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**

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| **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**

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| **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 |