附件

## 福建省初中毕业升学体育与健康考试身体素质

## 与运动技能测试评分标准

**（一）必考类**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **分值**  **分值**  **分值**  **项目** | **1000米跑（男）**  **（单位：分·秒）** | **800米跑（女）**  **（单位：分·秒）** | **200米游泳（单位：分·秒）** | |
| **男** | **女** |
| 100 | 3′40" | 3′25" | 4′48" | 5′08" |
| 98 | 3′42" | 3′27" | 4′50" | 5′10" |
| 96 | 3′44" | 3′30" | 4′53" | 5′13" |
| 94 | 3′46" | 3′33" | 4′56" | 5′16" |
| 92 | 3′48" | 3′36" | 4′59" | 5′19" |
| 90 | 3′50" | 3′39" | 5′02" | 5′22" |
| 88 | 3′53" | 3′42" | 5′05" | 5′25" |
| 86 | 3′56" | 3′45" | 5′08" | 5′28" |
| 84 | 3′59" | 3′48" | 5′11" | 5′31" |
| 82 | 4′02" | 3′51" | 5′14" | 5′34" |
| 80 | 4′05" | 3′55" | 5′17" | 5′37" |
| 78 | 4′10" | 4′00" | 5′23" | 5′43" |
| 76 | 4′15" | 4′05" | 5′29" | 5′49" |
| 74 | 4′20" | 4′10" | 5′35" | 5′55" |
| 72 | 4′25" | 4′15" | 5′41" | 6′01" |
| 70 | 4′30" | 4′20" | 5′47" | 6′07" |
| 68 | 4′35" | 4′25" | 5′53" | 6′13" |
| 66 | 4′40" | 4′30" | 5′59" | 6′19" |
| 64 | 4′45" | 4′35" | 6′05" | 6′25" |
| 62 | 4′50" | 4′40" | 6′11" | 6′31" |
| 60 | 4′55" | 4′45" | 6′17" | 6′37" |
| 50 | 5′15" | 4′55" | 6′29" | 6′49" |
| 40 | 5′35" | 5′05" | 6′41" | 7′01" |
| 30 | 5′55" | 5′15" | 6′53" | 7′13" |
| 20 | 6′15" | 5′25" | 7′05" | 7′25" |
| 10 | 6′35" | 5′35" | 7′17" | 7′37" |

**（二）抽考类**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **分值**  **项目** | **篮球运球绕杆往返**  **(男)**  **单位：秒** | **篮球运球 绕杆往返**  **(女)**  **单位：秒** | **排球40秒对墙壁垫球(男)**  **单位：次** | **排球40秒对墙壁垫球(女)**  **单位：次** | **足球运球绕杆 (男)**  **单位：秒** | **足球运球绕杆**  **(女)**  **单位：秒** |
| 100 | 13"2 | 15"5 | 33 | 30 | 9"3 | 12"3 |
| 98 | 13"3 | 15"6 | 32 | 29 | 9"4 | 12"4 |
| 96 | 13"4 | 15"7 | 31 | 28 | 9"5 | 12"5 |
| 94 | 13"5 | 15"8 | 30 | 27 | 9"6 | 12"6 |
| 92 | 13"6 | 15"9 | 29 | 26 | 9"7 | 12"7 |
| 90 | 13"7 | 16"0 | 28 | 25 | 9"8 | 12"8 |
| 88 | 13"9 | 16"2 | 27 | 24 | 10"0 | 13"0 |
| 86 | 14"1 | 16"4 | 26 | 23 | 10"2 | 13"2 |
| 84 | 14"3 | 16"6 | 25 | 22 | 10"4 | 13"4 |
| 82 | 14"5 | 16"8 | 24 | 21 | 10"6 | 13"6 |
| 80 | 14"7 | 17"0 | 23 | 20 | 10"8 | 13"8 |
| 78 | 15"0 | 17"3 | 22 | 19 | 11"0 | 14"0 |
| 76 | 15"3 | 17"6 | 21 | 18 | 11"2 | 14"2 |
| 74 | 15"6 | 17"9 | 20 | 17 | 11"4 | 14"4 |
| 72 | 15"9 | 18"2 | 19 | 16 | 11"6 | 14"6 |
| 70 | 16"2 | 18"5 | 18 | 15 | 11"8 | 14"8 |
| 68 | 16"5 | 18"8 | 17 | 14 | 12"0 | 15"0 |
| 66 | 16"8 | 19"1 | 16 | 13 | 12"2 | 15"2 |
| 64 | 17"1 | 19"4 | 15 | 12 | 12"4 | 15"4 |
| 62 | 17"4 | 19"7 | 14 | 11 | 12"6 | 15"6 |
| 60 | 17"7 | 20"0 | 13 | 10 | 12"8 | 15"8 |
| 50 | 18"7 | 21"0 | 11 | 8 | 13"8 | 16"8 |
| 40 | 19"7 | 22"0 | 9 | 6 | 14"8 | 17"8 |
| 30 | 20"7 | 23"0 | 7 | 4 | 15"8 | 18"8 |
| 20 | 21"7 | 24"0 | 5 | 2 | 16"8 | 19"8 |
| 10 | 22"7 | 25"0 | 3 | 1 | 17"8 | 20"8 |

**（三）抽选考类**

|  |  |  |  |  |  |  |  |  |  |  |  |
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| **男 生** | | | | | | | | | | | |
| **项目**  **分值** | **50米跑 单位：秒** | | **立定跳远 单位：厘米** | | **1分钟跳绳 单位：次** | **引体向上 单位：次** | | **双手头上前掷实心球 单位：米** | | **1分钟**  **仰卧起坐 单位：次** | |
| 100 | 7″3 | | 250 | | 175 | 12 | | 11 | | 54 | |
| 98 |  | | 248 | | 172 |  | | 10.8 | | 53 | |
| 96 | 7″4 | | 246 | | 169 | 11 | | 10.6 | | 52 | |
| 94 |  | | 244 | | 166 |  | | 10.4 | | 51 | |
| 92 |  | | 242 | | 163 | 10 | | 10.2 | | 50 | |
| 90 | 7″5 | | 240 | | 160 |  | | 10.0 | | 49 | |
| 88 |  | | 237 | | 157 | 9 | | 9.7 | | 48 | |
| 86 | 7″6 | | 234 | | 154 |  | | 9.4 | | 47 | |
| 84 |  | | 231 | | 151 | 8 | | 9.1 | | 46 | |
| 82 |  | | 228 | | 148 |  | | 8.8 | | 45 | |
| 80 | 7″7 | | 225 | | 145 |  | | 8.5 | | 44 | |
| 78 | 7″9 | | 221 | | 138 | 7 | | 8.2 | | 42 | |
| 76 | 8″1 | | 217 | | 131 |  | | 7.9 | | 40 | |
| 74 | 8″3 | | 213 | | 124 |  | | 7.6 | | 38 | |
| 72 | 8″5 | | 209 | | 117 | 6 | | 7.3 | | 36 | |
| 70 | 8″7 | | 205 | | 110 |  | | 7.0 | | 34 | |
| 68 | 8″9 | | 201 | | 103 |  | | 6.7 | | 32 | |
| 66 | 9″1 | | 197 | | 96 | 5 | | 6.4 | | 30 | |
| 64 | 9″3 | | 193 | | 89 |  | | 6.1 | | 28 | |
| 62 | 9″5 | | 189 | | 82 |  | | 5.8 | | 26 | |
| 60 | 9″7 | | 185 | | 75 | 4 | | 5.5 | | 24 | |
| 50 | 9″9 | | 180 | | 72 | 3 | | 5.1 | | 22 | |
| 40 | 10″1 | | 175 | | 69 | 2 | | 4.7 | | 20 | |
| 30 | 10″3 | | 170 | | 66 | 1 | | 4.3 | | 18 | |
| 20 | 10″5 | | 165 | | 63 |  | | 3.9 | | 16 | |
| 10 | 10″7 | | 160 | | 60 |  | | 3.5 | | 14 | |
| **女 生** | | | | | | | | | | | |
| **项目**  **分值** | | **50米跑 单位：秒** | **立定跳远 单位：厘米** | **1分钟跳绳 单位：次** | | | **斜身引体 单位：次** | | **双手头上前掷实心球 单位：米** | | **1分钟 仰卧起坐 单位：次** |
| 100 | | 7″9 | 202 | 170 | | | 42 | | 7.7 | | 52 |
| 98 | |  | 200 | 167 | | | 41 | | 7.6 | | 51 |
| 96 | | 8″0 | 198 | 164 | | | 40 | | 7.5 | | 50 |
| 94 | |  | 196 | 161 | | | 39 | | 7.4 | | 49 |
| 92 | |  | 194 | 158 | | | 38 | | 7.3 | | 48 |
| 90 | | 8″1 | 191 | 155 | | | 37 | | 7.2 | | 47 |
| 88 | | 8″2 | 188 | 152 | | | 36 | | 7.1 | | 46 |
| 86 | | 8″3 | 185 | 149 | | | 35 | | 7.0 | | 45 |
| 84 | | 8″4 | 182 | 146 | | | 34 | | 6.9 | | 44 |
| 82 | | 8″5 | 179 | 143 | | | 33 | | 6.8 | | 43 |
| 80 | | 8″7 | 176 | 140 | | | 32 | | 6.7 | | 42 |
| 78 | | 8″9 | 173 | 133 | | | 30 | | 6.5 | | 40 |
| 76 | | 9″1 | 170 | 126 | | | 28 | | 6.3 | | 38 |
| 74 | | 9″3 | 167 | 119 | | | 26 | | 6.1 | | 36 |
| 72 | | 9″5 | 164 | 112 | | | 24 | | 5.9 | | 34 |
| 70 | | 9″7 | 161 | 105 | | | 22 | | 5.7 | | 32 |
| 68 | | 9″9 | 158 | 98 | | | 20 | | 5.5 | | 30 |
| 66 | | 10″1 | 155 | 91 | | | 18 | | 5.3 | | 28 |
| 64 | | 10″3 | 152 | 84 | | | 16 | | 5.1 | | 26 |
| 62 | | 10″5 | 149 | 77 | | | 14 | | 4.9 | | 24 |
| 60 | | 10″7 | 146 | 70 | | | 12 | | 4.7 | | 22 |
| 50 | | 10″9 | 141 | 67 | | | 10 | | 4.3 | | 20 |
| 40 | | 11″1 | 136 | 64 | | | 8 | | 3.9 | | 18 |
| 30 | | 11″3 | 131 | 61 | | | 6 | | 3.5 | | 16 |
| 20 | | 11″5 | 126 | 58 | | | 4 | | 3.1 | | 14 |
| 10 | | 11″7 | 121 | 55 | | | 2 | | 2.7 | | 12 |