**※資料來源：教育部體適能網站※**

**說明：1.四～六年級體適能測驗成績標準。**

**2.起算分數67分，每項1～7分（共四項），滿分95分。**

http://www.fitness.org.tw/img/model06-title.gif

**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** |

http://www.fitness.org.tw/img/model07-title.gif

**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''** |

http://www.fitness.org.tw/img/model05-title.gif

**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** |

http://www.fitness.org.tw/img/model04-title.gif

**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 | | |
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| **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** |

說明：

1.依照教育部體適能網站公布之5th~95th標準，平均分配得分1～7分。

2.測驗項目：仰臥起坐、體前彎、立定跳遠、800公尺。

3.得分方式：每個級分皆有一個標準分，級分範圍為該標準分以上，未滿下一級分。

4.總分起始分數67分，四項測驗總和最高28分，總分最高95分。

5.有特殊疾病之學生切勿勉強測驗，以免發生危險。並請科任老師與導師幫忙注意。

6.希望各位同學多多努力，預作準備。

7.如有未盡事宜之後再做補充或與體育組聯絡。