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| **项目** | **10米×4往返跑 （秒）** | | **立定跳远 （米）** | | **引体向上** | **仰卧起坐 限一分钟（个）** |
| **分数** | 男 | 女 | 男 | 女 | 男 | 女 |
| **100** | 9″6 | 10″6 | 3 | 2.3 | 18 | 43 |
| **95** | 9″8 | 10″8 | 2.9 | 2.2 | 17 | 41 |
| **90** | 10″0 | 11″0 | 2.8 | 2.1 | 16 | 39 |
| **85** | 10″2 | 11″2 | 2.7 | 2 | 15 | 37 |
| **80** | 10″4 | 11″4 | 2.6 | 1.9 | 14 | 35 |
| **75** | 10″7 | 11″7 | 2.5 | 1.8 | 13 | 33 |
| **70** | 11″0 | 12″0 | 2.4 | 1.7 | 12 | 31 |
| **65** | 11″3 | 12″3 | 2.3 | 1.6 | 11 | 29 |
| **60** | 11″6 | 12″6 | 2.2 | 1.5 | 10 | 27 |
| **55** | 11″9 | 12″9 | 2.1 | 1.4 | 9 | 25 |
| **50** | 12″2 | 13″2 | 2 | 1.3 | 8 | 23 |