附表3

**《国家学生体质健康标准》登记卡（小学5～6年级样表）**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | | | | | | | | | | **学 校** | |  | |
| **姓 名** |  | | | **性 别** | | |  | | | | **学 号** | |  | |
| **班 级** |  | | | **民 族** | | |  | | | | **出生日期** | |  | |
| **单项指标** | | **五年级** | | | | | | **六年级** | | | | | **毕业成绩** | |
| **成绩** | **得分** | | | **等级** | | **成绩** | **得分** | | | **等级** | **得分** | **等级** |
| 体重指数（BMI）  （单位：千克/米2） | |  |  | | |  | |  |  | | |  |  |  |
| 肺活量  （单位：毫升） | |  |  | | |  | |  |  | | |  |
| 50米跑  （单位：秒） | |  |  | | |  | |  |  | | |  |
| 坐位体前屈  （单位：厘米） | |  |  | | |  | |  |  | | |  |
| 1分钟跳绳  （单位：次） | |  |  | | |  | |  |  | | |  |
| 1分钟仰卧起坐  （单位：次） | |  |  | | |  | |  |  | | |  |
| 50米×8往返跑  （单位：分·秒） | |  |  | | |  | |  |  | | |  |
| **标准分** | |  | | | | | |  | | | | |
| **加分指标** | | **成绩** | | | **附加分** | | | **成绩** | | **附加分** | | |
| 1分钟跳绳  （单位：次） | |  | | |  | | |  | |  | | |
| **学年总分** | |  | | | | | |  | | | | |
| **等级评定** | |  | | | | | |  | | | | |
| **体育教师签字** | |  | | | | | |  | | | | |  | |
| **班主任签字** | |  | | | | | |  | | | | |  | |
| **家长签字** | |  | | | | | |  | | | | |  | |

|  |  |  |  |
| --- | --- | --- | --- |
| 学校签章： |  |  |  |
| 年 | 月 | 日 |  |