



男生仰臥起坐 60 秒百分等級常模 (單位：次)																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<<待加強>>				<<中等>>														
15	24	27	29	30	32	33	34	35	36	37	38	39	40	41	42	44	45	47	50
16	24	28	30	32	33	34	35	36	37	38	40	40	41	43	44	45	47	49	52
17	25	28	30	31	33	34	35	36	37	38	39	40	41	42	43	45	47	49	52
18	25	27	30	31	33	34	35	36	36	37	39	40	40	42	43	44	46	48	51

女生仰臥起坐 60 秒百分等級常模 (單位：次)																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<<請加強>>				<<中等>>														
15	13	16	19	20	22	23	25	25	26	27	29	30	31	32	33	34	36	38	41
16	14	18	20	22	23	24	26	27	28	29	30	31	31	32	33	35	36	29	42
17	13	18	20	22	23	25	26	26	27	28	29	30	31	32	34	35	37	39	42
18	12	18	20	22	23	24	25	27	28	29	30	30	31	32	34	35	37	39	42

男生坐姿體前彎百分等級常模 (單位：公分)																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<<待加強>>				<<中等>>														
15	9	12	15	17	18	20	21	22	23	25	26	28	29	30	32	33	35	37	40
16	8	12	14	17	18	20	21	23	25	26	27	29	30	31	33	34	36	38	42
17	8	11	14	15	17	19	21	22	24	25	26	28	30	31	32	34	36	38	42
18	7	11	14	16	18	20	21	22	24	25	27	28	29	31	32	34	36	38	41

女生坐姿體前彎百分等級常模 (單位：公分)																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<<請加強>>				<<中等>>														
15	14	18	21	23	25	26	27	29	30	31	32	34	35	36	38	40	42	43	47
16	14	18	20	22	24	26	27	29	30	32	33	34	36	37	39	40	42	44	48
17	14	18	21	23	25	27	28	30	31	32	33	34	35	37	38	40	42	44	48
18	13	18	21	23	25	26	27	29	30	32	33	34	35	37	39	40	42	44	48

男生立定跳遠百分等級常模 (單位：公分)																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<< 待加強 >>				<<中等>>					 銅牌					 銀牌		 金牌		
15	137	152	161	169	175	180	185	188	191	195	199	202	205	210	213	216	221	228	235
16	148	159	168	174	180	185	189	192	196	200	204	207	210	215	220	224	230	235	245
17	152	162	170	178	184	189	192	196	200	203	205	209	213	216	220	225	230	238	248
18	151	165	175	180	185	190	195	200	203	206	210	213	216	220	224	230	235	244	254

女生立定跳遠百分等級常模 (單位：公分)																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<< 請加強 >>				<< 中 等 >>					 銅牌					 銀牌		 金牌		
15	105	112	118	121	125	129	132	135	138	140	144	147	150	153	158	162	168	175	185
16	107	115	120	124	127	130	134	137	141	145	147	150	155	158	163	168	172	178	188
17	107	115	120	124	128	133	136	140	143	145	149	152	156	160	163	167	171	177	188
18	110	117	121	125	130	133	135	140	142	145	148	150	154	157	160	166	170	177	185

男生1600公尺跑走百分等級常模 (單位：分'秒")																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<< 待加強 >>				<<中等>>					 銅牌					 銀牌		 金牌		
15	12'57"	11'58"	11'10"	10'42"	10'19"	10'00"	9'42"	9'19"	9'05"	8'53"	8'38"	8'22"	8'10"	8'00"	7'46"	7'33"	7'18"	7'03"	6'42"
16	11'55"	11'04"	10'27"	9'59"	9'38"	9'20"	9'04"	8'52"	8'40"	8'27"	8'13"	8'04"	7'54"	7'42"	7'32"	7'20"	7'09"	6'53"	6'36"
17	12'18"	11'07"	10'28"	10'06"	9'47"	9'25"	9'08"	8'55"	8'43"	8'31"	8'17"	8'05"	7'56"	7'47"	7'35"	7'20"	7'09"	6'57"	6'40"
18	12'16"	11'15"	10'42"	10'17"	9'58"	9'38"	9'21"	9'06"	8'51"	8'39"	8'28"	8'18"	8'05"	7'52"	7'40"	7'30"	7'15"	6'59"	6'36"

女生800公尺跑走百分等級常模 (單位：分'秒")																			
百分等級	5th	10th	15th	20th	25th	30th	35th	40th	45th	50th	55th	60th	65th	70th	75th	80th	85th	90th	95th
年齡	<< 請加強 >>				<< 中 等 >>					 銅牌					 銀牌		 金牌		
15	6'16"	5'53"	5'35"	5'28"	5'20"	5'11"	5'05"	4'59"	4'53"	4'47"	4'41"	4'35"	4'30"	4'24"	4'19"	4'12"	4'06"	3'57"	3'47"
16	6'16"	5'50"	5'32"	5'20"	5'11"	5'03"	4'55"	4'49"	4'44"	4'38"	4'33"	4'28"	4'24"	4'19"	4'14"	4'09"	4'03"	3'55"	3'44"
17	6'5"	5'45"	5'30"	5'15"	5'06"	5'01"	4'54"	4'48"	4'42"	4'38"	4'33"	4'30"	4'25"	4'19"	4'15"	4'09"	4'02"	3'56"	3'46"
18	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"

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