**表1-1 女生肺活量单项评分表（单位：毫升）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 3400 |
| **95** | 3350 |
| **90** | 3300 |
| **良好** | **85** | 3150 |
| **80** | 3000 |
| **及格** | **78** | 2900 |
| **76** | 2800 |
| **74** | 2700 |
| **72** | 2600 |
| **70** | 2500 |
| **68** | 2400 |
| **66** | 2300 |
| **64** | 2200 |
| **62** | 2100 |
| **60** | 2000 |
| **不及格** | **50** | 1960 |
| **40** | 1920 |
| **30** | 1880 |
| **20** | 1840 |
| **10** | 1800 |

**表1-2 女生50米跑单项评分表（单位：秒）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 7.5 |
| **95** | 7.6 |
| **90** | 7.7 |
| **良好** | **85** | 8.0 |
| **80** | 8.3 |
| **及格** | **78** | 8.5 |
| **76** | 8.7 |
| **74** | 8.9 |
| **72** | 9.1 |
| **70** | 9.3 |
| **68** | 9.5 |
| **66** | 9.7 |
| **64** | 9.9 |
| **62** | 10.1 |
| **60** | 10.3 |
| **不及格** | **50** | 10.5 |
| **40** | 10.7 |
| **30** | 10.9 |
| **20** | 11.1 |
| **10** | 11.3 |

**表1-3 女生坐位体前屈单项评分表（单位：厘米）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 25.8 |
| **95** | 24.0 |
| **90** | 22.2 |
| **良好** | **85** | 20.6 |
| **80** | 19.0 |
| **及格** | **78** | 17.7 |
| **76** | 16.4 |
| **74** | 15.1 |
| **72** | 13.8 |
| **70** | 12.5 |
| **68** | 11.2 |
| **66** | 9.9 |
| **64** | 8.6 |
| **62** | 7.3 |
| **60** | 6.0 |
| **不及格** | **50** | 5.2 |
| **40** | 4.4 |
| **30** | 3.6 |
| **20** | 2.8 |
| **10** | 2.0 |

**表1-4 女生立定跳远单项评分表（单位：厘米）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 207 |
| **95** | 201 |
| **90** | 195 |
| **良好** | **85** | 188 |
| **80** | 181 |
| **及格** | **78** | 178 |
| **76** | 175 |
| **74** | 172 |
| **72** | 169 |
| **70** | 166 |
| **68** | 163 |
| **66** | 160 |
| **64** | 157 |
| **62** | 154 |
| **60** | 151 |
| **不及格** | **50** | 146 |
| **40** | 141 |
| **30** | 136 |
| **20** | 131 |
| **10** | 126 |

**表1-5 女生一分钟仰卧起坐单项评分表（单位：次）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 56 |
| **95** | 54 |
| **90** | 52 |
| **良好** | **85** | 49 |
| **80** | 46 |
| **及格** | **78** | 44 |
| **76** | 42 |
| **74** | 40 |
| **72** | 38 |
| **70** | 36 |
| **68** | 34 |
| **66** | 32 |
| **64** | 30 |
| **62** | 28 |
| **60** | 26 |
| **不及格** | **50** | 24 |
| **40** | 22 |
| **30** | 20 |
| **20** | 18 |
| **10** | 16 |

**表1-6 女生800米跑单项评分表（单位：分·秒）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 3'18" |
| **95** | 3'24" |
| **90** | 3'30" |
| **良好** | **85** | 3'37" |
| **80** | 3'44" |
| **及格** | **78** | 3'49" |
| **76** | 3'54" |
| **74** | 3'59" |
| **72** | 4'04" |
| **70** | 4'09" |
| **68** | 4'14" |
| **66** | 4'19" |
| **64** | 4'24" |
| **62** | 4'29" |
| **60** | 4'34" |
| **不及格** | **50** | 4'44" |
| **40** | 4'54" |
| **30** | 5'04" |
| **20** | 5'14" |
| **10** | 5'24" |