附件3

**2022届镇海区初中学业水平考试体育集中考试项目评分标准**

（男）

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| **项目**  **分值** | **必测项目** | **选测项目** | | | | | | |
| **1000米跑**  **（分秒）** | **足球运球（秒）** | **50米跑（秒）** | **立定**  **跳远（米）** | **一分钟跳绳**  **（次）** | **掷实心球（米）** | **篮球运球投篮（秒）** | **引体**  **向上**  **(个)** |
| 10 | 3’25” | 9”1 | 7”1 | 2.46 | 180 | 9.80 | 20 | 10 |
| 9 | 3’35” | 10”0 | 7”3 | 2.38 | 170 | 9.20 | 24 | 9 |
| 8 | 3’45” | 10”7 | 7”5 | 2.30 | 160 | 8.60 | 32 | 8 |
| 7 | 3’55” | 11”5 | 7”7 | 2.22 | 150 | 8.00 | 38 | 7 |
| 6 | 4’05” | 12”8 | 7”9 | 2.14 | 140 | 7.40 | 43 | 6 |
| 5 | 4’15” | 13”6 | 8”1 | 2.06 | 130 | 6.80 | 48 | 5 |
| 4 | 4’25” | 14”6 | 8”3 | 1.98 | 120 | 6.20 | 53 | 4 |
| 3 | 4’35” | 15”2 | 8”7 | 1.90 | 110 | 5.60 | 57 | 3 |
| 2 | 未在4’35”内跑完全程不得分 | 15”9 | 9”3 | 1.82 | 100 | 5.00 | 61 | 2 |
| 1 | 16”8 | 9”7 | 1.70 | 90 | 4.40 | 69 | 1 |

（女）

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| **项目**  **分值** | **必测项目** | **选测项目** | | | | | | |
| **800米跑**  **（分秒）** | **足球运球**  **（秒）** | **50米跑（秒）** | **立定**  **跳远**  **（米）** | **一分钟**  **跳绳**  **（次）** | **掷实心球（米）** | **篮球运球投篮（秒）** | **一分钟仰卧**  **起坐**  **(个)** |
| 10 | 3’10” | 10”1 | 8”1 | 1.97 | 170 | 6.70 | 26 | 50 |
| 9 | 3’20” | 11”0 | 8”3 | 1.89 | 160 | 6.30 | 32 | 46 |
| 8 | 3’30” | 11”9 | 8”5 | 1.81 | 150 | 5.90 | 40 | 42 |
| 7 | 3’40” | 12”9 | 8”7 | 1.73 | 140 | 5.50 | 46 | 38 |
| 6 | 3’50” | 14”4 | 8”9 | 1.65 | 130 | 5.10 | 51 | 34 |
| 5 | 4’00” | 15”4 | 9”1 | 1.57 | 120 | 4.70 | 56 | 30 |
| 4 | 4’10” | 16”8 | 9”5 | 1.49 | 110 | 4.30 | 61 | 26 |
| 3 | 4’20” | 17”7 | 9”9 | 1.41 | 100 | 3.90 | 66 | 22 |
| 2 | 未在4’20”内跑完全程不得分 | 18”6 | 10”5 | 1.33 | 90 | 3.50 | 70 | 18 |
| 1 | 19”7 | 10”9 | 1.21 | 80 | 3.10 | 85 | 14 |

注:不到上限,则按下限计分。