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 |