附件2

测验项目评分表（男子青年组）

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **项目****得分** | **50米跑**(秒) | **30秒跳绳**（个） | **绕杆跑**（秒） | **十字象限跳**（秒） | **引体向上**（个） | **立定跳远**（厘米） |
|
| **100** | ≤7.0 | ≥100 | ≤7.9 | ≤12.0 | ≥13 | ≥266 |
| **95** | 7.1  | 97  | 8.1  | 12.5  |  | 262  |
| **90** | 7.2  | 94  | 8.3  | 13.0  | 12  | 258  |
| **85** | 7.3  | 91  | 8.5  | 13.5  |  | 254  |
| **80** | 7.4  | 88  | 8.7  | 14.0  | 11  | 250  |
| **75** | 7.5  | 85  | 8.9  | 14.5  |  | 246  |
| **70** | 7.6  | 82  | 9.1  | 15.0  | 10  | 242  |
| **65** | 7.7  | 79  | 9.3  | 15.5  |  | 238  |
| **60** | 7.8  | 76  | 9.5  | 16.0  | 9  | 234  |
| **55** | 7.9  | 73  | 9.7  | 16.5  |  | 230  |
| **50** | 8.0  | 70  | 9.9  | 17.0  | 8  | 226  |
| **45** | 8.1  | 67  | 10.1  | 17.5  |  | 222  |
| **40** | 8.2  | 64  | 10.3  | 18.0  | 7  | 218  |
| **35** | 8.4  | 61  | 10.5  | 18.5  |  | 214  |
| **30** | 8.6  | 58  | 10.7  | 19.0  | 6  | 210  |
| **25** | 8.8  | 55  | 10.9  | 19.5  |  | 206  |
| **20** | 9.0  | 52  | 11.1  | 20.0  | 5  | 202  |
| **15** | 9.2  | 48  | 11.3  | 20.5  |  | 198  |
| **10** | 9.5  | 44  | 11.5  | 21.0  | 4  | 194  |
| **5** | 9.8  | 40  | 11.7  | 21.5  | 3  | 190  |
| **0** | ≥9.9 | ≤39 | ≥11.8 | ≥21.6 | ≤2 | ≤189 |

测验项目评分表(女子青年组）

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **项目得分** | **50米跑(秒)** | **30秒跳绳（个）** | **绕杆跑（秒）** | **十字象限跳（秒）** | **仰卧起坐（个）** | **立定跳远（厘米）** |
|
| **100** | ≤7.9 | ≥96 | ≤8.8 | ≤12.5 | ≥54 | ≥208 |
| **95** | 8.0  | 93  | 8.9  | 13.0  | 53  | 205  |
| **90** | 8.1  | 90  | 9.0  | 13.5  | 51  | 202  |
| **85** | 8.2  | 87  | 9.1  | 14.0  | 49  | 199  |
| **80** | 8.3  | 84  | 9.2  | 14.5  | 47  | 196  |
| **75** | 8.4  | 81  | 9.3  | 15.0  | 45  | 193  |
| **70** | 8.5  | 78  | 9.4  | 15.5  | 43  | 190  |
| **65** | 8.7  | 75  | 9.6  | 16.0  | 41  | 187  |
| **60** | 8.9  | 72  | 9.8  | 16.5  | 39  | 184  |
| **55** | 9.1  | 69  | 10.0  | 17.0  | 37  | 180  |
| **50** | 9.3  | 66  | 10.2  | 17.5  | 35  | 176  |
| **45** | 9.5  | 63  | 10.4  | 18.0  | 33  | 172  |
| **40** | 9.7  | 60  | 10.6  | 18.5  | 31  | 168  |
| **35** | 9.9  | 56  | 10.8  | 19.0  | 29  | 164  |
| **30** | 10.1  | 52  | 11.0  | 19.5  | 27  | 160  |
| **25** | 10.3  | 48  | 11.3  | 20.0  | 25  | 156  |
| **20** | 10.5  | 44  | 11.6  | 20.5  | 23  | 152  |
| **15** | 10.7  | 40  | 11.9  | 21.0  | 21  | 148  |
| **10** | 11.0  | 36  | 12.2  | 21.5  | 19  | 144  |
| **5** | 11.3  | 32  | 12.5  | 22.0  | 17  | 140  |
| **0** | ≥11.4 | ≤31 | ≥12.6 | ≥22.1 | ≤16 | ≤139 |

测验项目评分表（男子壮年组）

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **项目得分** | **25米×4往返跑(秒)** | **30秒跳绳（个）** | **绕杆跑（秒）** | **十字象限跳（秒）** | **立定跳远（厘米）** | **俯卧撑（个）** |
|
| **100** | ≤20.0 | ≥94 | ≤8.2 | ≤12.5 | ≥260 | ≥50 |
| **95** | 20.6 | 91 | 8.5 | 13.1 | 255 | 48 |
| **90** | 21.2 | 88 | 8.8 | 13.7 | 250 | 46 |
| **85** | 21.8 | 85 | 9.1 | 14.3 | 245 | 44 |
| **80** | 22.4 | 82 | 9.4 | 14.9 | 240 | 42 |
| **75** | 23 | 79 | 9.7 | 15.5 | 235 | 40 |
| **70** | 23.6 | 76 | 10 | 16.1 | 230 | 38 |
| **65** | 24.2 | 73 | 10.3 | 16.7 | 225 | 36 |
| **60** | 24.8 | 70 | 10.6 | 17.3 | 220 | 34 |
| **55** | 25.4 | 67 | 10.9 | 17.9 | 215 | 32 |
| **50** | 26 | 64 | 11.2 | 18.5 | 210 | 30 |
| **45** | 26.6 | 61 | 11.5 | 19.1 | 205 | 28 |
| **40** | 27.2 | 58 | 11.8 | 19.7 | 200 | 26 |
| **35** | 27.8 | 55 | 12.1 | 20.3 | 195 | 24 |
| **30** | 28.4 | 52 | 12.4 | 20.9 | 190 | 22 |
| **25** | 29 | 49 | 12.7 | 21.5 | 185 | 20 |
| **20** | 29.6 | 46 | 13 | 22.1 | 180 | 18 |
| **15** | 30.2 | 42 | 13.3 | 22.7 | 175 | 16 |
| **10** | 30.8 | 38 | 13.6 | 23.3 | 170 | 14 |
| **5** | 31.4 | 34 | 13.9 | 23.9 | 165 | 12 |
| **0** | ≥31.5 | ≤33 | ≥14.2 | ≥24.0 | ≤164 | ≤11 |

测验项目评分表（女子壮年组）

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  **得分****项目** | 25米×4往返跑(秒) | 30秒跳绳（个） | 绕杆跑（秒） | 十字象限跳（秒） | 立定跳远（厘米） | 仰卧起坐（个） |
| 100 | ≤23.8 | ≥90 | ≤9.3 | ≤13.0 | ≥200 | ≥45 |
| 95 | 24.4 | 87 | 9.6 | 13.6 | 196 | 43 |
| 90 | 25 | 84 | 9.9 | 14.2 | 192 | 41 |
| 85 | 25.6 | 81 | 10.2 | 14.8 | 188 | 39 |
| 80 | 26.2 | 78 | 10.5 | 15.4 | 184 | 38 |
| 75 | 26.8 | 75 | 10.8 | 16 | 180 | 36 |
| 70 | 27.4 | 72 | 11.1 | 16.6 | 176 | 34 |
| 65 | 28 | 69 | 11.4 | 17.2 | 172 | 32 |
| 60 | 28.6 | 66 | 11.7 | 17.8 | 168 | 30 |
| 55 | 29.2 | 63 | 12 | 18.4 | 164 | 28 |
| 50 | 29.8 | 60 | 12.3 | 19 | 160 | 26 |
| 45 | 30.4 | 57 | 12.6 | 19.6 | 156 | 24 |
| 40 | 31 | 54 | 12.9 | 20.2 | 152 | 23 |
| 35 | 31.6 | 50 | 13.2 | 20.8 | 148 | 21 |
| 30 | 32.2 | 46 | 13.5 | 21.4 | 144 | 19 |
| 25 | 32.8 | 42 | 13.8 | 22 | 140 | 17 |
| 20 | 33.4 | 38 | 14.2 | 22.6 | 136 | 15 |
| 15 | 34 | 34 | 14.6 | 23.2 | 132 | 13 |
| 10 | 34.6 | 30 | 15 | 23.8 | 128 | 11 |
| 5 | 35.2 | 26 | 15.4 | 24.4 | 124 | 9 |
| 0 | ≥35.3 | ≤25 | ≥15.5 | ≥24.5 | ≤123 | ≤8 |