 | 1.0 | 2.1 | 3.2 | **3.7** | **4.2** |
| **不及格** | **50** | -0.8 | -1.2 | -1.6 | -3.2 | -3.6 | -5.0 | -3.8 | -2.6 | -1.4 | 0.0 | 1.1 | 2.2 | **2.7** | **3.2** |
| **40** | -1.6 | -2.0 | -2.4 | -4.2 | -4.6 | -6.0 | -5.0 | -3.8 | -2.6 | -1.0 | 0.1 | 1.2 | **1.7** | **2.2** |
| **30** | -2.4 | -2.8 | -3.2 | -5.2 | -5.6 | -7.0 | -6.2 | -5.0 | -3.8 | -2.0 | -0.9 | 0.2 | **0.7** | **1.2** |
| **20** | -3.2 | -3.6 | -4.0 | -6.2 | -6.6 | -8.0 | -7.4 | -6.2 | -5.0 | -3.0 | -1.9 | -0.8 | **-0.3** | **0.2** |
| **10** | -4.0 | -4.4 | -4.8 | -7.2 | -7.6 | -9.0 | -8.6 | -7.4 | -6.2 | -4.0 | -2.9 | -1.8 | **-1.3** | **-0.8** |

**表1-8 女生坐位体前屈单项评分表（单位：厘米）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 18.6 | 18.9 | 19.2 | 19.5 | 19.8 | 19.9 | 21.8 | 22.7 | 23.5 | 24.2 | 24.8 | 25.3 | **25.8** | **26.3** |
| **95** | 17.3 | 17.6 | 17.9 | 18.1 | 18.5 | 18.7 | 20.1 | 21.0 | 21.8 | 22.5 | 23.1 | 23.6 | **24.0** | **24.4** |
| **90** | 16.0 | 16.3 | 16.6 | 16.9 | 17.2 | 17.5 | 18.4 | 19.3 | 20.1 | 20.8 | 21.4 | 21.9 | **22.2** | **22.4** |
| **良好** | **85** | 14.7 | 14.8 | 14.9 | 15.0 | 15.1 | 15.2 | 16.7 | 17.6 | 18.4 | 19.1 | 19.7 | 20.2 | **20.6** | **21.0** |
| **80** | 13.4 | 13.3 | 13.2 | 13.1 | 13.0 | 12.9 | 15.0 | 15.9 | 16.7 | 17.4 | 18.0 | 18.5 | **19.0** | **19.5** |
| **及格** | **78** | 12.3 | 12.2 | 12.1 | 12.0 | 11.9 | 11.8 | 13.7 | 14.6 | 15.4 | 16.1 | 16.7 | 17.2 | **17.7** | **18.2** |
| **76** | 11.2 | 11.1 | 11.0 | 10.9 | 10.8 | 10.7 | 12.4 | 13.3 | 14.1 | 14.8 | 15.4 | 15.9 | **16.4** | **16.9** |
| **74** | 10.1 | 10.0 | 9.9 | 9.8 | 9.7 | 9.6 | 11.1 | 12.0 | 12.8 | 13.5 | 14.1 | 14.6 | **15.1** | **15.6** |
| **72** | 9.0 | 8.9 | 8.8 | 8.7 | 8.6 | 8.5 | 9.8 | 10.7 | 11.5 | 12.2 | 12.8 | 13.3 | **13.8** | **14.3** |
| **70** | 7.9 | 7.8 | 7.7 | 7.6 | 7.5 | 7.4 | 8.5 | 9.4 | 10.2 | 10.9 | 11.5 | 12.0 | **12.5** | **13.0** |
| **68** | 6.8 | 6.7 | 6.6 | 6.5 | 6.4 | 6.3 | 7.2 | 8.1 | 8.9 | 9.6 | 10.2 | 10.7 | **11.2** | **11.7** |
| **66** | 5.7 | 5.6 | 5.5 | 5.4 | 5.3 | 5.2 | 5.9 | 6.8 | 7.6 | 8.3 | 8.9 | 9.4 | **9.9** | **10.4** |
| **64** | 4.6 | 4.5 | 4.4 | 4.3 | 4.2 | 4.1 | 4.6 | 5.5 | 6.3 | 7.0 | 7.6 | 8.1 | **8.6** | **9.1** |
| **62** | 3.5 | 3.4 | 3.3 | 3.2 | 3.1 | 3.0 | 3.3 | 4.2 | 5.0 | 5.7 | 6.3 | 6.8 | **7.3** | **7.8** |
| **60** | 2.4 | 2.3 | 2.2 | 2.1 | 2.0 | 1.9 | 2.0 | 2.9 | 3.7 | 4.4 | 5.0 | 5.5 | **6.0** | **6.5** |
| **不及格** | **50** | 1.6 | 1.5 | 1.4 | 1.3 | 1.2 | 1.1 | 1.2 | 2.1 | 2.9 | 3.6 | 4.2 | 4.7 | **5.2** | **5.7** |
| **40** | 0.8 | 0.7 | 0.6 | 0.5 | 0.4 | 0.3 | 0.4 | 1.3 | 2.1 | 2.8 | 3.4 | 3.9 | **4.4** | **4.9** |
| **30** | 0.0 | -0.1 | -0.2 | -0.3 | -0.4 | -0.5 | -0.4 | 0.5 | 1.3 | 2.0 | 2.6 | 3.1 | **3.6** | **4.1** |
| **20** | -0.8 | -0.9 | -1.0 | -1.1 | -1.2 | -1.3 | -1.2 | -0.3 | 0.5 | 1.2 | 1.8 | 2.3 | **2.8** | **3.3** |
| **10** | -1.6 | -1.7 | -1.8 | -1.9 | -2.0 | -2.1 | -2.0 | -1.1 | -0.3 | 0.4 | 1.0 | 1.5 | **2.0** | **2.5** |

**表1-11 男生立定跳远单项评分表（单位：厘米）**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一大二** | **大三大四** |
| **优秀** | **100** | 225 | 240 | 250 | 260 | 265 | 270 | **273** | **275** |
| **95** | 218 | 233 | 245 | 255 | 260 | 265 | **268** | **270** |
| **90** | 211 | 226 | 240 | 250 | 255 | 260 | **263** | **265** |
| **良好** | **85** | 203 | 218 | 233 | 243 | 248 | 253 | **256** | **258** |
| **80** | 195 | 210 | 225 | 235 | 240 | 245 | **248** | **250** |
| **及格** | **78** | 191 | 206 | 221 | 231 | 236 | 241 | **244** | **246** |
| **76** | 187 | 202 | 217 | 227 | 232 | 237 | **240** | **242** |
| **74** | 183 | 198 | 213 | 223 | 228 | 233 | **236** | **238** |
| **72** | 179 | 194 | 209 | 219 | 224 | 229 | **232** | **234** |
| **70** | 175 | 190 | 205 | 215 | 220 | 225 | **228** | **230** |
| **68** | 171 | 186 | 201 | 211 | 216 | 221 | **224** | **226** |
| **66** | 167 | 182 | 197 | 207 | 212 | 217 | **220** | **222** |
| **64** | 163 | 178 | 193 | 203 | 208 | 213 | **216** | **218** |
| **62** | 159 | 174 | 189 | 199 | 204 | 209 | **212** | **214** |
| **60** | 155 | 170 | 185 | 195 | 200 | 205 | **208** | **210** |
| **不及格** | **50** | 150 | 165 | 180 | 190 | 195 | 200 | **203** | **205** |
| **40** | 145 | 160 | 175 | 185 | 190 | 195 | **198** | **200** |
| **30** | 140 | 155 | 170 | 180 | 185 | 190 | **193** | **195** |
| **20** | 135 | 150 | 165 | 175 | 180 | 185 | **188** | **190** |
| **10** | 130 | 145 | 160 | 170 | 175 | 180 | **183** | **185** |

**表1-12 女生立定跳远单项评分表（单位：厘米）**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一大二** | **大三大四** |
| **优秀** | **100** | 196 | 200 | 202 | 204 | 205 | 206 | **207** | **208** |
| **95** | 190 | 194 | 196 | 198 | 199 | 200 | **201** | **202** |
| **90** | 184 | 188 | 190 | 192 | 193 | 194 | **195** | **196** |
| **良好** | **85** | 177 | 181 | 183 | 185 | 186 | 187 | **188** | **189** |
| **80** | 170 | 174 | 176 | 178 | 179 | 180 | **181** | **182** |
| **及格** | **78** | 167 | 171 | 173 | 175 | 176 | 177 | **178** | **179** |
| **76** | 164 | 168 | 170 | 172 | 173 | 174 | **175** | **176** |
| **74** | 161 | 165 | 167 | 169 | 170 | 171 | **172** | **173** |
| **72** | 158 | 162 | 164 | 166 | 167 | 168 | **169** | **170** |
| **70** | 155 | 159 | 161 | 163 | 164 | 165 | **166** | **167** |
| **68** | 152 | 156 | 158 | 160 | 161 | 162 | **163** | **164** |
| **66** | 149 | 153 | 155 | 157 | 158 | 159 | **160** | **161** |
| **64** | 146 | 150 | 152 | 154 | 155 | 156 | **157** | **158** |
| **62** | 143 | 147 | 149 | 151 | 152 | 153 | **154** | **155** |
| **60** | 140 | 144 | 146 | 148 | 149 | 150 | **151** | **152** |
| **不及格** | **50** | 135 | 139 | 141 | 143 | 144 | 145 | **146** | **147** |
| **40** | 130 | 134 | 136 | 138 | 139 | 140 | **141** | **142** |
| **30** | 125 | 129 | 131 | 133 | 134 | 135 | **136** | **137** |
| **20** | 120 | 124 | 126 | 128 | 129 | 130 | **131** | **132** |
| **10** | 115 | 119 | 121 | 123 | 124 | 125 | **126** | **127** |

**表1-13 男生一分钟仰卧起坐、引体向上单项评分表（单位：次）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 48 | 49 | 50 | 51 | 13 | 14 | 15 | 16 | 17 | 18 | **19** | **20** |
| **95** | 45 | 46 | 47 | 48 | 12 | 13 | 14 | 15 | 16 | 17 | **18** | **19** |
| **90** | 42 | 43 | 44 | 45 | 11 | 12 | 13 | 14 | 15 | 16 | **17** | **18** |
| **良好** | **85** | 39 | 40 | 41 | 42 | 10 | 11 | 12 | 13 | 14 | 15 | **16** | **17** |
| **80** | 36 | 37 | 38 | 39 | 9 | 10 | 11 | 12 | 13 | 14 | **15** | **16** |
| **及格** | **78** | 34 | 35 | 36 | 37 |  |  |  |  |  |  |  |  |
| **76** | 32 | 33 | 34 | 35 | 8 | 9 | 10 | 11 | 12 | 13 | **14** | **15** |
| **74** | 30 | 31 | 32 | 33 |  |  |  |  |  |  |  |  |
| **72** | 28 | 29 | 30 | 31 | 7 | 8 | 9 | 10 | 11 | 12 | **13** | **14** |
| **70** | 26 | 27 | 28 | 29 |  |  |  |  |  |  |  |  |
| **68** | 24 | 25 | 26 | 27 | 6 | 7 | 8 | 9 | 10 | 11 | **12** | **13** |
| **66** | 22 | 23 | 24 | 25 |  |  |  |  |  |  |  |  |
| **64** | 20 | 21 | 22 | 23 | 5 | 6 | 7 | 8 | 9 | 10 | **11** | **12** |
| **62** | 18 | 19 | 20 | 21 |  |  |  |  |  |  |  |  |
| **60** | 16 | 17 | 18 | 19 | 4 | 5 | 6 | 7 | 8 | 9 | **10** | **11** |
| **不及格** | **50** | 14 | 15 | 16 | 17 | 3 | 4 | 5 | 6 | 7 | 8 | **9** | **10** |
| **40** | 12 | 13 | 14 | 15 | 2 | 3 | 4 | 5 | 6 | 7 | **8** | **9** |
| **30** | 10 | 11 | 12 | 13 | 1 | 2 | 3 | 4 | 5 | 6 | **7** | **8** |
| **20** | 8 | 9 | 10 | 11 |  | 1 | 2 | 3 | 4 | 5 | **6** | **7** |
| **10** | 6 | 7 | 8 | 9 |  |  | 1 | 2 | 3 | 4 | **5** | **6** |

注：小学三年级～六年级：一分钟仰卧起坐；初中、高中、大学：引体向上。

**表1-14 女生一分钟仰卧起坐单项评分表（单位：次）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **三年级** | **四年级** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | 54 | 55 | **56** | **57** |
| **95** | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 | 53 | **54** | **55** |
| **90** | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | **52** | **53** |
| **良好** | **85** | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | **49** | **50** |
| **80** | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | **46** | **47** |
| **及格** | **78** | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | **44** | **45** |
| **76** | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | **42** | **43** |
| **74** | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | **40** | **41** |
| **72** | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | **38** | **39** |
| **70** | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | **36** | **37** |
| **68** | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | **34** | **35** |
| **66** | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 31 | **32** | **33** |
| **64** | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | **30** | **31** |
| **62** | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 | 27 | **28** | **29** |
| **60** | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | **26** | **27** |
| **不及格** | **50** | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | **24** | **25** |
| **40** | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | **22** | **23** |
| **30** | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | **20** | **21** |
| **20** | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | **18** | **19** |
| **10** | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | **16** | **17** |

**表1-15 男生耐力跑单项评分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 1'36" | 1'30" | 3'55" | 3'50" | 3'40" | 3'30" | 3'25" | 3'20" | **3'17"** | **3'15"** |
| **95** | 1'39" | 1'33" | 4'05" | 3'55" | 3'45" | 3'35" | 3'30" | 3'25" | **3'22"** | **3'20"** |
| **90** | 1'42" | 1'36" | 4'15" | 4'00" | 3'50" | 3'40" | 3'35" | 3'30" | **3'27"** | **3'25"** |
| **良好** | **85** | 1'45" | 1'39" | 4'22" | 4'07" | 3'57" | 3'47" | 3'42" | 3'37" | **3'34"** | **3'32"** |
| **80** | 1'48" | 1'42" | 4'30" | 4'15" | 4'05" | 3'55" | 3'50" | 3'45" | **3'42"** | **3'40"** |
| **及格** | **78** | 1'51" | 1'45" | 4'35" | 4'20" | 4'10" | 4'00" | 3'55" | 3'50" | **3'47"** | **3'45"** |
| **76** | 1'54" | 1'48" | 4'40" | 4'25" | 4'15" | 4'05" | 4'00" | 3'55" | **3'52"** | **3'50"** |
| **74** | 1'57" | 1'51" | 4'45" | 4'30" | 4'20" | 4'10" | 4'05" | 4'00" | **3'57"** | **3'55"** |
| **72** | 2'00" | 1'54" | 4'50" | 4'35" | 4'25" | 4'15" | 4'10" | 4'05" | **4'02"** | **4'00"** |
| **70** | 2'03" | 1'57" | 4'55" | 4'40" | 4'30" | 4'20" | 4'15" | 4'10" | **4'07"** | **4'05"** |
| **68** | 2'06" | 2'00" | 5'00" | 4'45" | 4'35" | 4'25" | 4'20" | 4'15" | **4'12"** | **4'10"** |
| **66** | 2'09" | 2'03" | 5'05" | 4'50" | 4'40" | 4'30" | 4'25" | 4'20" | **4'17"** | **4'15"** |
| **64** | 2'12" | 2'06" | 5'10" | 4'55" | 4'45" | 4'35" | 4'30" | 4'25" | **4'22"** | **4'20"** |
| **62** | 2'15" | 2'09" | 5'15" | 5'00" | 4'50" | 4'40" | 4'35" | 4'30" | **4'27"** | **4'25"** |
| **60** | 2'18" | 2'12" | 5'20" | 5'05" | 4'55" | 4'45" | 4'40" | 4'35" | **4'32"** | **4'30"** |
| **不及格** | **50** | 2'22" | 2'16" | 5'40" | 5'25" | 5'15" | 5'05" | 5'00" | 4'55" | **4'52"** | **4'50"** |
| **40** | 2'26" | 2'20" | 6'00" | 5'45" | 5'35" | 5'25" | 5'20" | 5'15" | **5'12"** | **5'10"** |
| **30** | 2'30" | 2'24" | 6'20" | 6'05" | 5'55" | 5'45" | 5'40" | 5'35" | **5'32"** | **5'30"** |
| **20** | 2'34" | 2'28" | 6'40" | 6'25" | 6'15" | 6'05" | 6'00" | 5'55" | **5'52"** | **5'50"** |
| **10** | 2'38" | 2'32" | 7'00" | 6'45" | 6'35" | 6'25" | 6'20" | 6'15" | **6'12"** | **6'10"** |

注：小学五年级～六年级：50米×8往返跑；初中、高中、大学：1000米跑。

**表1-16 女生耐力跑单项评分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **五年级** | **六年级** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一****大二** | **大三****大四** |
| **优秀** | **100** | 1'41" | 1'37" | 3'35" | 3'30" | 3'25" | 3'24" | 3'22" | 3'20" | **3'18"** | **3'16"** |
| **95** | 1'44" | 1'40" | 3'42" | 3'37" | 3'32" | 3'30" | 3'28" | 3'26" | **3'24"** | **3'22"** |
| **90** | 1'47" | 1'43" | 3'49" | 3'44" | 3'39" | 3'36" | 3'34" | 3'32" | **3'30"** | **3'28"** |
| **良好** | **85** | 1'50" | 1'46" | 3'57" | 3'52" | 3'47" | 3'43" | 3'41" | 3'39" | **3'37"** | **3'35"** |
| **80** | 1'53" | 1'49" | 4'05" | 4'00" | 3'55" | 3'50" | 3'48" | 3'46" | **3'44"** | **3'42"** |
| **及格** | **78** | 1'56" | 1'52" | 4'10" | 4'05" | 4'00" | 3'55" | 3'53" | 3'51" | **3'49"** | **3'47"** |
| **76** | 1'59" | 1'55" | 4'15" | 4'10" | 4'05" | 4'00" | 3'58" | 3'56" | **3'54"** | **3'52"** |
| **74** | 2'02" | 1'58" | 4'20" | 4'15" | 4'10" | 4'05" | 4'03" | 4'01" | **3'59"** | **3'57"** |
| **72** | 2'05" | 2'01" | 4'25" | 4'20" | 4'15" | 4'10" | 4'08" | 4'06" | **4'04"** | **4'02"** |
| **70** | 2'08" | 2'04" | 4'30" | 4'25" | 4'20" | 4'15" | 4'13" | 4'11" | **4'09"** | **4'07"** |
| **68** | 2'11" | 2'07" | 4'35" | 4'30" | 4'25" | 4'20" | 4'18" | 4'16" | **4'14"** | **4'12"** |
| **66** | 2'14" | 2'10" | 4'40" | 4'35" | 4'30" | 4'25" | 4'23" | 4'21" | **4'19"** | **4'17"** |
| **64** | 2'17" | 2'13" | 4'45" | 4'40" | 4'35" | 4'30" | 4'28" | 4'26" | **4'24"** | **4'22"** |
| **62** | 2'20" | 2'16" | 4'50" | 4'45" | 4'40" | 4'35" | 4'33" | 4'31" | **4'29"** | **4'27"** |
| **60** | 2'23" | 2'19" | 4'55" | 4'50" | 4'45" | 4'40" | 4'38" | 4'36" | **4'34"** | **4'32"** |
| **不及格** | **50** | 2'27" | 2'23" | 5'05" | 5'00" | 4'55" | 4'50" | 4'48" | 4'46" | **4'44"** | **4'42"** |
| **40** | 2'31" | 2'27" | 5'15" | 5'10" | 5'05" | 5'00" | 4'58" | 4'56" | **4'54"** | **4'52"** |
| **30** | 2'35" | 2'31" | 5'25" | 5'20" | 5'15" | 5'10" | 5'08" | 5'06" | **5'04"** | **5'02"** |
| **20** | 2'39" | 2'35" | 5'35" | 5'30" | 5'25" | 5'20" | 5'18" | 5'16" | **5'14"** | **5'12"** |
| **10** | 2'43" | 2'39" | 5'45" | 5'40" | 5'35" | 5'30" | 5'28" | 5'26" | **5'24"** | **5'22"** |

注：小学五年级～六年级：50米×8往返跑；初中、高中、大学：800米跑。

（二）加分指标评分表

**2-3 男生引体向上评分表（单位：次）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一大二** | **大三大四** |
| **10** | 10 | 10 | 10 | 10 | 10 | 10 | **10** | **10** |
| **9** | 9 | 9 | 9 | 9 | 9 | 9 | **9** | **9** |
| **8** | 8 | 8 | 8 | 8 | 8 | 8 | **8** | **8** |
| **7** | 7 | 7 | 7 | 7 | 7 | 7 | **7** | **7** |
| **6** | 6 | 6 | 6 | 6 | 6 | 6 | **6** | **6** |
| **5** | 5 | 5 | 5 | 5 | 5 | 5 | **5** | **5** |
| **4** | 4 | 4 | 4 | 4 | 4 | 4 | **4** | **4** |
| **3** | 3 | 3 | 3 | 3 | 3 | 3 | **3** | **3** |
| **2** | 2 | 2 | 2 | 2 | 2 | 2 | **2** | **2** |
| **1** | 1 | 1 | 1 | 1 | 1 | 1 | **1** | **1** |

**表2-4 女生一分钟仰卧起坐评分表（单位：次）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一大二** | **大三大四** |
| **10** | 13 | 13 | 13 | 13 | 13 | 13 | **13** | **13** |
| **9** | 12 | 12 | 12 | 12 | 12 | 12 | **12** | **12** |
| **8** | 11 | 11 | 11 | 11 | 11 | 11 | **11** | **11** |
| **7** | 10 | 10 | 10 | 10 | 10 | 10 | **10** | **10** |
| **6** | 9 | 9 | 9 | 9 | 9 | 9 | **9** | **9** |
| **5** | 8 | 8 | 8 | 8 | 8 | 8 | **8** | **8** |
| **4** | 7 | 7 | 7 | 7 | 7 | 7 | **7** | **7** |
| **3** | 6 | 6 | 6 | 6 | 6 | 6 | **6** | **6** |
| **2** | 4 | 4 | 4 | 4 | 4 | 4 | **4** | **4** |
| **1** | 2 | 2 | 2 | 2 | 2 | 2 | **2** | **2** |

注:引体向上、一分钟仰卧起坐均为高优指标，学生成绩超过单项评分100分后，以超过的次数所对应的分数进行加分。

**表2-5 男生1000米跑评分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一大二** | **大三大四** |
| **10** | -35" | -35" | -35" | -35" | -35" | -35" | **-35"** | **-35"** |
| **9** | -32" | -32" | -32" | -32" | -32" | -32" | **-32"** | **-32"** |
| **8** | -29" | -29" | -29" | -29" | -29" | -29" | **-29"** | **-29"** |
| **7** | -26" | -26" | -26" | -26" | -26" | -26" | **-26"** | **-26"** |
| **6** | -23" | -23" | -23" | -23" | -23" | -23" | **-23"** | **-23"** |
| **5** | -20" | -20" | -20" | -20" | -20" | -20" | **-20"** | **-20"** |
| **4** | -16" | -16" | -16" | -16" | -16" | -16" | **-16"** | **-16"** |
| **3** | -12" | -12" | -12" | -12" | -12" | -12" | **-12"** | **-12"** |
| **2** | -8" | -8" | -8" | -8" | -8" | -8" | **-8"** | **-8"** |
| **1** | -4" | -4" | -4" | -4" | -4" | -4" | **-4"** | **-4"** |

**表2-6 女生800米跑评分表（单位：分·秒）**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **加分** | **初一** | **初二** | **初三** | **高一** | **高二** | **高三** | **大一大二** | **大三大四** |
| **10** | -50" | -50" | -50" | -50" | -50" | -50" | **-50"** | **-50"** |
| **9** | -45" | -45" | -45" | -45" | -45" | -45" | **-45"** | **-45"** |
| **8** | -40" | -40" | -40" | -40" | -40" | -40" | **-40"** | **-40"** |
| **7** | -35" | -35" | -35" | -35" | -35" | -35" | **-35"** | **-35"** |
| **6** | -30" | -30" | -30" | -30" | -30" | -30" | **-30"** | **-30"** |
| **5** | -25" | -25" | -25" | -25" | -25" | -25" | **-25"** | **-25"** |
| **4** | -20" | -20" | -20" | -20" | -20" | -20" | **-20"** | **-20"** |
| **3** | -15" | -15" | -15" | -15" | -15" | -15" | **-15"** | **-15"** |
| **2** | -10" | -10" | -10" | -10" | -10" | -10" | **-10"** | **-10"** |
| **1** | -5" | -5" | -5" | -5" | -5" | -5" | **-5"** | **-5"** |

注：1000米跑、800米跑均为低优指标，学生成绩低于单项评分100分后，以减少的秒数所对应的分数进行加分。