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| **体质健康测试评分标准（六年级）**

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| **年级：六年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 8000 | 0 | 3200 | 3100 | 3000 | 2750 | 2500 | 2400 | 2300 | 2200 | 2100 | 2000 | 1900 | 1800 | 1700 | 1600 | 1500 | 1410 | 1320 | 1230 | 1140 | 1050 |
| 仰卧起坐 | 100 | 0 | 51 | 48 | 45 | 42 | 39 | 37 | 35 | 33 | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 15 | 13 | 11 | 9 |
| 坐位体前屈 | 35 | -20 | 16.6 | 15.3 | 14 | 11.5 | 9 | 7.7 | 6.4 | 5.1 | 3.8 | 2.5 | 1.2 | -0.1 | -1.4 | -2.7 | -4 | -5 | -6 | -7 | -8 | -9 |
| 50米跑 | 0.2 | 20 | 8.2 | 8.3 | 8.4 | 8.5 | 8.6 | 8.8 | 9 | 9.2 | 9.4 | 9.6 | 9.8 | 10 | 10.2 | 10.4 | 10.6 | 10.8 | 11 | 11.2 | 11.4 | 11.6 |
| 1分钟跳绳 | 300 | 0 | 157 | 152 | 147 | 141 | 135 | 128 | 121 | 114 | 107 | 100 | 93 | 86 | 79 | 72 | 65 | 62 | 59 | 56 | 53 | 50 |
| 50米×8往返跑 | 1 | 5 | 1.3 | 1.33 | 1.36 | 1.39 | 1.42 | 1.45 | 1.48 | 1.51 | 1.54 | 1.57 | 2 | 2.03 | 2.06 | 2.09 | 2.12 | 2.16 | 2.2 | 2.24 | 2.28 | 2.32 |

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| **年级：六年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 8000 | 0 | 2500 | 2400 | 2300 | 2200 | 2100 | 2010 | 1920 | 1830 | 1740 | 1650 | 1560 | 1470 | 1380 | 1290 | 1200 | 1170 | 1140 | 1110 | 1080 | 1050 |
| 仰卧起坐 | 100 | 0 | 49 | 47 | 45 | 42 | 39 | 37 | 35 | 33 | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 15 | 13 | 11 | 9 |
| 坐位体前屈 | 35 | -20 | 19.9 | 18.7 | 17.5 | 15.2 | 12.9 | 11.8 | 10.7 | 9.6 | 8.5 | 7.4 | 6.3 | 5.2 | 4.1 | 3 | 1.9 | 1.1 | 0.3 | -0.5 | -1.3 | -2.1 |
| 50米跑 | 0.2 | 20 | 8.2 | 8.3 | 8.4 | 8.7 | 9 | 9.2 | 9.4 | 9.6 | 9.8 | 10 | 10.2 | 10.4 | 10.6 | 10.8 | 11 | 11.2 | 11.4 | 11.6 | 11.8 | 12 |
| 1分钟跳绳 | 300 | 0 | 166 | 159 | 152 | 144 | 136 | 129 | 122 | 115 | 108 | 101 | 94 | 87 | 80 | 73 | 66 | 63 | 60 | 57 | 54 | 51 |
| 50米×8往返跑 | 1 | 5 | 1.37 | 1.4 | 1.43 | 1.46 | 1.49 | 1.52 | 1.55 | 1.58 | 2.01 | 2.04 | 2.07 | 2.1 | 2.13 | 2.16 | 2.19 | 2.23 | 2.27 | 2.31 | 2.35 | 2.39 |

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**体质健康测试评分标准（七年级）**

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| **年级：七年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 8000 | 0 | 3640 | 3520 | 3400 | 3150 | 2900 | 2780 | 2660 | 2540 | 2420 | 2300 | 2180 | 2060 | 1940 | 1820 | 1700 | 1600 | 1500 | 1400 | 1300 | 1200 |
| 立定跳远 | 350 | 50 | 225 | 218 | 211 | 203 | 195 | 191 | 187 | 183 | 179 | 175 | 171 | 167 | 163 | 159 | 155 | 150 | 145 | 140 | 135 | 130 |
| 坐位体前屈 | 35 | -20 | 17.6 | 15.9 | 14.2 | 12.3 | 10.4 | 9.1 | 7.8 | 6.5 | 5.2 | 3.9 | 2.6 | 1.3 | 0 | -1.3 | -2.6 | -3.8 | -5 | -6.2 | -7.4 | -8.6 |
| 50米跑 | 0.2 | 20 | 7.8 | 7.9 | 8 | 8.1 | 8.2 | 8.4 | 8.6 | 8.8 | 9 | 9.2 | 9.4 | 9.6 | 9.8 | 10 | 10.2 | 10.4 | 10.6 | 10.8 | 11 | 11.2 |
| 1000米跑 | 1 | 10 | 3.55 | 4.05 | 4.15 | 4.22 | 4.3 | 4.35 | 4.4 | 4.45 | 4.5 | 4.55 | 5 | 5.05 | 5.1 | 5.15 | 5.2 | 5.4 | 6 | 6.2 | 6.4 | 7 |
| 引体向上 | 50 | 0 | 13 | 12 | 11 | 10 | 9 |  | 8 |  | 7 |  | 6 |  | 5 |  | 4 | 3 | 2 | 1 |  |  |

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| **年级：                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 8000 | 0 | 2750 | 2650 | 2550 | 2450 | 2350 | 2250 | 2150 | 2050 | 1950 | 1850 | 1750 | 1650 | 1550 | 1450 | 1350 | 1310 | 1270 | 1230 | 1190 | 1150 |
| 立定跳远 | 350 | 50 | 196 | 190 | 184 | 177 | 170 | 167 | 164 | 161 | 158 | 155 | 152 | 149 | 146 | 143 | 140 | 135 | 130 | 125 | 120 | 115 |
| 仰卧起坐 | 100 | 0 | 50 | 48 | 46 | 43 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 | 10 |
| 坐位体前屈 | 35 | -20 | 21.8 | 20.1 | 18.4 | 16.7 | 15 | 13.7 | 12.4 | 11.1 | 9.8 | 8.5 | 7.2 | 5.9 | 4.6 | 3.3 | 2 | 1.2 | 0.4 | -0.4 | -1.2 | -2 |
| 50米跑 | 0.2 | 20 | 8.1 | 8.2 | 8.3 | 8.6 | 8.9 | 9.1 | 9.3 | 9.5 | 9.7 | 9.9 | 10.1 | 10.3 | 10.5 | 10.7 | 10.9 | 11.1 | 11.3 | 11.5 | 11.7 | 11.9 |
| 800米跑 | 1 | 10 | 3.35 | 3.42 | 3.49 | 3.57 | 4.05 | 4.1 | 4.15 | 4.2 | 4.25 | 4.3 | 4.35 | 4.4 | 4.45 | 4.5 | 4.55 | 5.05 | 5.15 | 5.25 | 5.35 | 5.45 |

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**体质健康测试评分标准（八年级）**

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| **年级：八年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 7000 | 0 | 3940 | 3820 | 3700 | 3450 | 3200 | 3080 | 2960 | 2840 | 2720 | 2600 | 2480 | 2360 | 2240 | 2120 | 2000 | 1890 | 1780 | 1670 | 1560 | 1450 |
| 立定跳远 | 350 | 50 | 240 | 233 | 226 | 218 | 210 | 206 | 202 | 198 | 194 | 190 | 186 | 182 | 178 | 174 | 170 | 165 | 160 | 155 | 150 | 145 |
| 坐位体前屈 | 35 | -20 | 19.6 | 17.7 | 15.8 | 13.7 | 11.6 | 10.3 | 9 | 7.7 | 6.4 | 5.1 | 3.8 | 2.5 | 1.2 | -0.1 | -1.4 | -2.6 | -3.8 | -5 | -6.2 | -7.4 |
| 50米跑 | 0.2 | 20 | 7.5 | 7.6 | 7.7 | 7.8 | 7.9 | 8.1 | 8.3 | 8.5 | 8.7 | 8.9 | 9.1 | 9.3 | 9.5 | 9.7 | 9.9 | 10.1 | 10.3 | 10.5 | 10.7 | 10.9 |
| 1000米跑 | 1 | 10 | 3.5 | 3.55 | 4 | 4.07 | 4.15 | 4.2 | 4.25 | 4.3 | 4.35 | 4.4 | 4.45 | 4.5 | 4.55 | 5 | 5.05 | 5.25 | 5.45 | 6.05 | 6.25 | 6.45 |
| 引体向上 | 50 | 0 | 14 | 13 | 12 | 11 | 10 |  | 9 |  | 8 |  | 7 |  | 6 |  | 5 | 4 | 3 | 2 | 1 |  |

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| **年级：八年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 7000 | 0 | 2900 | 2850 | 2800 | 2650 | 2500 | 2400 | 2300 | 2200 | 2100 | 2000 | 1900 | 1800 | 1700 | 1600 | 1500 | 1460 | 1420 | 1380 | 1340 | 1300 |
| 立定跳远 | 350 | 50 | 200 | 194 | 188 | 181 | 174 | 171 | 168 | 165 | 162 | 159 | 156 | 153 | 150 | 147 | 144 | 139 | 134 | 129 | 124 | 119 |
| 仰卧起坐 | 100 | 0 | 51 | 49 | 47 | 44 | 41 | 39 | 37 | 35 | 33 | 31 | 29 | 27 | 25 | 23 | 21 | 19 | 17 | 15 | 13 | 11 |
| 坐位体前屈 | 35 | -20 | 22.7 | 21 | 19.3 | 17.6 | 15.9 | 14.6 | 13.3 | 12 | 10.7 | 9.4 | 8.1 | 6.8 | 5.5 | 4.2 | 2.9 | 2.1 | 1.3 | 0.5 | -0.3 | -1.1 |
| 50米跑 | 0.2 | 20 | 8 | 8.1 | 8.2 | 8.5 | 8.8 | 9 | 9.2 | 9.4 | 9.6 | 9.8 | 10 | 10.2 | 10.4 | 10.6 | 10.8 | 11 | 11.2 | 11.4 | 11.6 | 11.8 |
| 800米跑 | 1 | 10 | 3.3 | 3.37 | 3.44 | 3.52 | 4 | 4.05 | 4.1 | 4.15 | 4.2 | 4.25 | 4.3 | 4.35 | 4.4 | 4.45 | 4.5 | 5 | 5.1 | 5.2 | 5.3 | 5.4 |

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**体质健康测试评分标准（九年级）**

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| **年级：九年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 8000 | 0 | 4240 | 4120 | 4000 | 3750 | 3500 | 3380 | 3260 | 3140 | 3020 | 2900 | 2780 | 2660 | 2540 | 2420 | 2300 | 2180 | 2060 | 1940 | 1820 | 1700 |
| 立定跳远 | 350 | 50 | 250 | 245 | 240 | 233 | 225 | 221 | 217 | 213 | 209 | 205 | 201 | 197 | 193 | 189 | 185 | 180 | 175 | 170 | 165 | 160 |
| 坐位体前屈 | 35 | -20 | 21.6 | 19.7 | 17.8 | 15.8 | 13.8 | 12.4 | 11 | 9.6 | 8.2 | 6.8 | 5.4 | 4 | 2.6 | 1.2 | -0.2 | -1.4 | -2.6 | -3.8 | -5 | -6.2 |
| 50米跑 | 0.2 | 20 | 7.3 | 7.4 | 7.5 | 7.6 | 7.7 | 7.9 | 8.1 | 8.3 | 8.5 | 8.7 | 8.9 | 9.1 | 9.3 | 9.5 | 9.7 | 9.9 | 10.1 | 10.3 | 10.5 | 10.7 |
| 1000米跑 | 1 | 10 | 3.4 | 3.45 | 3.5 | 3.57 | 4.05 | 4.1 | 4.15 | 4.2 | 4.25 | 4.3 | 4.35 | 4.4 | 4.45 | 4.5 | 4.55 | 5.15 | 5.35 | 5.55 | 6.15 | 6.35 |
| 引体向上 | 50 | 0 | 15 | 14 | 13 | 12 | 11 |  | 10 |  | 9 |  | 8 |  | 7 |  | 6 | 5 | 4 | 3 | 2 | 1 |

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| **年级：九年级                                 性别：**  |

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| **项目名称** | **最大值** | **最小值** | **100** | **95** | **90** | **85** | **80** | **78** | **76** | **74** | **72** | **70** | **68** | **66** | **64** | **62** | **60** | **50** | **40** | **30** | **20** | **10** |
| 肺活量 | 8000 | 0 | 3050 | 3000 | 2950 | 2800 | 2650 | 2550 | 2450 | 2350 | 2250 | 2150 | 2050 | 1950 | 1850 | 1750 | 1650 | 1610 | 1570 | 1530 | 1490 | 1450 |
| 立定跳远 | 350 | 50 | 202 | 196 | 190 | 183 | 176 | 173 | 170 | 167 | 164 | 161 | 158 | 155 | 152 | 149 | 146 | 141 | 136 | 131 | 126 | 121 |
| 仰卧起坐 | 100 | 0 | 52 | 50 | 48 | 45 | 42 | 40 | 38 | 36 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 20 | 18 | 16 | 14 | 12 |
| 坐位体前屈 | 35 | -20 | 23.5 | 21.8 | 20.1 | 18.4 | 16.7 | 15.4 | 14.1 | 12.8 | 11.5 | 10.2 | 8.9 | 7.6 | 6.3 | 5 | 3.7 | 2.9 | 2.1 | 1.3 | 0.5 | -0.3 |
| 50米跑 | 0.2 | 20 | 7.9 | 8 | 8.1 | 8.4 | 8.7 | 8.9 | 9.1 | 9.3 | 9.5 | 9.7 | 9.9 | 10.1 | 10.3 | 10.5 | 10.7 | 10.9 | 11.1 | 11.3 | 11.5 | 11.7 |
| 800米跑 | 1 | 10 | 3.25 | 3.32 | 3.39 | 3.47 | 3.55 | 4 | 4.05 | 4.1 | 4.15 | 4.2 | 4.25 | 4.3 | 4.35 | 4.4 | 4.45 | 4.55 | 5.05 | 5.15 | 5.25 | 5.35 |

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