附件

达州市中考体育考试测试评分标准

耐力跑

|  |  |
| --- | --- |
| 分值 | 1000米（男）/800米（女）（分） |
| 男 | 女 |
| 30 | 3'50" | 3'35" |
| 29.4 | 3'55" | 3'42" |
| 28.8 | 4'00" | 3'49" |
| 28.2 | 4'07" | 3'57" |
| 27.6 | 4'15" | 4'05" |
| 27 | 4'20" | 4'10" |
| 26.2 | 4'25" | 4'15" |
| 25.3 | 4'30" | 4'20" |
| 24.4 | 4'35" | 4'25" |
| 23.5 | 4'40" | 4'30" |
| 22.6 | 4'45" | 4'35" |
| 21.6 | 4'50" | 4'40" |
| 20.7 | 4'55" | 4'45" |
| 19.8 | 5'00" | 4'50" |
| 18.9 | 5'05" | 4'55" |
| 18 | 5'25" | 5'05" |
| 14.4 | 5'35" | 5'15" |
| 10.8 | 6'05" | 5'25" |
| 7.2 | 6'25" | 5'35" |
| 3.6 | 6'45" | 5'45" |
| 1 | 6'55" | 5'55" |

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立定跳远

|  |  |
| --- | --- |
| 分值 | 立定跳远（米） |
| 男 | 女 |
| 15 | 2.5 | 1.99 |
| 14.7 | 2.45 | 1.95 |
| 14.4 | 2.4 | 1.89 |
| 14.1 | 2.33 | 1.83 |
| 13.8 | 2.25 | 1.76 |
| 13.5 | 2.21 | 1.73 |
| 13.1 | 2.17 | 1.7 |
| 12.6 | 2.13 | 1.67 |
| 12.2 | 2.09 | 1.64 |
| 11.7 | 2.05 | 1.61 |
| 11.3 | 2.01 | 1.58 |
| 10.8 | 1.97 | 1.55 |
| 10.4 | 1.93 | 1.52 |
| 9.9 | 1.89 | 1.49 |
| 9.5 | 1.85 | 1.46 |
| 9 | 1.8 | 1.41 |
| 7.5 | 1.75 | 1.36 |
| 5.9 | 1.7 | 1.31 |
| 4.3 | 1.65 | 1.26 |
| 2.6 | 1.6 | 1.21 |
| 1 | 1.55 | 1.16 |

达州市中考体育考试测试评分标准

引体向上（男）/掷实心球（女）

|  |  |  |
| --- | --- | --- |
| 分值 | 引体向上（个） | 掷实心球（米） |
| 男 | 女 |
| 15 | 12 | 7.5 |
| 14.7 | 11 | 7.4 |
| 14.4 | 10 | 7.2 |
| 14.1 |  | 7 |
| 13.8 | 9 | 6.8 |
| 13.5 |  | 6.6 |
| 13.1 | 8 | 6.4 |
| 12.6 |  | 6.2 |
| 12.2 | 7 | 6 |
| 11.7 |  | 5.8 |
| 11.3 | 6 | 5.6 |
| 10.8 |  | 5.4 |
| 10.4 | 5 | 5.2 |
| 9.9 |  | 5 |
| 9.5 | 4 | 4.7 |
| 9 |  | 4.3 |
| 7.5 | 3 | 3.8 |
| 5.9 |  | 3.5 |
| 4.3 | 2 | 3.3 |
| 2.6 |  | 3 |
| 1 | 1 | 2.7 |

达州市中考体育考试测试评分标准

篮球选考项目

|  |  |
| --- | --- |
| 分值 | 篮球 |
| 绕杆运球（秒） | 往返运球上篮（秒） |
| 男 | 女 | 男 | 女 |
| 15 | 11.7 | 14.7 | 20.0 | 25.0 |
| 14.7 | 12.2 | 15.2 | 20.5 | 25.5 |
| 14.4 | 12.7 | 15.7 | 21.0 | 26.0 |
| 14.1 | 13..2 | 16.2 | 21.5 | 26.5 |
| 13.8 | 13.7 | 16.7 | 22.0 | 27.0 |
| 13.5 | 14.2 | 17.2 | 22.5 | 27.5 |
| 13.1 | 14.7 | 18 | 23.2 | 28.2 |
| 12.6 | 15.2 | 18.8 | 23.9 | 28.9 |
| 12.2 | 15.7 | 19.6 | 24.6 | 29.6 |
| 11.7 | 16.2 | 20.4 | 25.3 | 30.3 |
| 11.3 | 16.7 | 21.2 | 26.0 | 31.0 |
| 10.8 | 17.2 | 22.1 | 26.7 | 31.7 |
| 10.4 | 17.7 | 23 | 27.4 | 32.4 |
| 9.9 | 18.2 | 23.9 | 28.1 | 33.1 |
| 9.5 | 18.7 | 24.8 | 28.8 | 33.8 |
| 9 | 19.2 | 25.6 | 29.5 | 34.5 |
| 7.5 | 19.7 | 26.4 | 30.4 | 35.4 |
| 5.9 | 20.2 | 27.5 | 31.3 | 36.3 |
| 4.3 | 20.7 | 28.6 | 32.2 | 37.2 |
| 2.6 | 21.2 | 29.7 | 33.1 | 38.1 |
| 1 | 21.7 | 30.8 | 34.0 | 39.0 |

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足球选考项目

|  |  |
| --- | --- |
| 分值 | 足球 |
| 运球绕杆射门（秒） | 颠球（个） |
| 男 | 女 | 男 | 女 |
| 15 | 9.5 | 11 | 22 | 16 |
| 14.7 | 9.7 | 11.2 |  |  |
| 14.4 | 9.9 | 11.4 |  |  |
| 14.1 | 10.1 | 11.6 | 19 | 14 |
| 13.8 | 10.3 | 11.8 |  |  |
| 13.5 | 10.5 | 12 |  |  |
| 13.1 | 10.8 | 12.3 | 16 | 12 |
| 12.6 | 11.1 | 12.6 |  |  |
| 12.2 | 11.4 | 12.9 | 13 | 10 |
| 11.7 | 11.7 | 13.2 |  |  |
| 11.3 | 12 | 13.5 |  |  |
| 10.8 | 12.3 | 13.8 | 11 | 8 |
| 10.4 | 12.6 | 14.1 |  |  |
| 9.9 | 12.9 | 14.4 |  |  |
| 9.5 | 13.2 | 14.7 |  |  |
| 9 | 13.5 | 15 | 8 | 7 |
| 7.5 | 13.9 | 15.4 | 7 | 6 |
| 5.9 | 14.3 | 15.8 | 6 | 5 |
| 4.3 | 14.7 | 16.2 | 5 | 4 |
| 2.6 | 15.1 | 16.6 | 4 | 3 |
| 1 | 15.5 | 17 | 3 | 2 |

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排球选考项目

|  |  |
| --- | --- |
| 分值 | 排球 |
| 对墙垫球（个） | 发球（个） |
| 男 | 女 | 男 | 女 |
| 15 | 35 | 35 | 7 | 7 |
| 14.7 | 34 | 34 |  |  |
| 14.4 | 33 | 33 |  |  |
| 14.1 | 32 | 32 | 6 | 6 |
| 13.8 | 31 | 31 |  |  |
| 13.5 | 30 | 30 |  |  |
| 13.1 | 29 | 29 | 5 | 5 |
| 12.6 | 28 | 28 |  |  |
| 12.2 | 27 | 27 |  |  |
| 11.7 | 26 | 26 |  |  |
| 11.3 | 25 | 25 | 4 | 4 |
| 10.8 | 24 | 24 |  |  |
| 10.4 | 23 | 23 |  |  |
| 9.9 | 22 | 22 |  |  |
| 9.5 | 21 | 21 | 3 | 3 |
| 9 | 20 | 20 |  |  |
| 7.5 | 18 | 18 |  |  |
| 5.9 | 14 | 14 | 2 | 2 |
| 4.3 | 10 | 10 |  |  |
| 2.6 | 7 | 7 |  |  |
| 1 | 4 | 4 | 1 |  |