**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行加分。