附件1

2024年自治区初中学业水平体育与健康考试评分标准

（一）男生测试项目评分标准

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **单项得分** | **1000米****（分、秒）** | **50 米跑****（秒）** | **100 米跑（秒）** | **立定跳远（厘****米）** | **掷实心球（米）** | **引体向上（次）** | **跳绳（次****/1 分钟）** | **篮球运球（秒）** | **足球运球（秒）** | **排球垫球（次)** |
| **10** | 3'40" | 7.3 | 13″5 | 250 | 12.4 | 15 | 180 | 9″4 | 7″5 | 40 |
| **9.5** | 3'45" | 7.4 | 13″8 | 245 | 12.1 | 14 | 175 | 9″8 | 7″7 | 39 |
| **9** | 3'50" | 7.5 | 14″1 | 240 | 11.5 | 13 | 168 | 10″4 | 8″1 | 37 |
| **8.5** | 3'57" | 7.6 | 14″4 | 233 | 11 | 12 | 160 | 11″1 | 8″5 | 35 |
| **8** | 4'05" | 7.7 | 14″7 | 225 | 10.3 | 11 | 150 | 11″9 | 8″9 | 33 |
| **7.8** | 4'10" | 7.9 | 15″ | 221 | 9.6 |  | 140 | 12″8 | 9″4 | 30 |
| **7.6** | 4'15" | 8.1 | 15″3 | 217 | 9.4 | 10 | 136 | 13″2 | 9″7 | 29 |
| **7.4** | 4'20" | 8.3 | 15″6 | 213 | 9 |  | 130 | 13″7 | 10″1 | 27 |
| **7.2** | 4'25" | 8.5 | 15″9 | 209 | 8.6 | 9 | 124 | 14″3 | 10″5 | 25 |
| **7** | 4'30" | 8.7 | 16″2 | 205 | 8.2 |  | 116 | 15″1 | 11″1 | 23 |
| **6.8** | 4'35" | 8.9 | 16″5 | 201 | 7.7 | 8 | 108 | 15″8 | 11″6 | 20 |
| **6.6** | 4'40" | 9.1 | 16″8 | 197 | 7.4 |  | 103 | 16″4 | 11″9 | 19 |
| **6.4** | 4'45" | 9.3 | 17″1 | 193 | 6.9 | 7 | 94 | 17″4 | 12″4 | 17 |
| **6.2** | 4'50" | 9.5 | 17″4 | 189 | 6.5 |  | 86 | 18″3 | 12″9 | 15 |
| **6** | 4'55" | 9.7 | 17″7 | 185 | 5.9 | 6 | 75 | 19″6 | 13″5 | 12 |
| **5** | 5'15" | 9.9 | 18″ | 180 | 5.3 | 5 | 64 | 20″8 | 14″1 | 9 |
| **4** | 5'35" | 10.1 | 18″3 | 175 | 5 | 4 | 60 | 21″6 | 14″5 | 8 |
| **3** | 5'55" | 10.3 | 18″6 | 170 | 4.6 | 3 | 53 | 22″9 | 15″ | 7 |
| **2** | 6'15" | 10.5 | 18″9 | 165 | 4.2 | 2 | 46 | 24″1 | 15″5 | 6 |
| **1** | 6'35" | 10.7 | 19″2 | 160 | 3.6 | 1 | 37 | 25″8 | 16″2 | 5 |

1. 女生测试项目评分标准

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **单项得分** | **800 米****（分、秒）** | **50 米跑****（秒）** | **100 米跑（秒）** | **立定跳****远（厘米）** | **掷实心球（米）** | **仰卧起****坐（次/ 分钟）** | **跳绳（次****/1 分钟）** | **篮球运球（秒）** | **足球运球（秒）** | **排球垫球（次）** |
| **10** | 3'25" | 7.9 | 15″4 | 202 | 7.8 | 52 | 172 | 12″ | 8″1 | 35 |
| **9.5** | 3'32" | 8 | 15″7 | 196 | 7.7 | 50 | 167 | 12″3 | 8″6 | 34 |
| **9** | 3'39" | 8.1 | 16″ | 190 | 7.6 | 48 | 160 | 12″8 | 9″4 | 32 |
| **8.5** | 3'47" | 8.4 | 16″3 | 183 | 7.5 | 45 | 153 | 13″4 | 10″2 | 30 |
| **8** | 3'55" | 8.7 | 16″6 | 176 | 7.4 | 42 | 143 | 14″1 | 11″3 | 28 |
| **7.8** | 4'00" | 8.9 | 16″9 | 173 | 7.2 | 40 | 133 | 14″8 | 12″3 | 25 |
| **7.6** | 4'05" | 9.1 | 17″2 | 170 | 7.1 | 38 | 129 | 15″5 | 12″7 | 24 |
| **7.4** | 4'10" | 9.3 | 17″5 | 167 | 7 | 36 | 123 | 16″6 | 13″3 | 22 |
| **7.2** | 4'15" | 9.5 | 17″8 | 164 | 6.9 | 34 | 117 | 17″7 | 14″ | 21 |
| **7** | 4'20" | 9.7 | 18″1 | 161 | 6.8 | 32 | 109 | 19″2 | 14″8 | 18 |
| **6.8** | 4'25" | 9.9 | 18″4 | 158 | 6.6 | 30 | 101 | 20″6 | 15″7 | 16 |
| **6.6** | 4'30" | 10.1 | 18″7 | 155 | 6.5 | 28 | 96 | 21″4 | 16″4 | 15 |
| **6.4** | 4'35" | 10.3 | 19″ | 152 | 6.4 | 26 | 88 | 22″6 | 17″5 | 14 |
| **6.2** | 4'40" | 10.5 | 19″3 | 149 | 6.3 | 24 | 80 | 23″9 | 18″6 | 13 |
| **6** | 4'45" | 10.7 | 19″6 | 146 | 6.2 | 22 | 69 | 25″5 | 20″1 | 11 |
| **5** | 4'55" | 10.9 | 19″9 | 141 | 6 | 20 | 58 | 27″1 | 21″6 | 9 |
| **4** | 5'05" | 11.1 | 20″2 | 136 | 5.8 | 18 | 54 | 27″8 | 22″ | 8 |
| **3** | 5'15" | 11.3 | 20″5 | 131 | 5.4 | 16 | 48 | 28″8 | 22″7 | 7 |
| **2** | 5'25" | 11.5 | 20″8 | 126 | 5 | 14 | 42 | 29″9 | 23″3 | 6 |
| **1** | 5'35" | 11.7 | 21″1 | 121 | 4.5 | 12 | 33 | 31″2 | 24″2 | 5 |