




FLEXIÓN TRONCO

FLEXIÓN TRONCO (FLEXIBILIDAD)

| 1º ESO | | | |
|--------|---|---|------|
| NOTA |  |  | NOTA |
| CM | | | |
| 10 | 33 | 38 | 10 |
| 9 | 27 | 32 | 9 |
| 8 | 24 | 29 | 8 |
| 7 | 22 | 28 | 7 |
| 6 | 19,5 | 27 | 6 |
| 5 | 18 | 25 | 5 |
| 4 | 17 | 24 | 4 |
| 3 | 16 | 22 | 3 |
| 2 | 13 | 20 | 2 |
| 1 | 11 | 17 | 1 |
| 0 | 6 | 8 | 0 |

| 2º ESO | | | |
|--------|---|---|------|
| NOTA |  |  | NOTA |
| CM | | | |
| 10 | 33 | 35 | 10 |
| 9 | 28 | 33 | 9 |
| 8 | 25 | 31 | 8 |
| 7 | 22 | 29 | 7 |
| 6 | 21 | 27 | 6 |
| 5 | 19 | 26 | 5 |
| 4 | 18 | 25 | 4 |
| 3 | 16 | 23 | 3 |
| 2 | 14 | 21 | 2 |
| 1 | 11 | 19 | 1 |
| 0 | 4 | 9 | 0 |

| 3º ESO | | | |
|--------|---|---|------|
| NOTA |  |  | NOTA |
| CM | | | |
| 10 | 35 | 40 | 10 |
| 9 | 29 | 35 | 9 |
| 8 | 27 | 32 | 8 |
| 7 | 25 | 30 | 7 |
| 6 | 23 | 28 | 6 |
| 5 | 21 | 27 | 5 |
| 4 | 19 | 25 | 4 |
| 3 | 17 | 23 | 3 |
| 2 | 14 | 21 | 2 |
| 1 | 11 | 18 | 1 |
| 0 | 2 | 8 | 0 |


| 4º ESO | | | |
|--------|---|---|------|
| NOTA |  |  | NOTA |
| CM | | | |
| 10 | 36 | 42 | 10 |
| 9 | 31 | 36 | 9 |
| 8 | 28 | 33 | 8 |
| 7 | 26 | 31 | 7 |
| 6 | 24 | 30 | 6 |
| 5 | 22 | 28 | 5 |
| 4 | 21 | 27 | 4 |
| 3 | 19 | 26 | 3 |
| 2 | 17 | 24 | 2 |
| 1 | 12 | 21 | 1 |
| 0 | 5 | 13 | 0 |

VELOCIDAD 40M

| 1º ESO | | | |
|----------|---|---|------|
| NOTA |  |  | NOTA |
| segundos | | | |
| 10 | 6.00 | 6.30 | 10 |
| 9 | 6.20 | 6.50 | 9 |
| 8 | 6.40 | 6.70 | 8 |
| 7 | 6.60 | 6.90 | 7 |
| 6 | 6.80 | 7.10 | 6 |
| 5 | 7.00 | 7.30 | 5 |
| 4 | 7.20 | 7.50 | 4 |
| 3 | 7.40 | 7.70 | 3 |
| 2 | 7.60 | 7.90 | 2 |
| 1 | 7.80 | 8.10 | 1 |
| 0 | 8.00 | 8.30 | 0 |



| 2º ESO | | | |
|----------|---|---|------|
| NOTA |  |  | NOTA |
| segundos | | | |
| 10 | 5.90 | 6.20 | 10 |
| 9 | 6.10 | 6.40 | 9 |
| 8 | 6.30 | 6.60 | 8 |
| 7 | 6.50 | 6.80 | 7 |
| 6 | 6.70 | 7.00 | 6 |
| 5 | 6.90 | 7.20 | 5 |
| 4 | 7.10 | 7.40 | 4 |
| 3 | 7.30 | 7.60 | 3 |
| 2 | 7.50 | 7.80 | 2 |
| 1 | 7.70 | 8.00 | 1 |
| 0 | 7.90 | 8.20 | 0 |



| 3º ESO | | | |
|----------|---|---|------|
| NOTA |  |  | NOTA |
| segundos | | | |
| 10 | 5.70 | 6.00 | 10 |
| 9 | 5.90 | 6.20 | 9 |
| 8 | 6.10 | 6.40 | 8 |
| 7 | 6.30 | 6.60 | 7 |
| 6 | 6.50 | 6.80 | 6 |
| 5 | 6.70 | 7.00 | 5 |
| 4 | 6.90 | 7.20 | 4 |
| 3 | 7.10 | 7.40 | 3 |
| 2 | 7.30 | 7.60 | 2 |
| 1 | 7.50 | 7.80 | 1 |
| 0 | 7.70 | 8.00 | 0 |



| 4º ESO | | | |
|----------|---|---|------|
| NOTA |  |  | NOTA |
| segundos | | | |
| 10 | 5.40 | 5.80 | 10 |
| 9 | 5.60 | 6.00 | 9 |
| 8 | 5.80 | 6.20 | 8 |
| 7 | 6.00 | 6.40 | 7 |
| 6 | 6.20 | 6.60 | 6 |
| 5 | 6.40 | 6.80 | 5 |
| 4 | 6.60 | 7.00 | 4 |
| 3 | 6.80 | 7.20 | 3 |
| 2 | 7.00 | 7.40 | 2 |
| 1 | 7.20 | 7.60 | 1 |
| 0 | 7.40 | 7.80 | 0 |



SALTO HORIZ

SALTO HORIZONTAL (FUERZA PIERNAS)

| 1º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| centímetros | | | |
| 10 | 195 | 175 | 10 |
| 9 | 186 | 170 | 9 |
| 8 | 179 | 164 | 8 |
| 7 | 172 | 157 | 7 |
| 6 | 165 | 150 | 6 |
| 5 | 158 | 143 | 5 |
| 4 | 151 | 136 | 4 |
| 3 | 144 | 129 | 3 |
| 2 | 137 | 122 | 2 |
| 1 | 130 | 115 | 1 |
| 0 | 125 | 110 | 0 |



| 2º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| centímetros | | | |
| 10 | 205 | 180 | 10 |
| 9 | 196 | 173 | 9 |
| 8 | 187 | 167 | 8 |
| 7 | 179 | 161 | 7 |
| 6 | 172 | 155 | 6 |
| 5 | 166 | 149 | 5 |
| 4 | 159 | 143 | 4 |
| 3 | 153 | 137 | 3 |
| 2 | 147 | 131 | 2 |
| 1 | 140 | 125 | 1 |
| 0 | 135 | 120 | 0 |



| 3º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| centímetros | | | |
| 10 | 220 | 185 | 10 |
| 9 | 215 | 180 | 9 |
| 8 | 208 | 174 | 8 |
| 7 | 201 | 168 | 7 |
| 6 | 196 | 162 | 6 |
| 5 | 185 | 157 | 5 |
| 4 | 178 | 152 | 4 |
| 3 | 170 | 146 | 3 |
| 2 | 159 | 139 | 2 |
| 1 | 148 | 132 | 1 |
| 0 | 143 | 125 | 0 |



| 4º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| centímetros | | | |
| 10 | 230 | 190 | 10 |
| 9 | 225 | 187 | 9 |
| 8 | 217 | 182 | 8 |
| 7 | 210 | 177 | 7 |
| 6 | 203 | 172 | 6 |
| 5 | 188 | 165 | 5 |
| 4 | 180 | 160 | 4 |
| 3 | 172 | 153 | 3 |
| 2 | 160 | 146 | 2 |
| 1 | 150 | 138 | 1 |
| 0 | 140 | 135 | 0 |



C.NAVET

BAREMO DE RESISTENCIA COURSE NAVETTE

| 1º ESO | | | |
|-----------------|---|---|------|
| NOTA |  |  | NOTA |
| NIVEL ALCANZADO | | | |
| 10 | <u>10</u> | 9 | 10 |
| 9 | <u>9</u> | <u>8</u> | 9 |
| 8 | <u>8</u> | 7 | 8 |
| 7 | <u>7</u> | <u>6</u> | 7 |
| 6 | <u>6</u> | 5 | 6 |
| 5 | <u>5</u> | 4 | 5 |
| 4 | <u>4.5</u> | <u>3.5</u> | 4 |
| 3 | <u>4</u> | 3 | 3 |
| 2 | <u>3.5</u> | <u>2.5</u> | 2 |
| 1 | <u>3</u> | <u>2</u> | 1 |
| 0 | <u>2.5</u> | <u>1.5</u> | 0 |



| 2º ESO | | | |
|-----------------|---|---|------|
| NOTA |  |  | NOTA |
| NIVEL ALCANZADO | | | |
| 10 | <u>10.5</u> | <u>9.5</u> | 10 |
| 9 | <u>9.5</u> | <u>8.5</u> | 9 |
| 8 | <u>8.5</u> | <u>7.5</u> | 8 |
| 7 | <u>7.5</u> | <u>6.5</u> | 7 |
| 6 | <u>6.5</u> | <u>5.5</u> | 6 |
| 5 | <u>5.5</u> | <u>4.5</u> | 5 |
| 4 | <u>5</u> | <u>4</u> | 4 |
| 3 | <u>4.5</u> | <u>3.5</u> | 3 |
| 2 | <u>4</u> | <u>3</u> | 2 |
| 1 | <u>3.5</u> | <u>2.5</u> | 1 |
| 0 | <u>3</u> | <u>2</u> | 0 |



| 3º ESO | | | |
|-----------------|---|---|------|
| NOTA |  |  | NOTA |
| NIVEL ALCANZADO | | | |
| 10 | <u>11</u> | <u>10</u> | 10 |
| 9 | <u>10</u> | <u>9</u> | 9 |
| 8 | <u>9</u> | <u>8</u> | 8 |
| 7 | <u>8</u> | <u>7</u> | 7 |
| 6 | <u>7</u> | <u>6</u> | 6 |
| 5 | <u>6</u> | <u>5</u> | 5 |
| 4 | <u>5.5</u> | <u>4.5</u> | 4 |
| 3 | <u>5</u> | <u>4</u> | 3 |
| 2 | <u>4</u> | <u>3</u> | 2 |
| 1 | <u>3</u> | <u>2.5</u> | 1 |
| 0 | <u>2.5</u> | <u>2</u> | 0 |



| 4º ESO | | | |
|-----------------|---|---|------|
| NOTA |  |  | NOTA |
| NIVEL ALCANZADO | | | |
| 10 | <u>11</u> | <u>10</u> | 10 |
| 9 | <u>10</u> | <u>9</u> | 9 |
| 8 | <u>9</u> | <u>8</u> | 8 |
| 7 | <u>8</u> | <u>7</u> | 7 |
| 6 | <u>7</u> | <u>6</u> | 6 |
| 5 | <u>6</u> | <u>5</u> | 5 |
| 4 | <u>5.5</u> | <u>4.5</u> | 4 |
| 3 | <u>5</u> | <u>4</u> | 3 |
| 2 | <u>4.5</u> | <u>3.5</u> | 2 |
| 1 | <u>4</u> | <u>3</u> | 1 |
| 0 | <u>3.5</u> | <u>2.5</u> | 0 |



BALÓN MED

BALÓN MEDICINAL









| 1º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| CENTÍMETROS | | | |
| 10 | | | 10 |
| 9 | | | 9 |
| 8 | | | 8 |
| 7 | | | 7 |
| 6 | | | 6 |
| 5 | | | 5 |
| 4 | | | 4 |
| 3 | | | 3 |
| 2 | | | 2 |
| 1 | | | 1 |
| 0 | | | 0 |

| 2º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| CENTÍMETROS | | | |
| 10 | | | 10 |
| 9 | | | 9 |
| 8 | | | 8 |
| 7 | | | 7 |
| 6 | | | 6 |
| 5 | | | 5 |
| 4 | | | 4 |
| 3 | | | 3 |
| 2 | | | 2 |
| 1 | | | 1 |
| 0 | | | 0 |

| 3º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| CENTÍMETROS | | | |
| 10 | | | 10 |
| 9 | | | 9 |
| 8 | | | 8 |
| 7 | | | 7 |
| 6 | | | 6 |
| 5 | | | 5 |
| 4 | | | 4 |
| 3 | | | 3 |
| 2 | | | 2 |
| 1 | | | 1 |
| 0 | | | 0 |

| 4º ESO | | | |
|-------------|---|---|------|
| NOTA |  |  | NOTA |
| CENTÍMETROS | | | |
| 10 | | | 10 |
| 9 | | | 9 |
| 8 | | | 8 |
| 7 | | | 7 |
| 6 | | | 6 |
| 5 | | | 5 |
| 4 | | | 4 |
| 3 | | | 3 |
| 2 | | | 2 |
| 1 | | | 1 |
| 0 | | | 0 |

SALTO V

| BAREMO DE SALTO VERTICAL (FUERZA PIERNAS) | | | | | | | | | | | | | | | |
|---|---|---|-----------|-------------|---|---|-----------|-------------|---|---|-----------|-------------|---|---|-----------|
| 1º ESO | | | | 2º ESO | | | | 3º ESO | | | | 4º ESO | | | |
| NOTA |  |  | NOTA | NOTA |  |  | NOTA | NOTA |  |  | NOTA | NOTA |  |  | NOTA |
| centímetros | | | | centímetros | | | | centímetros | | | | centímetros | | | |
| 10 | 41 | 39 | 10 | 10 | 44 | 42 | 10 | 10 | 50 | 45 | 10 | 10 | 55 | 47 | 10 |
| 9 | 39 | 36 | 9 | 9 | 42 | 40 | 9 | 9 | 47 | 42 | 9 | 9 | 50 | 44 | 9 |
| 8 | 36 | 33 | 8 | 8 | 40 | 37 | 8 | 8 | 44 | 39 | 8 | 8 | 45 | 41 | 8 |
| 7 | 33 | 30 | 7 | 7 | 38 | 34 | 7 | 7 | 41 | 36 | 7 | 7 | 42 | 38 | 7 |
| 6 | 30 | 27 | 6 | 6 | 35 | 31 | 6 | 6 | 37 | 33 | 6 | 6 | 39 | 35 | 6 |
| 5 | 27 | 24 | 5 | 5 | 32 | 28 | 5 | 5 | 35 | 30 | 5 | 5 | 37 | 32 | 5 |
| 4 | 24 | 22 | 4 | 4 | 28 | 24 | 4 | 4 | 32 | 28 | 4 | 4 | 34 | 30 | 4 |
| 3 | 22 | 20 | 3 | 3 | 24 | 21 | 3 | 3 | 29 | 26 | 3 | 3 | 31 | 28 | 3 |
| 2 | 20 | 18 | 2 | 2 | 21 | 18 | 2 | 2 | 26 | 24 | 2 | 2 | 28 | 26 | 2 |
| 1 | 18 | 15 | 1 | 1 | 18 | 15 | 1 | 1 | 23 | 22 | 1 | 1 | 26 | 24 | 1 |
| 0 | 15 | 13 | 0 | 0 | 15 | 13 | 0 | 0 | 21 | 20 | 0 | 0 | 24 | 22 | 0 |