

Physical education standards for male students

Item No.	Control exercises	Score		
		"5" (excellent)	4 (Fine)	3 (satisfactorily)
1.	100m dash (sec)	14.2	14.5	15.0
2.	3000m Run (min)	13:00	15.00	16:00
3.	High bar pull-ups (number of reps)	12	10	8

Physical education standards for female students

Item No.	Control exercises	Score		
		"5" (Excellent)	4 (Good)	3 (Satisfactory)
1.	100m dash (sec)	16.0	16.5	17.0
2.	1000m dash (min)	4.50	5.10	5:30
3.	Raising the torso from a supine position, hands behind the head (number of times)	25	20	15