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（部分项目）

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| 分值 | 男1000米跑/女800米跑(分:秒) | 200米游泳(分:秒) | 排球40秒对墙壁垫球单位：次 | 50米跑单位：秒 | 1分钟仰卧起坐单位：次 | 1分钟跳绳单位：次 |
| 男 | 女 | 男 | 女 | 男 | 女 | 男 | 女 | 男 | 女 | 男 | 女 |
| 100 | 3:40 | 3:25 | 4:48 | 5:08 | 33 | 30 | 7″3 | 7″9 | 54 | 52 | 175 | 170 |
| 98 | 3:42 | 3:27 | 4:50 | 5:10 | 32 | 29 |  |   | 53 | 51 | 172 | 167 |
| 96 | 3:44 | 3:30 | 4:53 | 5:13 | 31 | 28 | 7″4 | 8″0 | 52 | 50 | 169 | 164 |
| 94 | 3:46 | 3:33 | 4:56 | 5:16 | 30 | 27 |  |   | 51 | 49 | 166 | 161 |
| 92 | 3:48 | 3:36 | 4:59 | 5:19 | 29 | 26 |   |   | 50 | 48 | 163 | 158 |
| 90 | 3:50 | 3:39 | 5:02 | 5:22 | 28 | 25 | 7″5 | 8″1 | 49 | 47 | 160 | 155 |
| 88 | 3:53 | 3:42 | 5:05 | 5:25 | 27 | 24 |   | 8″2 | 48 | 46 | 157 | 152 |
| 86 | 3:56 | 3:45 | 5:08 | 5:28 | 26 | 23 | 7″6  | 8″3 | 47 | 45 | 154 | 149 |
| 84 | 3:59 | 3:48 | 5:11 | 5:31 | 25 | 22 |  | 8″4 | 46 | 44 | 151 | 146 |
| 82 | 4:02 | 3:51 | 5:14 | 5:34 | 24 | 21 |   | 8″5 | 45 | 43 | 148 | 143 |
| 80 | 4:05 | 3:55 | 5:17 | 5:37 | 23 | 20 | 7″7 | 8″7 | 44 | 42 | 145 | 140 |
| 78 | 4:10 | 4:00 | 5:23 | 5:43 | 22 | 19 | 7″9 | 8″9 | 42 | 40 | 138 | 133 |
| 76 | 4:15 | 4:05 | 5:29 | 5:49 | 21 | 18 | 8″1 | 9″1 | 40 | 38 | 131 | 126 |
| 74 | 4:20 | 4:10 | 5:35 | 5:55 | 20 | 17 | 8″3 | 9″3 | 38 | 36 | 124 | 119 |
| 72 | 4:25 | 4:15 | 5:41 | 6:01 | 19 | 16 | 8″5 | 9″5 | 36 | 34 | 117 | 112 |
| 70 | 4:30 | 4:20 | 5:47 | 6:07 | 18 | 15 | 8″7 | 9″7 | 34 | 32 | 110 | 105 |
| 68 | 4:35 | 4:25 | 5:53 | 6:13 | 17 | 14 | 8″9 | 9″9 | 32 | 30 | 103 | 98 |
| 66 | 4:40 | 4:30 | 5:59 | 6:19 | 16 | 13 | 9″1 | 10″1 | 30 | 28 | 96 | 91 |
| 64 | 4:45 | 4:35 | 6:05 | 6:25 | 15 | 12 | 9″3 | 10″3 | 28 | 26 | 89 | 84 |
| 62 | 4:50 | 4:40 | 6:11 | 6:31 | 14 | 11 | 9″5 | 10″5 | 26 | 24 | 82 | 77 |
| 60 | 4:55 | 4:45 | 6:17 | 6:37 | 13 | 10 | 9″7 | 10″7 | 24 | 22 | 75 | 70 |
| 50 | 5:15 | 4:55 | 6:29 | 6:49 | 11 | 8 | 9″9 | 10″9 | 22 | 20 | 72 | 67 |
| 40 | 5:35 | 5:05 | 6:41 | 7:01 | 9 | 6 | 10″1 | 11″1 | 20 | 18 | 69 | 64 |
| 30 | 5:55 | 5:15 | 6:53 | 7:13 | 7 | 4 | 10″3 | 11″3 | 18 | 16 | 66 | 61 |
| 20 | 6:15 | 5:25 | 7:05 | 7:25 | 5 | 2 | 10″5 | 11″5 | 16 | 14 | 63 | 58 |
| 10 | 6:35 | 5:35 | 7:17 | 7:37 | 3 | 1 | 10″7 | 11″7 | 14 | 12 | 60 | 55 |