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**NATIONAL STANDARD OF THE
PEOPLE'S REPUBLIC OF CHINA**

GB/T 44097-2024

**Evaluation specification for student's athletic ability of
gymnastics course**

体操课程学生运动能力测评规范

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Foreword

This document is in accordance with the provisions of GB/T 1.1-2020 "Guidelines for standardization work Part

1. Structure and drafting rules for standardization documents" Drafting. Please note that some of the contents of this document may involve patents. The issuing organization of this document does not assume the responsibility for identifying patents. This document is proposed and coordinated by the Ministry of Education of the People's Republic of China. This document was drafted by: China Academy of Educational Sciences, Beijing Normal University, Wuhan Institute of Physical Education, Hainan Normal University, Beijing Sport University Hubei University of Science and Technology, Institute of Curriculum and Teaching Materials, Second Branch of the High School Affiliated to Renmin University of China, Capital Institute of Physical Education, Sixth No.

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Standards for evaluating students' athletic ability in gymnastics courses

1 Scope

GB/T 44097-2024 is the Chinese national standard for evaluating a student's athletic ability in a gymnastics course, part of the Ministry of Education's family of school sport assessment standards. Gymnastics is the course in the family where a graded ladder does most work, because the elements build strictly on one another and attempting one before the preceding ones are secure is how school gymnastics injuries happen; grading therefore serves safety as well as assessment. The standard sets a six-grade classification with the attainment requirements for each level, and then the assessment for each grade in turn, giving the elements to be demonstrated, the apparatus and the spotting and matting required, the procedure and the scoring, running from the basic shapes, rolls and supports of the first grades through the handstands, vaults and bar elements to the connected routines of the highest. It took effect on 28 May 2024.

This document specifies the classification and achievement requirements of students' athletic ability in gymnastics courses, and describes the evaluation methods for each level. This document is applicable to the assessment of gymnastics ability of students in primary school, junior high school, high school and university.

2 Normative references

The contents of the following documents constitute the essential clauses of this document through normative references in this document. For referenced documents without a date, only the version corresponding to that date applies to this document; for referenced documents without a date, the latest version (including all amendments) applies to This document.

GB/T 19851.2 Sports equipment and venues for primary and secondary schools Part

3 Terms and definitions

The following terms and definitions apply to this document.

3.1 The students develop the ability to perform specific tasks in skills, supported jumps, parallel bars, horizontal bars, or competitions during gymnastics courses. The comprehensive performance of the business.

3.2 Overgrip Keep your arms parallel and hold the equipment with your palms facing inward.

3.3 through During the process of completing an action, a part of the body points in a certain direction and reaches a specified position.

3.4 connection Indicates that two single actions are completed consecutively.

3.5 become Indicates the ending position in which the movement should be completed.

3.6 resist the shoulder When the hands are supporting and pushing off the ground or equipment, the shoulder blades are abducted or rotated upward to strengthen, improve the supporting position and increase the pushing force. technology.

3.7 Crotch-support The legs are spread apart and the body is on the bar, with the hands at the sides of the body straight arms and shoulders supporting the bar (3.6) in a static position.