**国家学生体质健康标准（2014年修订）**

一、《国家学生体质健康标准》（以下简称《标准》）是国家学校教育工作的基础性指导文件和教育质量基本标准，是评价学生综合素质、评估学校工作和衡量各地教育发展的重要依据，是《国家体育锻炼标准》在学校的具体实施，适用于全日制普通小学、初中、普通高中、中等职业学校、普通高等学校的学生。

二、本标准的修订坚持健康第一，落实《国家中长期教育改革和发展规划纲要（2010-2020年）》、《国务院办公厅转发教育部等部门关于进一步加强学校体育工作若干意见的通知》（国办发〔2012〕53号）和《教育部关于印发〈学生体质健康监测评价办法〉等三个文件的通知》（教体艺〔2014〕3号）有关要求，着重提高《标准》应用的信度、效度和区分度，着重强化其教育激励、反馈调整和引导锻炼的功能，着重提高其教育监测和绩效评价的支撑能力。

三、本标准从身体形态、身体机能和身体素质等方面综合评定学生的体质健康水平，是促进学生体质健康发展、激励学生积极进行身体锻炼的教育手段，是国家学生发展核心素养体系和学业质量标准的重要组成部分，是学生体质健康的个体评价标准。

四、本标准将适用对象划分为以下组别：小学、初中、高中按每个年级为一组，其中小学为6组、初中为3组、高中为3组。大学一、二年级为一组，三、四年级为一组。

五、小学、初中、高中、大学各组别的测试指标均为必测指标。其中，身体形态类中的身高、体重，身体机能类中的肺活量，以及身体素质类中的50米跑、坐位体前屈为各年级学生共性指标。

六、本标准的学年总分由标准分与附加分之和构成，满分为120分。标准分由各单项指标得分与权重乘积之和组成，满分为100分。附加分根据实测成绩确定，即对成绩超过100分的加分指标进行加分，满分为20分；小学的加分指标为1分钟跳绳，加分幅度为20分；初中、高中和大学的加分指标为男生引体向上和1000米跑，女生1分钟仰卧起坐和800米跑，各指标加分幅度均为10分。

七、根据学生学年总分评定等级：90.0分及以上为优秀，80.0～89.9分为良好，60.0～79.9分为及格，59.9分及以下为不及格。

八、每个学生每学年评定一次，记入《〈国家学生体质健康标准〉登记卡》（附表1～6）。特殊学制的学校，在填写登记卡时可以按规定和需求相应地增减栏目。学生毕业时的成绩和等级，按毕业当年学年总分的50%与其他学年总分平均得分的50%之和进行评定。

九、学生测试成绩评定达到良好及以上者，方可参加评优与评奖；成绩达到优秀者，方可获体育奖学分。测试成绩评定不及格者，在本学年度准予补测一次，补测仍不及格，则学年成绩评定为不及格。普通高中、中等职业学校和普通高等学校学生毕业时，《标准》测试的成绩达不到50分者按结业或肄业处理。

十、学生因病或残疾可向学校提交暂缓或免予执行《标准》的申请，经医疗单位证明，体育教学部门核准，可暂缓或免予执行《标准》，并填写《免予执行<国家学生体质健康标准>申请表》（附表7），存入学生档案。确实丧失运动能力、被免予执行《标准》的残疾学生，仍可参加评优与评奖，毕业时《标准》成绩需注明免测。

十一、各学校每学年开展覆盖本校各年级学生的《标准》测试工作，《标准》测试数据经当地教育行政部门按要求审核后，通过“中国学生体质健康网”上传至“国家学生体质健康标准数据管理系统”。测试和数据上传时间由教育行政部门确定。

十二、本标准由教育部负责解释。

十三、单项指标与权重

|  |  |  |
| --- | --- | --- |
| 测试对象 | 单项指标 | 权重（%） |
| 小学一年级至大学四年级 | 体重指数（BMI） | 15 |
| 肺活量 | 15 |
| 小学一、二年级 | 50米跑 | 20 |
| 坐位体前屈 | 30 |
| 1分钟跳绳 | 20 |
| 小学三、四年级 | 50米跑 | 20 |
| 坐位体前屈 | 20 |
| 1分钟跳绳 | 20 |
| 1分钟仰卧起坐 | 10 |
| 小学五、六年级 | 50米跑 | 20 |
| 坐位体前屈 | 10 |
| 1分钟跳绳 | 10 |
| 1分钟仰卧起坐 | 20 |
| 50米×8往返跑 | 10 |
| 初中、高中、大学各年级 | 50米跑 | 20 |
| 坐位体前屈 | 10 |
| 立定跳远 | 10 |
| 引体向上（男）/1分钟仰卧起坐（女）  坐（女） | 10 |
| 1000米跑（男）/800米跑（女） | 20 |

注：体重指数（BMI）=体重（千克）/身高2（米2）。

十五、评分表

（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1-9 男生一分钟跳绳单项评分表（单位：次）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** |
| **优秀** | **100** | 109 | 117 | 126 | 137 | 148 | 157 |
| **95** | 104 | 112 | 121 | 132 | 143 | 152 |
| **90** | 99 | 107 | 116 | 127 | 138 | 147 |
| **良好** | **85** | 93 | 101 | 110 | 121 | 132 | 141 |
| **80** | 87 | 95 | 104 | 115 | 126 | 135 |
| **及格** | **78** | 80 | 88 | 97 | 108 | 119 | 128 |
| **76** | 73 | 81 | 90 | 101 | 112 | 121 |
| **74** | 66 | 74 | 83 | 94 | 105 | 114 |
| **72** | 59 | 67 | 76 | 87 | 98 | 107 |
| **70** | 52 | 60 | 69 | 80 | 91 | 100 |
| **68** | 45 | 53 | 62 | 73 | 84 | 93 |
| **66** | 38 | 46 | 55 | 66 | 77 | 86 |
| **64** | 31 | 39 | 48 | 59 | 70 | 79 |
| **62** | 24 | 32 | 41 | 52 | 63 | 72 |
| **60** | 17 | 25 | 34 | 45 | 56 | 65 |
| **不及格** | **50** | 14 | 22 | 31 | 42 | 53 | 62 |
| **40** | 11 | 19 | 28 | 39 | 50 | 59 |
| **30** | 8 | 16 | 25 | 36 | 47 | 56 |
| **20** | 5 | 13 | 22 | 33 | 44 | 53 |
| **10** | 2 | 10 | 19 | 30 | 41 | 50 |

表1-10 女生一分钟跳绳单项评分表（单位：次）

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **等级** | **单项**  **得分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** |
| **优秀** | **100** | 117 | 127 | 139 | 149 | 158 | 166 |
| **95** | 110 | 120 | 132 | 142 | 151 | 159 |
| **90** | 103 | 113 | 125 | 135 | 144 | 152 |
| **良好** | **85** | 95 | 105 | 117 | 127 | 136 | 144 |
| **80** | 87 | 97 | 109 | 119 | 128 | 136 |
| **及格** | **78** | 80 | 90 | 102 | 112 | 121 | 129 |
| **76** | 73 | 83 | 95 | 105 | 114 | 122 |
| **74** | 66 | 76 | 88 | 98 | 107 | 115 |
| **72** | 59 | 69 | 81 | 91 | 100 | 108 |
| **70** | 52 | 62 | 74 | 84 | 93 | 101 |
| **68** | 45 | 55 | 67 | 77 | 86 | 94 |
| **66** | 38 | 48 | 60 | 70 | 79 | 87 |
| **64** | 31 | 41 | 53 | 63 | 72 | 80 |
| **62** | 24 | 34 | 46 | 56 | 65 | 73 |
| **60** | 17 | 27 | 39 | 49 | 58 | 66 |
| **不及格** | **50** | 14 | 24 | 36 | 46 | 55 | 63 |
| **40** | 11 | 21 | 33 | 43 | 52 | 60 |
| **30** | 8 | 18 | 30 | 40 | 49 | 57 |
| **20** | 5 | 15 | 27 | 37 | 46 | 54 |
| **10** | 2 | 12 | 24 | 34 | 43 | 51 |

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

**表2-1 男生一分钟跳绳评分表（单位：次）**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **加分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** |
| **20** | 40 | 40 | 40 | 40 | 40 | 40 |
| **19** | 38 | 38 | 38 | 38 | 38 | 38 |
| **18** | 36 | 36 | 36 | 36 | 36 | 36 |
| **17** | 34 | 34 | 34 | 34 | 34 | 34 |
| **16** | 32 | 32 | 32 | 32 | 32 | 32 |
| **15** | 30 | 30 | 30 | 30 | 30 | 30 |
| **14** | 28 | 28 | 28 | 28 | 28 | 28 |
| **13** | 26 | 26 | 26 | 26 | 26 | 26 |
| **12** | 24 | 24 | 24 | 24 | 24 | 24 |
| **11** | 22 | 22 | 22 | 22 | 22 | 22 |
| **10** | 20 | 20 | 20 | 20 | 20 | 20 |
| **9** | 18 | 18 | 18 | 18 | 18 | 18 |
| **8** | 16 | 16 | 16 | 16 | 16 | 16 |
| **7** | 14 | 14 | 14 | 14 | 14 | 14 |
| **6** | 12 | 12 | 12 | 12 | 12 | 12 |
| **5** | 10 | 10 | 10 | 10 | 10 | 10 |
| **4** | 8 | 8 | 8 | 8 | 8 | 8 |
| **3** | 6 | 6 | 6 | 6 | 6 | 6 |
| **2** | 4 | 4 | 4 | 4 | 4 | 4 |
| **1** | 2 | 2 | 2 | 2 | 2 | 2 |

注：一分钟跳绳为高优指标，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2-2 女生一分钟跳绳评分表（单位：次）**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **加分** | **一年级** | **二年级** | **三年级** | **四年级** | **五年级** | **六年级** |
| **20** | 40 | 40 | 40 | 40 | 40 | 40 |
| **19** | 38 | 38 | 38 | 38 | 38 | 38 |
| **18** | 36 | 36 | 36 | 36 | 36 | 36 |
| **17** | 34 | 34 | 34 | 34 | 34 | 34 |
| **16** | 32 | 32 | 32 | 32 | 32 | 32 |
| **15** | 30 | 30 | 30 | 30 | 30 | 30 |
| **14** | 28 | 28 | 28 | 28 | 28 | 28 |
| **13** | 26 | 26 | 26 | 26 | 26 | 26 |
| **12** | 24 | 24 | 24 | 24 | 24 | 24 |
| **11** | 22 | 22 | 22 | 22 | 22 | 22 |
| **10** | 20 | 20 | 20 | 20 | 20 | 20 |
| **9** | 18 | 18 | 18 | 18 | 18 | 18 |
| **8** | 16 | 16 | 16 | 16 | 16 | 16 |
| **7** | 14 | 14 | 14 | 14 | 14 | 14 |
| **6** | 12 | 12 | 12 | 12 | 12 | 12 |
| **5** | 10 | 10 | 10 | 10 | 10 | 10 |
| **4** | 8 | 8 | 8 | 8 | 8 | 8 |
| **3** | 6 | 6 | 6 | 6 | 6 | 6 |
| **2** | 4 | 4 | 4 | 4 | 4 | 4 |
| **1** | 2 | 2 | 2 | 2 | 2 | 2 |

注：一分钟跳绳为高优指标，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2-3 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