|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **高中女生體適能各項成績量表** | | | | | | | | | | | | | | | | | | | |
| 仰臥起坐 | <<待加強>> | | | | <<中等>> | | | | | 銅牌 | | | | | 銀牌 | | 金牌 | | |
| **16歲** | 14 | 18 | 20 | 22 | 23 | 24 | 26 | 27 | 28 | 29 | 30 | 31 | 31 | 32 | 33 | 35 | 36 | 29 | 42 |
| **17歲** | 13 | 18 | 20 | 22 | 23 | 25 | 26 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 34 | 35 | 37 | 39 | 42 |
| **18歲** | 12 | 18 | 20 | 22 | 23 | 24 | 25 | 27 | 28 | 29 | 30 | 30 | 31 | 32 | 34 | 35 | 37 | 39 | 42 |
| 坐姿體前彎 | <<待加強>> | | | | <<中等>> | | | | | 銅牌 | | | | | 銀牌 | | 金牌 | | |
| **16歲** | 14 | 18 | 20 | 22 | 24 | 26 | 27 | 29 | 30 | 32 | 33 | 34 | 36 | 37 | 39 | 40 | 42 | 44 | 48 |
| **17歲** | 14 | 18 | 21 | 23 | 25 | 27 | 28 | 30 | 31 | 32 | 33 | 34 | 35 | 37 | 38 | 40 | 42 | 44 | 48 |
| **18歲** | 13 | 18 | 21 | 23 | 25 | 26 | 27 | 29 | 30 | 32 | 33 | 34 | 35 | 37 | 39 | 40 | 42 | 44 | 48 |
| 立定跳遠 | <<待加強>> | | | | <<中等>> | | | | | 銅牌 | | | | | 銀牌 | | 金牌 | | |
| **16歲** | 107 | 115 | 120 | 124 | 127 | 130 | 134 | 137 | 141 | 145 | 147 | 150 | 155 | 158 | 163 | 168 | 172 | 178 | 188 |
| **17歲** | 107 | 115 | 120 | 124 | 128 | 133 | 136 | 140 | 143 | 145 | 149 | 152 | 156 | 160 | 163 | 167 | 171 | 177 | 188 |
| **18歲** | 110 | 117 | 121 | 125 | 130 | 133 | 135 | 140 | 142 | 145 | 148 | 150 | 154 | 157 | 160 | 166 | 170 | 177 | 185 |
| 800m | <<待加強>> | | | | <<中等>> | | | | | 銅牌 | | | | | 銀牌 | | 金牌 | | |
| **16歲** | 6'16'' | 5'50'' | 5'32'' | 5'20'' | 5'11'' | 5'3'' | 4'55'' | 4'49'' | 4'44'' | 4'38'' | 4'33'' | 4'28'' | 4'24'' | 4'19'' | 4'14'' | 4'9''1 | 4'3'' | 3'55'' | 3'44'' |
| **17歲** | 6'5'' | 5'45'' | 5'30'' | 5'15'' | 5'6'' | 5'1'' | 4'54'' | 4'48'' | 4'42'' | 4'38'' | 4'33'' | 4'30'' | 4'25'' | 4'19'' | 4'15'' | 4'9'' | 4'2'' | 3'56'' | 3'46'' |
| **18歲** | 6'22'' | 5'52'' | 5'36'' | 5'26'' | 5'17'' | 5'8'' | 5'1'' | 4'56'' | 4'50'' | 4'46'' | 4'40'' | 4'36'' | 4'32'' | 4'27'' | 4'21'' | 4'16'' | 4'11'' | 4'3'' | 3'51'' |