附件3.

评分表

（一）男子组

|  |  |  |
| --- | --- | --- |
| 项目 | 标准 | |
| 1000米跑 | ≤4′50″ |
| 1min俯卧撑 | ≥15次 | |

（二）女子组

|  |  |  |
| --- | --- | --- |
| 项 目 | 标 准 | |
| 800米跑 | ≤4′40″ |
| 1min仰卧起坐 | ≥15次 | |