**Промежуточная аттестация по физической культуре.**

**Зачет по контрольным нормативам.1,2,3,4 классы.**

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| Челночный без 3-10м. |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 1 | 9.4 | 10.2 | 10.5 | 9.7 | 10.6 | 10.8 |
| 2 | 9.2 | 10.0 | 10.2 | 9.5 | 10.4 | 10.6 |
| 3 | 8.6 | 9.5 | 9.8 | 8.9 | 9.6 | 10.1 |
| 4 | 8.5 | 9.4 | 9.6 | 8.7 | 9.5 | 9.9 |

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| Отжимания от пола. |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 1 | 16 | 10 | 7 | 10 | 6 | 4 |
| 2 | 18 | 12 | 10 | 12 | 8 | 6 |
| 3 | 20 | 13 | 10 | 13 | 7 | 5 |
| 4 | 25 | 15 | 10 | 15 | 10 | 8 |

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| Прыжок в длину с места. (см.) |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 1 | 135 | 120 | 110 | 130 | 110 | 100 |
| 2 | 140 | 125 | 115 | 135 | 115 | 105 |
| 3 | 150 | 135 | 120 | 145 | 125 | 115 |
| 4 | 160 | 140 | 130 | 150 | 130 | 120 |

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| Поднимание туловища из положения лежа на спине (кол. раз за 1 мин.) |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 1 | 30 | 25 | 15 | 28 | 20 | 18 |
| 2 | 35 | 30 | 20 | 30 | 25 | 20 |
| 3 | 40 | 30 | 25 | 35 | 25 | 23 |
| 4 | 42 | 32 | 27 | 36 | 27 | 24 |

**Зачет по контрольным нормативам**

**5, 6, 7, 8, 9, 10, 11 классы**

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| Бег  60  метров |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 5 | 10.0 | 10.6 | 11.2 | 10.4 | 10.8 | 11.4 |
| 6 | 9.8 | 10.4 | 11.1 | 10.3 | 10.6 | 11.2 |
| 7 | 9.4 | 10.2 | 11.0 | 9.8 | 10.4 | 11.0 |
| 8 | 8.8 | 9.7 | 10.5 | 9.7 | 10.2 | 10.7 |
| 9 | 8.4 | 9.2 | 10.0 | 9.4 | 10.0 | 10.5 |
| Бег 100 метров | 10 | 14.5 | 14.9 | 15.5 | 16.5 | 17.0 | 17.8 |
| 11 | 14.0 | 14.2 | 14.6 | 16.0 | 16.5 | 17.0 |

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| Челночный Бег 3х10 м |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 5 | 8.5 | 8.8 | 9.7 | 8.9 | 9.3 | 10.1 |
| 6 | 8.4 | 8.6 | 9.3 | 8.8 | 9.1 | 10.0 |
| 7 | 8.3 | 8.5 | 9.2 | 8.7 | 9.0 | 9.9 |
| 8 | 8.0 | 8.3 | 9.0 | 8.6 | 9.0 | 9.8 |
| 9 | 7.7 | 8.0 | 8.5 | 8.5 | 8.8 | 9.7 |
| 10 | 7.4 | 7.7 | 8.2 | 8.2 | 8.5 | 9.4 |
| 11 | 7.1 | 7.4 | 7.9 | 7.9 | 8.2 | 8.9 |

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| Прыжки в длину с места |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 5 | 170 | 150 | 140 | 160 | 140 | 130 |
| 6 | 185 | 170 | 150 | 170 | 150 | 140 |
| 7 | 200 | 180 | 160 | 180 | 160 | 150 |
| 8 | 210 | 190 | 170 | 190 | 170 | 160 |
| 9 | 220 | 200 | 180 | 200 | 180 | 170 |
| 10 | 240 | 220 | 190 | 205 | 180 | 170 |
| 11 | 250 | 225 | 190 | 210 | 190 | 180 |

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| Подтягива ния в висе и висе лежа |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 5 | 6 | 4 | 3 | 15 | 11 | 7 |
| 6 | 7 | 5 | 4 | 17 | 11 | 9 |
| 7 | 8 | 6 | 5 | 20 | 17 | 15 |
| 8 | 9 | 7 | 5 | 22 | 20 | 17 |
| 9 | 12 | 8 | 6 | 23 | 20 | 17 |
| 10 | 12 | 9 | 7 | 24 | 21 | 18 |
| 11 | 14 | 11 | 9 | 25 | 22 | 19 |

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| Бег 800  метров |  | Мальчики | | | Девочки | | |
| класс | 5 | 4 | 3 | 5 | 4 | 3 |
| 5 | 8.5 | 8.8 | 9.7 | 8.9 | 9.3 | 10.1 |
| 6 | 8.4 | 8.6 | 9.3 | 8.8 | 9.1 | 10.0 |
| 7 | 8.3 | 8.5 | 9.2 | 8.7 | 9.0 | 9.9 |
| **Бег 1000**  **метров** | 8 | 4.25 | 4.40 | 5.00 | 4.45 | 5.00 | 5.20 |
| 9 | 4.20 | 4.35 | 4.55 | 4.40 | 4.55 | 5.15 |
| **Бег 2000 метров (юноши) Бег 1000 метров (девушки)** | 10 | 8.30 | 8.50 | 9.00 | 4.35 | 4.50 | 5.10 |
| 11 | 8.10 | 8.30 | 8.50 | 4.30 | 4.45 | 5.05 |