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） | | | | | | | | | |
| 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| 1000m | 4′35″ | 4′30″ | 4′25″ | 4′20″ | 4′15″ | 4′10″ | 4′05″ | 4′00″ | 3′55″ | 3′50″ |
| 2分钟  俯卧撑 | 20 | 25 | 30 | 35 | 40 | 45 | 50 | 55 | 60 | 65 |
| 2分钟  仰卧起坐 | 32 | 36 | 40 | 44 | 48 | 52 | 56 | 60 | 64 | 68 |

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| 体能测试考核项目及标准（女） | | | | | | | | | | |
| 项目 | 成绩（分） | | | | | | | | | |
| 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| 800m | 4′45″ | 4′40″ | 4′35″ | 4′30″ | 4′25″ | 4′20″ | 4′15″ | 4′10″ | 4′05″ | 4′00″ |
| 1分钟  跳绳 | 70 | 75 | 80 | 85 | 90 | 95 | 100 | 105 | 110 | 115 |
| 2分钟  仰卧起坐 | 27 | 30 | 33 | 36 | 39 | 42 | 45 | 48 | 51 | 54 |