|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | | **Бег 30м (сек.)** | | | | | **Прыжок в длину с места (см)** | | | | | **Прыжки с гимнастической лентой (30 сек.)** | | | | | **Метание теннисного мяча в цель** | | | | |
| **«5»** | **«4»** | | **«3»** | | **«5»** | **«4»** | | **«3»** | | **«5»** | **«4»** | | **«3»** | | **«5»** | **«4»** | | **«3»** | |
| **II** | **мальчик** | **6.2** | | **6.8** | | **7.2** | **135** | | **130** | | **120** | **20** | | **15** | | **15** | **3** | | **2** | | **1** |
| **девочка** | **6.3** | | **6.9** | | **7.8** | **125** | | **120** | | **110** | **42** | | **44** | | **35** | **3** | | **2** | | **1** |
| **III** | **мальчик** | **5.7** | | **6.2** | | **7.0** | **145** | | **140** | | **130** | **25** | | **24** | | **20** | **4** | | **3** | | **1** |
| **девочка** | **5.8** | | **6.3** | | **7.2** | **135** | | **130** | | **120** | **44** | | **42** | | **35** | **4** | | **3** | | **1** |
| **IV** | **мальчик** | **5.0** | | **5.4** | | **5.7** | **155** | | **150** | | **140** | **34** | | **32** | | **30** | **5** | | **4** | | **2** |
| **девочка** | **5.5** | | **5.8** | | **6.5** | **145** | | **140** | | **130** | **52** | | **45** | | **40** | **5** | | **4** | | **2** |

**Таблица физической подготовленности учащихся II-IV классов**