附件1

阿坝州初中升学体育考试免考申请表

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 姓 名 |  | 性 别 |  | 出生年月 |  |
| 班 级 |  | 家长签字 |  |
| 原 因 |  |
| 医院诊断情况 |  |
| 班主任签 字 |  | 体育教师签 字 |  |
| 学校审批意见 |  年 月 日 |
| 县（市）教育行政部门意见  |  年 月 日 |

附件2

阿坝州初中升学体育考试项目评分标准

 **男女生坐位体前屈单项评分表（单位：厘米）**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **初三（男）****（厘米）** | **初三（女）****（厘米）** | **体考实得分数** |
| **优秀** | 100 | 21.6 | 23.5 | 10 |
| 95 | 19.7 | 21.8 | 9.5 |
| 90 | 17.8 | 20.1 | 9.0 |
| 良好 | 85 | 15.8 | 18.4 | 8.5 |
| 80 | 13.8 | 16.7 | 8.0 |
| 及格 | 78 | 12.4 | 15.4 | 7.8 |
| 76 | 11.0 | 14.1 | 7.6 |
| 74 | 9.6 | 12.8 | 7.4 |
| 72 | 8.2 | 11.5 | 7.2 |
| 70 | 6.8 | 10.2 | 7.0 |
| 68 | 5.4 | 8.9 | 6.8 |
| 66 | 4.0 | 7.6 | 6.6 |
| 64 | 2.6 | 6.3 | 6.4 |
| 62 | 1.2 | 5.0 | 6.2 |
| 60 | -0.2 | 3.7 | 6.0 |
| 不及格 | 50 | -1.4 | 2.9 | 5.0 |
| 40 | -2.6 | 2.1 | 4.0 |
| 30 | -3.8 | 1.3 | 3.0 |
| 20 | -5.0 | 0.5 | 2.0 |
| 10 | -6.2 | -0.3 | 1.0 |

**男女生立定跳远单项评分表（单位：厘米）**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **初三（男）****（厘米）** | **初三（女）****（厘米）** | **体考实得分数** |
| **优秀** | 100 | 250 | 202 | 15.00  |
| 95 | 245 | 196 | 14.25  |
| 90 | 240 | 190 | 13.50  |
| **良好** | 85 | 233 | 183 | 12.75  |
| 80 | 225 | 176 | 12.00  |
| **及格** | 78 | 221 | 173 | 11.70  |
| 76 | 217 | 170 | 11.40  |
| 74 | 213 | 167 | 11.10  |
| 72 | 209 | 164 | 10.80  |
| 70 | 205 | 161 | 10.50  |
| 68 | 201 | 158 | 10.20  |
| 66 | 197 | 155 | 9.90  |
| 64 | 193 | 152 | 9.60  |
| 62 | 189 | 149 | 9.30  |
| 60 | 185 | 146 | 9.00  |
| **不及格** | 50 | 180 | 141 | 7.50  |
| 40 | 175 | 136 | 6.00  |
| 30 | 170 | 131 | 4.50  |
| 20 | 165 | 126 | 3.00  |
| 10 | 160 | 121 | 1.50  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **等级** | **单项****得分** | **初三（男）****（分·秒）** | **初三（女）****（分·秒）** | **体考实得分数** |
| **优秀** | 100 | 3'40" | 3'25" | 15.00  |
| 95 | 3'45" | 3'32" | 14.25  |
| 90 | 3'50" | 3'39" | 13.50  |
| **良好** | 85 | 3'57" | 3'47" | 12.75  |
| 80 | 4'05" | 3'55" | 12.00  |
| **及格** | 78 | 4'10" | 4'00" | 11.70  |
| 76 | 4'15" | 4'05" | 11.40  |
| 74 | 4'20" | 4'10" | 11.10  |
| 72 | 4'25" | 4'15" | 10.80  |
| 70 | 4'30" | 4'20" | 10.50  |
| 68 | 4'35" | 4'25" | 10.20  |
| 66 | 4'40" | 4'30" | 9.90  |
| 64 | 4'45" | 4'35" | 9.60  |
| 62 | 4'50" | 4'40" | 9.30  |
| 60 | 4'55" | 4'45" | 9.00  |
| **不及格** | 50 | 5'15" | 4'55" | 7.50  |
| 40 | 5'35" | 5'05" | 6.00  |
| 30 | 5'55" | 5'15" | 4.50  |
| 20 | 6'15" | 5'25" | 3.00  |
| 10 | 6'35" | 5'35" | 1.50  |

**男生1000米，女生800米耐力跑单项评分表（单位：分·秒）**

**男生引体向上单项评分表（单位：次/分钟）**

|  |  |  |  |
| --- | --- | --- | --- |
| **等级** | **分值** | **引体向上****（次）** | **体考实得分数** |
| **优秀** | 100 | 15 | 15.00  |
| 95 | 14 | 14.25  |
| 90 | 13 | 13.50 |
| **良好** | 85 | 12 | 12.75 |
| 80 | 11 | 12.00  |
| **合格** | 78 |  | 11.70  |
| 76 | 10 | 11.40  |
| 74 |  | 11.10  |
| 72 | 9 | 10.80  |
| 70 |  | 10.50  |
| 68 | 8 | 10.20  |
| 66 |  | 9.90  |
| 64 | 7 | 9.60  |
| 62 |  | 9.30  |
| 60 | 6 | 9.00  |
| **不及格** | 50 | 5 | 7.50  |
| 40 | 4 | 6.00  |
| 30 | 3 | 4.50  |
| 20 | 2 | 3.00  |
| 10 | 1 | 1.50  |

**女生仰卧起坐单项评分表（单位：次/分钟）**

|  |  |  |  |
| --- | --- | --- | --- |
| **等级** | **单项得分** | **仰卧起坐****（次）** | **体考实得分数** |
| 优秀 | 100 | 52 | 15.00  |
| 95 | 50 | 14.25  |
| 90 | 48 | 13.50  |
| 良好 | 85 | 45 | 12.75  |
| 80 | 42 | 12.00  |
| 及格 | 78 | 40 | 11.70  |
| 76 | 38 | 11.40  |
| 74 | 36 | 11.10  |
| 72 | 34 | 10.80  |
| 70 | 32 | 10.50  |
| 68 | 30 | 10.20  |
| 66 | 28 | 9.90  |
| 64 | 26 | 9.60  |
| 62 | 24 | 9.30  |
| 60 | 22 | 9.00  |
| 不及格 | 50 | 20 | 7.50  |
| 40 | 18 | 6.00  |
| 30 | 16 | 4.50  |
| 20 | 14 | 3.00  |
| 10 | 12 | 1.50  |

**男、女生50米跑单项评分表（单位：分·秒）**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **等级** | **单项得分** | **男生****50米跑（秒）** | **女生****50米跑（秒）** | **体考实得分数** |
| **优秀** | 100 | 7.3 | 7.9 | 15.00  |
| **优秀** | 95 | 7.4 | 8 | 14.25  |
| **优秀** | 90 | 7.5 | 8.1 | 13.50  |
| **良好** | 85 | 7.6 | 8.4 | 12.75  |
| **良好** | 80 | 7.7 | 8.7 | 12.00  |
| **及格** | 78 | 7.9 | 8.9 | 11.70  |
| **及格** | 76 | 8.1 | 9.1 | 11.40  |
| **及格** | 74 | 8.3 | 9.3 | 11.10  |
| **及格** | 72 | 8.5 | 9.5 | 10.80  |
| **及格** | 70 | 8.7 | 9.7 | 10.50  |
| **及格** | 68 | 8.9 | 9.9 | 10.20  |
| **及格** | 66 | 9.1 | 10.1 | 9.90  |
| **及格** | 64 | 9.3 | 10.3 | 9.60  |
| **及格** | 62 | 9.5 | 10.5 | 9.30  |
| **及格** | 60 | 9.7 | 10.7 | 9.00  |
| **不及格** | 50 | 9.9 | 10.9 | 7.50  |
| **不及格** | 40 | 10.1 | 11.1 | 6.00  |
| **不及格** | 30 | 10.3 | 11.3 | 4.50  |
| **不及格** | 20 | 10.5 | 11.5 | 3.00  |
| **不及格** | 10 | 10.7 | 11.7 | 1.50  |

附件3

**阿坝州体育考试成绩统计表（样表）**

学校： 考试时间：

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 考生姓名 | 班级 | 性别 | 考试项目 | 单项成绩 | 总成绩 |
|  |  |  | 耐力跑(男子1000米女子800米) |  |  |
| 立定跳远 |  |
| 坐位体前屈 |  |
| 男生引体向上/女生仰卧起坐(1分钟) |  |
| 50米跑 |  |
| 学校教务处签字（盖章） | 监考老师签字：学生签字： |