附件3

体能测试考核项目及标准

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| 体能测试考核项目及标准（男） | | | | | | |
| 项目 | 成绩（分） | | | | | |
| 50 | 60 | 70 | 80 | 90 | 100 |
| 1000m | 4′05″ | 4′00″ | 3′55″ | 3′50″ | 3′45″ | 3′40″ |
| 2分钟俯卧撑 | 30 | 32 | 36 | 42 | 50 | 62 |
| 2分钟深蹲 | 68 | 72 | 76 | 80 | 84 | 92 |

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| 体能测试考核项目及标准（女） | | | | | | |
| 项目 | 成绩（分） | | | | | |
| 50 | 60 | 70 | 80 | 90 | 100 |
| 平板  支撑 | 50″ | 1′00″ | 1′10″ | 1′20″ | 1′30″ | 1′40″ |
| 1分钟  跳绳 | 80 | 90 | 100 | 110 | 120 | 130 |
| 坐位  体前屈 | 16cm | 18cm | 20cm | 22cm | 24cm | 26cm |