体能测试标准为：

立定跳远评分表：

|  |  |  |  |
| --- | --- | --- | --- |
|  | 分值 | 立定跳远成绩 |  |
|  | 计算单位：米 |  |
|  | 50 | 2.29 |  |
|  | 45 | 2.25 |  |
|  | 40 | 2.21 |  |
|  | 35 | 2.17 |  |
|  | 30 | 2.13 |  |
|  | 25 | 2.09 |  |
| 4×10往返跑评分表：   |  |  | | --- | --- | | 分值 | 往返跑成绩 | | 计算单位：秒 | | 50 | 12″8 | | 45 | 13″1 | | 40 | 13″4 | | 35 | 13″7 | | 30 | 14″0 | | 25 | 14″3 | | | | |