**※資料來源：教育部體適能網站※**

**說明：1.四～六年級體適能測驗轉換體育成績標準。**

**2.起算分數67分，每項1～7分（共四項），滿分95分。**



**男生**

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| **7-23歲中小學男學生立定跳遠百分等級常模** (單位:公分)  |
| 百分等級年齡  | 5th  | 10th  | 15th  | 20th  | 25th  | 30th  | 35th  | 40th  | 45th  | 50th  | 55th  | 60th  | 65th  | 70th  | 75th  | 80th  | 85th  | 90th  | 95th  |
| << 待加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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| **10（四）**  | **100** | **105** | **110** | **115** | **119** | **121** | **125** | **127** | **130** | **132** | **135** | **138** | **141** | **145** | **148** | **152** | **156** | **162** | **170** |
| **11（五）**  | **106** | **113** | **118** | **125** | **128** | **131** | **135** | **138** | **141** | **144** | **146** | **150** | **153** | **156** | **160** | **164** | **169** | **174** | **182** |
| **12（六）**  | **112** | **122** | **129** | **133** | **136** | **141** | **145** | **148** | **152** | **155** | **158** | **161** | **165** | **169** | **172** | **176** | **181** | **187** | **198** |

**女生**

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| **7-23歲中小學女學生立定跳遠百分等級常模** (單位:公分)  |
| 百分等級年齡  | 5th  | 10th  | 15th  | 20th  | 25th  | 30th  | 35th  | 40th  | 45th  | 50th  | 55th  | 60th  | 65th  | 70th  | 75th  | 80th  | 85th  | 90th  | 95th  |
| << 請加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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| **10（四）**  | **95**  | **100** | **104** | **107** | **110** | **112** | **115** | **118** | **120** | **123** | **125** | **128** | **130** | **133** | **136** | **140** | **145** | **152** | **160** |
| **11（五）**  | **100**  | **105** | **110** | **114** | **117** | **120** | **123** | **125** | **128** | **131** | **134** | **137** | **140** | **142** | **146** | **150** | **155** | **160** | **170** |
| **12（六）**  | **102** | **108** | **113** | **116** | **120** | **123** | **126** | **129** | **131** | **135** | **139** | **142** | **144** | **147** | **150** | **156** | **162** | **167** | **176** |



**男生**

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| **7-23歲中小學男學生八百及一千六百公尺跑走百分等級常模** (單位:分'秒")  |
| 百分等級年齡  | 5th  | 10th  | 15th  | 20th  | 25th  | 30th  | 35th  | 40th  | 45th  | 50th  | 55th  | 60th  | 65th  | 70th  | 75th  | 80th  | 85th  | 90th  | 95th  |
| << 待加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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|  |  |  |  |  |  |
| **10（四）**  | **6'50''** | **6'25''** | **6'12''** | **6'0''** | **5'47''** | **5'36''** | **5'28''** | **5'18''** | **5'10''** | **5'0''** | **4'51''** | **4'43''** | **4'36''** | **4'27''** | **4'20''** | **4'11''** | **4'1''** | **3'51''** | **3'40''** |
| **11（五）**  | **6'33''** | **6'2''** | **5'46''** | **5'32'''** | **5'22''** | **5'14''** | **5'4''** | **4'54''** | **4'47''** | **4'40''** | **4'30''** | **4'23''** | **4'16''** | **4'9''** | **4'2''** | **3'55''** | **3'48''** | **3'39''** | **3'30''** |
| **12（六）**  | **6'1''** | **5'34''** | **5'19''** | **5'8''** | **4'57''** | **4'47''** | **4'39''** | **4'31''** | **4'24''** | **'4'17''** | **4'10''** | **4'3''** | **3'57''** | **3'50''** | **3'43''** | **3'38''** | **3'32''** | **3'25''** | **3'14''** |

**女生**

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| **7-23歲中小學女學生八百公尺跑走百分等級常模**(單位:分'秒")  |
| 百分等級年齡  | 5th  | 10th  | 15th  | 20th  | 25th  | 30th  | 35th  | 40th  | 45th  | 50th  | 55th  | 60th  | 65th  | 70th  | 75th  | 80th  | 85th  | 90th  | 95th  |
| << 請加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
| **10（四）**  | **6'53''** | **6'29''** | **6'14''** | **'6'3''** | **5'53''** | **5'46''** | **5'38''** | **5'28''** | **5'22''** | **5'14''** | **5'7''** | **5'3''** | **4'55''** | **4'47''** | **4'41''** | **4'33''** | **4'25''** | **4'11''** | **4'0''** |
| **11（五）**  | **6'27''** | **6'3''** | **5'48''** | **5'38** | **5'29''** | **5'22''** | **5'16'** | **5'9''** | **5'3''** | **4'56''** | **4'49''** | **4'43''** | **4'36''** | **4'29''** | **4'22''** | **4'15''** | **4'9''** | **3'56''** | **3'46''** |
| **12（六）**  | **6'8''** | **5'46''** | **5'32''** | **5'22''** | **5'15''** | **5'9''** | **5'3''** | **4'56''** | **4'49''** | **4'44''** | **4'40''** | **4'33''** | **4'27''** | **4'21''** | **4'15''** | **4'9''** | **4'3''** | **3'54''** | **3'43''** |



**男生**

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| **7-23歲中小學男學生坐姿體前彎百分等級常模** (單位公分) |
| 百分等級年齡  | 5th | 10th | 15th | 20th | 25th | 30th | 35th | 40th | 45th | >50th | >55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |
| << 待加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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| **10（四）**  | **11** | **15** | **16** | **18** | **19** | **20** | **21** | **23** | **24** | **25** | **25** | **27** | **27** | **29** | **30** | **31** | **32** | **34** | **36** |
| **11（五）**  | **10** | **13** | **15** | **17** | **18** | **19** | **20** | **22** | **23** | **24** | **25** | **26** | **27** | **28** | **29** | **30** | **32** | **34** | **36** |
| **12（六）**  | **9** | **12** | **15** | **16** | **17** | **19** | **20** | **21** | **22** | **23** | **24** | **25** | **26** | **27** | **29** | **30** | **31** | **33** | **36** |

**女生**

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| **7-23歲中小學女學生坐姿體前彎百分等級常模** (單位:次)  |
| 百分等級年齡  | 5th | 10th | 15th | 20th | 25th | 30th | 35th | 40th | 45th | >50th | >55th | 60th | 65th | 70th | 75th | 80th | 85th | 90th | 95th |
| << 請加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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| **10（四）**  | **16** | **19** | **21** | **23** | **24** | **25** | **27** | **28** | **29** | **30** | **30** | **31** | **32** | **33** | **35** | **36** | **37** | **40** | **42** |
| **11（五）**  | **14** | **18** | **20** | **22** | **24** | **25** | **26** | **27** | **28** | **29** | **30** | **31** | **32** | **33** | **34** | **35** | **37** | **39** | **43** |
| **12（六）**  | **13** | **16** | **19** | **21** | **23** | **24** | **25** | **27** | **28** | **29** | **30** | **31** | **32** | **33** | **35** | **36** | **38** | **40** | **44** |



**男生**

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| **7-23歲中小學男學生仰臥起坐60秒百分等級常模**(單位:次)  |
| 百分等級年齡  | 5th  | 10th  | 15th  | 20th  | 25th  | 30th  | 35th  | 40th  | 45th  | 50th  | 55th  | 60th  | 65th  | 70th  | 75th  | 80th  | 85th  | 90th  | 95th  |
| << 待加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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| **10（四）**  | **9** | **13** | **15** | **17** | **19** | **20** | **22** | **23** | **24** | **25** | **26** | **26** | **27** | **29** | **30** | **31** | **33** | **35** | **37** |
| **11（五）**  | **12** | **16** | **18** | **20** | **21** | **22** | **24** | **25** | **26** | **27** | **28** | **29** | **30** | **31** | **32** | **33** | **35** | **37** | **40** |
| **12（六）**  | **16** | **19** | **22** | **24** | **25** | **26** | **27** | **29** | **30** | **30** | **31** | **32** | **33** | **34** | **35** | **37** | **38** | **40** | **44** |

**女生**

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| **7-23歲中小學女學生仰臥起坐60秒百分等級常模** (單位:次)  |
| 百分等級年齡  | 5th  | 10th  | 15th  | 20th  | 25th  | 30th  | 35th  | 40th  | 45th  | 50th  | 55th  | 60th  | 65th  | 70th  | 75th  | 80th  | 85th  | 90th  | 95th  |
| << 請加強>> | <<中等>> | http://www.fitness.org.tw/img/award_3rd.gif | http://www.fitness.org.tw/img/award_silver.gif | http://www.fitness.org.tw/img/award_gold.gif |
|  |  |  |  |  |  |
| **得分** | **1 2** |  **3** | **4 5** |  **6** |  **7** |
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| **10（四）**  | **8** | **12** | **15** | **17** | **19** | **20** | **21** | **22** | **23** | **24** | **24** | **25** | **26** | **27** | **28** | **30** | **31** | **33** | **36** |
| **11（五）**  | **10** | **13** | **17** | **19** | **20** | **22** | **23** | **24** | **25** | **26** | **27** | **27** | **28** | **29** | **30** | **31** | **32** | **34** | **37** |
| **12（六）**  | **13** | **17** | **19** | **21** | **22** | **23** | **24** | **25** | **26** | **27** | **28** | **29** | **30** | **30** | **31** | **32** | **34** | **36** | **39** |