**表1-1 男生肺活量单项评分表（单位：毫升）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 5040 |
| **95** | 4920 |
| **90** | 4800 |
| **良好** | **85** | 4550 |
| **80** | 4300 |
| **及格** | **78** | 4180 |
| **76** | 4060 |
| **74** | 3940 |
| **72** | 3820 |
| **70** | 3700 |
| **68** | 3580 |
| **66** | 3460 |
| **64** | 3340 |
| **62** | 3220 |
| **60** | 3100 |
| **不及格** | **50** | 2940 |
| **40** | 2780 |
| **30** | 2620 |
| **20** | 2460 |
| **10** | 2300 |

**表1-2 男生50米跑单项评分表（单位：秒）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 6.7 |
| **95** | 6.8 |
| **90** | 6.9 |
| **良好** | **85** | 7.0 |
| **80** | 7.1 |
| **及格** | **78** | 7.3 |
| **76** | 7.5 |
| **74** | 7.7 |
| **72** | 7.9 |
| **70** | 8.1 |
| **68** | 8.3 |
| **66** | 8.5 |
| **64** | 8.7 |
| **62** | 8.9 |
| **60** | 9.1 |
| **不及格** | **50** | 9.3 |
| **40** | 9.5 |
| **30** | 9.7 |
| **20** | 9.9 |
| **10** | 10.1 |

**表1-3 男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** | 24.9 |
| **95** | 23.1 |
| **90** | 21.3 |
| **良好** | **85** | 19.5 |
| **80** | 17.7 |
| **及格** | **78** | 16.3 |
| **76** | 14.9 |
| **74** | 13.5 |
| **72** | 12.1 |
| **70** | 10.7 |
| **68** | 9.3 |
| **66** | 7.9 |
| **64** | 6.5 |
| **62** | 5.1 |
| **60** | 3.7 |
| **不及格** | **50** | 2.7 |
| **40** | 1.7 |
| **30** | 0.7 |
| **20** | -0.3 |
| **10** | -1.3 |

**表1-4 男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** | 273 |
| **95** | 268 |
| **90** | 263 |
| **良好** | **85** | 256 |
| **80** | 248 |
| **及格** | **78** | 244 |
| **76** | 240 |
| **74** | 236 |
| **72** | 232 |
| **70** | 228 |
| **68** | 224 |
| **66** | 220 |
| **64** | 216 |
| **62** | 212 |
| **60** | 208 |
| **不及格** | **50** | 203 |
| **40** | 198 |
| **30** | 193 |
| **20** | 188 |
| **10** | 183 |

**表1-5 男生引体向上单项评分表（单位：次）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 19 |
| **95** | 18 |
| **90** | 17 |
| **良好** | **85** | 16 |
| **80** | 15 |
| **及格** | **78** |  |
| **76** | 14 |
| **74** |  |
| **72** | 13 |
| **70** |  |
| **68** | 12 |
| **66** |  |
| **64** | 11 |
| **62** |  |
| **60** | 10 |
| **不及格** | **50** | 9 |
| **40** | 8 |
| **30** | 7 |
| **20** | 6 |
| **10** | 5 |

**表1-6 男生1000米跑单项评分表（单位：分·秒）**

|  |  |  |
| --- | --- | --- |
| **等级** | **单项**  **得分** | **成绩** |
| **优秀** | **100** | 3'17" |
| **95** | 3'22" |
| **90** | 3'27" |
| **良好** | **85** | 3'34" |
| **80** | 3'42" |
| **及格** | **78** | 3'47" |
| **76** | 3'52" |
| **74** | 3'57" |
| **72** | 4'02" |
| **70** | 4'07" |
| **68** | 4'12" |
| **66** | 4'17" |
| **64** | 4'22" |
| **62** | 4'27" |
| **60** | 4'32" |
| **不及格** | **50** | 4'52" |
| **40** | 5'12" |
| **30** | 5'32" |
| **20** | 5'52" |
| **10** | 6'12" |