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Evaluation specification of student's basic athletic ability

学生基本运动能力测评规范

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1 Scope

The document sets out the grade division and the pass requirements for the basic athletic ability of students, and describes the evaluation method used at each grade.

It applies to the evaluation of the basic athletic ability of students at primary school and junior middle school level.

2 Normative references

The document states that it has no normative references.

3 Terms and definitions

3.1 student's basic athletic ability: the combined ability of a student to complete a specified task during physical activity by applying locomotor, non-locomotor and manipulative skills.

3.2 throw: to send a thrown object rapidly in a designated direction using a natural arm swing.

3.3 support: an action in which the hands, the arms or some parts of the body bear on apparatus or on the ground, with the shoulder axis higher than or level with the axis of the

apparatus.

3.4 roll: a turning action in which parts of the body support themselves in turn on the ground (or on apparatus) and the body rotates about the frontal (transverse) axis or about the longitudinal axis.

4 Grade division and pass requirements

4.1 Basic athletic ability is divided into six grades. Grade 1 corresponds to school years 1 and 2, grade 2 to years 3 and 4, grade 3 to years 5 and 6, grade 4 to year 7, grade 5 to year 8 and grade 6 to year 9. Athletic ability rises grade by grade from grade 1 to grade 6.

4.2 For every grade the test contents and requirements are fixed by a table (Tables 1 to 6). Each table lists the test items, the observation points, the actions that count as a violation, and the pass limits placed on the total number of violations and on the total time. A candidate meets a grade when both the total number of violations and the total time satisfy the limits of that grade's table.

A footnote repeated under each of the six tables defines a violation as a failure by the candidate to meet the requirement of one of the elements during the evaluation.

4.2.1 Grade 1 (Table 1) covers crawling and climbing over, the quadrant jump, the slalom run around poles and the sandbag throw at a target. The limits are not more than 1 violation in total and a total time of not more than 70 s.

4.2.2 Grade 2 (Table 2) covers seat support with trunk rotation, jumping across hoops, climbing, and the sandbag throw for distance. The limits are not more than 1 violation in total and a total time of not more than 60 s.

4.2.3 Grade 3 (Table 3) covers supine support with leg raise swinging over an obstacle, the two-hand support vault combination, step-jumps over low hurdles, the zig-zag run and the two-hand forward throw of a solid ball. The limits are not more than 1 violation in total and a total time of not more than 50 s.

4.2.4 Grade 4 (Table 4) covers support side travel, the one-hand support vault followed by a roll, the inclined body pull-up, the zig-zag run and the two-hand forward throw of a solid ball. The limits are not more than 1 violation in total, with a total time of not more than 60 s for boys and not more than 65 s for girls.

4.2.5 Grade 5 (Table 5) covers the long-reach forward roll, carrying a weighted load, supported travel around a circle, the jumping obstacle combination, the two-hand forward throw of a solid ball followed by a run, and the resisted run. The limits are not more than 2 violations in total, with a total time of not more than 90 s for boys and not more than 100 s for girls.

4.2.6 Grade 6 (Table 6) covers step-jumps over obstacle zones, hand-supported travel

around a circle, the weighted jumping obstacle combination, crawling under obstacles, and the two-hand forward throw of a solid ball followed by a shuttle run. The limits are not more than 2 violations in total, with a total time of not more than 90 s for boys and not more than 110 s for girls.

Examples of how violations are counted, as given in the tables: in the grade 1 quadrant jump, jumping out of a square, missing a square, taking two or more jumps inside one square, or failing to go round a marker cone each count as one violation; in the slalom run, knocking a pole over, missing a pole, or knocking a pole over and not putting it back in place each count as one violation; in the throwing items, treading on or crossing the line counts as one violation each time.

5 Athletic ability evaluation

5.1.1 Grade 1 venue and apparatus: one crawl frame (length by width by height 1.5 m by 0.5 m by 0.5 m) and one soft vaulting horse (length by base width by top width by height 1.2 m by 0.65 m by 0.4 m by 0.6 m), set 0.5 m apart; squares of 0.4 m by 0.4 m marked with Arabic numerals; five marker poles 1.5 m high at 1 m spacing; a throwing line 3 m from the centre of the circle, six sandbags of 0.15 kg, and a circle of 0.3 m radius.

5.1.2 The evaluation is carried out by four assessors. Assessor 1 gives the start command and assessor 4 starts the clock; assessor 2 watches how the candidate completes each task and counts the violations; assessor 3 is responsible for placing, recovering and safeguarding the apparatus; assessor 4 records the total time when the candidate reaches the finish. Clauses 5.2.2, 5.3.2, 5.4.2, 5.5.2 and 5.6.2 all refer back to this staffing.

5.1.3 Grade 1 test steps: the four items are performed in order along the route shown in Figure 1 in a single run. From the start line the candidate crawls and climbs over the crawl frame and the soft horse using hands and feet; then performs the quadrant jump with feet together, following the numbered squares in the order 1-2-3-4-1 (or 1-4-3-2-1), one jump per square, four squares to a round and four rounds in all, then goes round two marker cones; then runs an S-shaped slalom around the five poles; then throws sandbags into the circle until three have landed inside (judged on first point of contact, line contact not counted), with at most six throws. Each candidate has two attempts.

5.2.1 Grade 2 venue and apparatus: one gymnastic mat (2 m by 1 m); eight hoops of 0.6 m diameter, with centres 1.5 m apart front to back on the same side, 0.75 m apart front to back on opposite sides and 1.2 m apart left to right (the circles may be drawn on the ground); one climbing frame with a climbing face 1.2 m wide by 2 m high, with protective mats placed around the obstacle; for the sandbag throw for distance, the area from 6 m to 8 m beyond the throwing line is zone 1, from 8 m to 10 m is zone 2 and beyond 10 m is zone 3, with six sandbags of 0.5 kg.

5.2.3 Grade 2 test steps: on the mat the candidate takes a seat support with hands and feet

off the ground and hands clasped, then turns left and right touching the mat with the hands ten times, without the feet or the back touching the mat; then jumps through the hoops continuously on one leg and goes round two marker cones; then climbs over the obstacle and runs on to the throw; distances score points, and the candidate passes the finish after accumulating 9 points (boys) or 7 points (girls), with at most six throws. Each candidate has two attempts.

5.3.1 Grade 3 venue and apparatus: one gymnastic mat (2 m by 1 m) and one low hurdle 0.3 m high; two sets of trapezoid vaulting boxes (boys, length by base width by top width by height 1.2 m by 0.9 m by 0.4 m by 1.2 m; girls 1 m by 0.8 m by 0.4 m by 1 m) set 1 m apart with protective mats around them; three low hurdles 0.4 m high at 2 m spacing; six marker cones 0.5 m high, 3 m apart both front to back and left to right; for the solid ball throw, 6 m to 8 m from the throwing line is zone 1, 8 m to 10 m is zone 2 and beyond 10 m is zone 3, with six solid balls of 1 kg.

5.3.3 Grade 3 test steps: from a supine support on the mat the candidate swings the feet over the obstacle to the left and to the right in turn, eight times; then vaults over two sets of boxes of the same height with two-hand support; then step-jumps forward over the low hurdles, putting back any hurdle knocked over, and goes round two marker cones; then runs the zig-zag course touching the top of the six cones in turn; then throws the solid ball forward with both hands, and passes the finish after accumulating 7 points (boys) or 6 points (girls), with at most six throws. Each candidate has two attempts.

5.4.1 Grade 4 venue and apparatus: two gymnastic mats (2 m by 1 m); one set of trapezoid vaulting boxes (boys 1.2 m by 0.9 m by 0.4 m by 1.2 m; girls 1 m by 0.8 m by 0.4 m by 1 m) with four gymnastic mats (1.5 m by 2 m) placed 0.6 m from the boxes; one adjustable horizontal bar and one protective mat (2 m by 1 m); a pentagon of 5 m sides, each corner marked by a circle or pad of 0.1 m radius; for the solid ball throw, 3.5 m to 4.5 m from the throwing line is zone 1, 4.5 m to 5.5 m is zone 2 and beyond 5.5 m is zone 3, with six solid balls of 2 kg.

5.4.3 Grade 4 test steps: from a front support the candidate moves hands and feet sideways from the start line across the marker line; then vaults the trapezoid box with one-hand support and follows it with a roll; then performs inclined body pull-ups with an overgrasp about shoulder width, feet pushed forward and flat on the ground, body straight, arms at 90 degrees to the trunk in the inclined hang and the body at less than 45 degrees to the ground, the chin passing above the top edge of the bar and the arms returning straight to count one repetition, ten for boys and seven for girls, then goes round two marker cones; then runs the pentagon course A-B-C-D-E touching each marker point by hand; then throws the solid ball, passing the finish after accumulating 7 points (boys) or 5 points (girls), with at most six throws. Each candidate has two attempts.

5.5.1 Grade 5 venue and apparatus: two gymnastic mats (2 m by 1 m) marked with a line at 0.4 m for girls and 0.6 m for boys, the coloured line being not more than 0.05 m wide; two