

הערכת תלמידות בחינוך גופני לכיתות י"ב

| מבחני רשות | | | | ניקוד | מבחני חובה | | | | |
|------------|----------------|-------|-------|------------|---------------|--------------|------------|---------------|-----------|
| ריצת הלוך | ניתורים בדלגית | פלאנק | ביפים | | משכיבה לישיבה | שכיבות סמיכה | ריצת 60 מ' | הליכת 2000 מ' | מבחן קופר |
| 9.9 | 160 | 4:00 | 10.2 | 100 | 75 | 30 | 9.3 | 13:30 | 2600 |
| | 158 | 3:55 | 10.1 | 99 | 74 | 29 | | | |
| | 156 | 3:50 | 9.11 | 98 | 73 | 28 | 9.4 | 13:40 | 2550 |
| 10.0 | 154 | 3:45 | 9.10 | 97 | 72 | 27 | | | 2500 |
| | 152 | 3:40 | 9.9 | 96 | 71 | 26 | 9.5 | 13:50 | 2450 |
| 10.1 | 150 | 3:35 | 9.8 | 95 | 70 | 25 | | | 2400 |
| | 148 | 3:30 | 9.7 | 94 | 69 | 24 | 9.6 | | |
| 10.2 | 146 | 3:25 | 9.6 | 93 | 68 | 23 | 9.7 | 14:00 | 2350 |
| | 144 | 3:20 | 9.5 | 92 | 67 | 22 | | | 2300 |
| 10.3 | 142 | 3:15 | 9.4 | 91 | 66 | 21 | 9.8 | | |
| | 140 | 3:10 | 9.3 | 90 | 65 | 20 | | 14:15 | 2250 |
| 10.4 | 138 | 3:05 | 9.2 | 89 | 63 | | 9.9 | | 2200 |
| | 136 | 3:00 | 9.1 | 88 | 61 | 19 | | | |
| 10.5 | 134 | 2:55 | 8.10 | 87 | 59 | | 10.0 | 14:20 | 2150 |
| | 132 | 2:50 | 8.8 | 86 | 57 | 18 | | | |
| 10.6 | 130 | 2:45 | 8.7 | 85 | 55 | | 10.1 | 14:25 | 2100 |
| | 127 | 2:40 | 8.8 | 84 | 53 | 17 | | | |
| 10.7 | 125 | 2:35 | 8.7 | 83 | 51 | | 10.2 | 14:30 | 2050 |
| | 122 | 2:30 | 8.6 | 82 | 49 | 16 | | | |
| 10.8 | 120 | 2:25 | 8.5 | 81 | 47 | | 10.3 | 14:35 | 2000 |
| 10.9 | 117 | 2:20 | 8.4 | 80 | 45 | 15 | | | |
| | 115 | | 8.3 | 79 | 43 | | 10.4 | 14:45 | 1950 |
| 11.0 | 112 | 2:15 | 8.2 | 78 | 42 | 14 | | | |
| | 110 | | 8.1 | 77 | 41 | | 10.5 | 14:50 | |
| 11.1 | 108 | 2:10 | 7.10 | 76 | 40 | 13 | | | 1900 |
| 11.2 | 106 | | 7.9 | 75 | 39 | | 10.6 | 15:00 | |
| | 104 | 2:05 | 7.8 | 74 | 38 | 12 | | | |
| 11.3 | 102 | | 7.7 | 73 | 37 | | 10.7 | 15:10 | 1850 |
| 11.4 | 100 | 2:00 | 7.6 | 72 | 36 | 11 | | | |
| | 97 | | 7.5 | 71 | 35 | | 10.8 | 15:20 | |
| 11.5 | 95 | 1:55 | 7.3 | 70 | 34 | 10 | 10.9 | | 1800 |
| 11.6 | 92 | | 7.2 | 69 | 33 | | | 15:30 | |
| | 90 | 1:50 | 7.1 | 68 | 32 | | 11.0 | | 1750 |
| 11.7 | 87 | | 6.10 | 67 | | 9 | | 15:50 | |
| 11.8 | 85 | 1:45 | 6.8 | 66 | 31 | | 11.1 | | 1700 |
| | 82 | | 6.7 | 65 | | | | 16:00 | |
| 11.9 | 80 | 1:40 | 6.6 | 64 | | 8 | 11.2 | | |
| | 78 | | 6.5 | 63 | 30 | | | 16:10 | |
| 12.0 | 76 | 1:35 | 6.4 | 62 | | | 11.3 | | |
| 12.1 | 74 | 1:30 | 6.3 | 61 | | 7 | | 16:25 | |
| | 72 | 1:25 | 6.2 | 60 | 29 | | 11.4 | | 1650 |
| 12.2 | 70 | 1:20 | 6.1 | 59 | | | | 16:35 | |
| 12.3 | 68 | 1:15 | 5.9 | 58 | | | 11.5 | | |
| | 67 | | 5.8 | 57 | 28 | 6 | | 16:50 | |
| 12.4 | 66 | 1:10 | 5.7 | 56 | 25 | | 11.6 | | 1600 |
| 12.5 | 65 | | 5.6 | 55 | 20 | | 11.7 | 17:00 | |
| | 64 | | | 50 | 15 | 5 | 11.8 | | 1550 |
| 12.6 | 62 | 1:05 | 5.4 | 45 | | 4 | 11.9 | 17:40 | 1500 |
| 12.7 | 60 | 1:00 | | 40 | 10 | 3 | 12.1 | | 1450 |
| 12.8 | 55 | | 5.3 | 30 | 8 | 2 | | 17:50 | 1400 |
| 13.0 | 50 | 0:50 | | 20 | 6 | | 12.3 | | 1200 |
| 13.5 | 45 | | 5.1 | 10 | 4 | 1 | | 18:00 | 1100 |
| 14.0 | 40 | | | 0 | 2 | 0 | 12.5 | 18:10 | 1000 |

הערכת תלמידות בחינוך גופני לכיתות י"א

| מבחני כושר | | | | ניקוד | מבחני כושר | | | | |
|------------|----------------|-------|-------|------------|---------------|--------------|------------|---------------|-----------|
| ריצת הלוך | ניתורים בדלגית | פלאנק | ביפים | | משכיבה לישיבה | שכיבות סמיכה | ריצת 60 מ' | הליכת 2000 מ' | מבחן קופר |
| 10.0 | 155 | 3:50 | 9.8 | 100 | 69 | 25 | 9.5 | 13:40 | 2550 |
| | 153 | 3:45 | 9.7 | 99 | 68 | 24 | | | |
| | 151 | 3:40 | 9.6 | 98 | 67 | 23 | 9.6 | 13:50 | 2500 |
| 10.1 | 149 | 3:35 | 9.5 | 97 | 66 | 22 | | | 2450 |
| | 147 | 3:30 | 9.4 | 96 | 65 | | 9.7 | 14:00 | 2400 |
| 10.2 | 145 | 3:25 | 9.3 | 95 | 64 | 21 | | | 2350 |
| | 143 | 3:20 | 9.2 | 94 | 63 | | 9.8 | | |
| 10.3 | 141 | 3:15 | 9.1 | 93 | 62 | 20 | 9.9 | 14:10 | 2300 |
| | 139 | 3:10 | 8.11 | 92 | 61 | 19 | | | 2250 |
| 10.4 | 137 | 3:05 | 8.10 | 91 | 60 | | 10.0 | | |
| | 135 | 3:00 | 8.9 | 90 | 59 | 18 | | 14:25 | 2200 |
| 10.5 | 133 | 2:55 | 8.8 | 89 | 57 | | 10.1 | | 2150 |
| | 131 | 2:50 | 8.7 | 88 | 55 | 17 | | | |
| 10.6 | 129 | 2:45 | 8.6 | 87 | 53 | | 10.2 | 14:30 | 2100 |
| | 127 | 2:40 | | 86 | 51 | 16 | | | |
| 10.7 | 125 | 2:35 | 8.5 | 85 | 49 | | 10.3 | 14:35 | 2050 |
| | 123 | 2:30 | | 84 | 47 | 15 | | | |
| 10.8 | 121 | 2:25 | 8.4 | 83 | 45 | 14 | 10.4 | 14:40 | 2000 |
| | 119 | 2:20 | 8.3 | 82 | 43 | | | | |
| 10.9 | 117 | | 8.2 | 81 | 41 | 13 | 10.5 | 14:45 | 1950 |
| 11.0 | 115 | 2:15 | 8.1 | 80 | 39 | | | | |
| | 113 | | 7.10 | 79 | 37 | 12 | 10.6 | 14:55 | 1900 |
| 11.1 | 111 | 2:10 | 7.9 | 78 | 36 | | | | |
| | 109 | | 7.8 | 77 | 35 | 11 | 10.7 | 15:00 | |
| 11.2 | 107 | 2:05 | 7.7 | 76 | | | | | 1850 |
| 11.3 | 105 | | 7.6 | 75 | 34 | 10 | 10.8 | 15:10 | |
| | 103 | 2:00 | 7.5 | 74 | | | | | |
| 11.4 | 101 | | 7.4 | 73 | 33 | | 10.9 | 15:20 | 1800 |
| 11.5 | 99 | 1:55 | 7.3 | 72 | | | | | |
| | 97 | | | 71 | 32 | 9 | 11.0 | 15:30 | |
| 11.6 | 95 | 1:50 | 7.2 | 70 | | | 11.1 | | 1750 |
| 11.7 | 93 | | 7.1 | 69 | 31 | | | 15:40 | |
| | 91 | 1:45 | 6.10 | 68 | | | 11.2 | 15:50 | 1700 |
| 11.8 | 89 | | 6.8 | 67 | 29 | 8 | | 16:00 | |
| 11.9 | 87 | 1:40 | 6.7 | 66 | 27 | | 11.3 | | 1650 |
| | 85 | | 6.6 | 65 | 25 | | | 16:10 | |
| 12.0 | 82 | 1:35 | 6.5 | 64 | 24 | | 11.4 | | |
| | 80 | 1:30 | 6.4 | 63 | 23 | 7 | | 16:20 | |
| 12.1 | 77 | 1:25 | 6.3 | 62 | | | 11.5 | | |
| 12.2 | 75 | 1:20 | 6.2 | 61 | 22 | | | 16:35 | |
| | 73 | 1:15 | 6.1 | 60 | | 6 | 11.6 | | 1600 |
| 12.3 | 71 | | 5.9 | 59 | 21 | | | 16:45 | |
| 12.4 | 69 | 1:10 | 5.8 | 58 | | | 11.7 | | |
| | 67 | | 5.7 | 57 | 20 | | | 17:00 | |
| 12.5 | 65 | 1:05 | 5.6 | 56 | | 5 | 11.8 | | 1550 |
| 12.6 | 63 | | | 55 | 19 | | 11.9 | 17:10 | |
| | 61 | 1:00 | 5.4 | 50 | 14 | 4 | 12.0 | | 1500 |
| 12.7 | 59 | | | 45 | | 3 | 12.1 | 17:50 | 1450 |
| 12.8 | 55 | 0:45 | 5.1 | 40 | 9 | 2 | 12.3 | | 1400 |

הערכת תלמידות בחינוך גופני לכיתות י'

| מבחני כושר | | | | ניקוד | מבחני כושר | | | | |
|------------|----------------|-------|-------|------------|-------------|--------------|------------|---------------|-----------|
| ריצת הלוך | ניתורים בדלגית | פלאנק | ביפים | | משיבה לשיבה | שכיבות סמיכה | ריצת 60 מ' | הליכת 2000 מ' | מבחן קופר |
| 10.1 | 150 | 3:40 | 9.5 | 100 | 68 | 24 | 9.6 | 13:50 | 2500 |
| | 148 | 3:35 | 9.4 | 99 | 67 | 23 | | | |
| | 146 | 3:30 | 9.3 | 98 | 66 | 22 | 9.7 | 14:00 | 2450 |
| 10.2 | 144 | 3:25 | 9.2 | 97 | 65 | 21 | | | 2400 |
| | 142 | 3:20 | 9.1 | 96 | 64 | | 9.8 | 14:10 | 2350 |
| 10.3 | 140 | 3:15 | 8.11 | 95 | 63 | 20 | | | 2300 |
| | 138 | 3:10 | 8.10 | 94 | 62 | 19 | 9.9 | | |
| 10.4 | 136 | 3:05 | 8.9 | 93 | 61 | | 10.0 | 14:20 | 2250 |
| | 134 | 3:00 | 8.8 | 92 | 60 | 18 | | | 2200 |
| 10.5 | 132 | 2:55 | 8.7 | 91 | 59 | | 10.1 | | |
| | 130 | 2:50 | 8.6 | 90 | 58 | 17 | | 14:35 | 2150 |
| 10.6 | 128 | 2:45 | 8.5 | 89 | 56 | | 10.2 | | 2100 |
| | 126 | 2:40 | | 88 | 54 | 16 | | | |
| 10.7 | 124 | 2:35 | 8.4 | 87 | 52 | | 10.3 | 14:40 | 2050 |
| | 122 | 2:30 | | 86 | 50 | 15 | | | |
| 10.8 | 120 | 2:25 | 8.3 | 85 | 48 | | 10.4 | 14:45 | 2000 |
| | 118 | 2:20 | 8.2 | 84 | 46 | 14 | | | |
| 10.9 | 116 | | 8.1 | 83 | 44 | | 10.5 | 14:50 | 1950 |
| | 114 | 2:15 | 7.10 | 82 | 42 | 13 | | | |
| 11.0 | 112 | | 7.9 | 81 | 40 | | 10.6 | 14:55 | 1900 |
| 11.1 | 110 | 2:10 | 7.8 | 80 | 38 | 12 | | | |
| | 108 | | 7.7 | 79 | 36 | | 10.7 | 15:05 | 1850 |
| 11.2 | 106 | 2:05 | 7.6 | 78 | 35 | 11 | | | |
| | 104 | | 7.5 | 77 | 34 | | 10.8 | 15:10 | |
| 11.3 | 102 | 2:00 | 7.4 | 76 | | 10 | | | 1800 |
| 11.4 | 100 | | 7.3 | 75 | 33 | | 10.9 | 15:20 | |
| | 98 | 1:55 | 7.2 | 74 | | | | | |
| 11.5 | 96 | | 7.1 | 73 | 32 | | 11.0 | 15:30 | 1750 |
| 11.6 | 94 | 1:50 | 6.10 | 72 | | 9 | | | |
| | 92 | | 6.8 | 71 | 31 | | 11.1 | 15:40 | |
| 11.7 | 90 | 1:45 | 6.7 | 70 | | | 11.2 | | 1700 |
| 11.8 | 88 | | 6.6 | 69 | 30 | 8 | | 15:50 | |
| | 86 | 1:40 | 6.5 | 68 | | | 11.3 | 16:00 | 1650 |
| 11.9 | 84 | | 6.4 | 67 | 28 | | | 16:10 | |
| 12.0 | 82 | 1:35 | 6.3 | 66 | 26 | 7 | 11.4 | | 1600 |
| | 80 | 1:30 | | 65 | 24 | | | 16:20 | |
| 12.1 | 77 | 1:25 | 6.2 | 64 | 23 | | 11.5 | | |
| | 75 | 1:20 | 6.1 | 63 | 22 | 6 | | 16:30 | |
| 12.2 | 72 | 1:15 | 5.9 | 62 | | | 11.6 | | |
| 12.3 | 70 | | 5.8 | 61 | 21 | | | 16:45 | |
| | 68 | 1:10 | 5.7 | 60 | | 5 | 11.7 | | 1550 |
| 12.4 | 66 | | | 59 | 20 | | | 16:55 | |
| 12.5 | 64 | 1:05 | 5.6 | 58 | | | 11.8 | | |
| | 62 | | | 57 | 19 | 4 | | 17:10 | |
| 12.6 | 60 | 1:00 | 5.5 | 56 | | | 11.9 | | 1500 |
| 12.7 | 58 | | | 55 | 18 | | 12.0 | 17:20 | |
| | 56 | 0:55 | 4.9 | 50 | 13 | 3 | 12.1 | | 1450 |
| 12.8 | 54 | | | 45 | | 2 | 12.2 | 18:00 | 1400 |
| 12.9 | 50 | 0:50 | | 40 | 8 | 1 | 12.4 | | 1350 |

הערכת תלמידות בחינוך גופני לכיתות ט'

| מבחני כושר | | | | ניקוד | מבחני כושר | | | | |
|------------|----------------|-------|-------|------------|-------------|----------|------------|---------------|--------------|
| ריצת הלוך | ניתורים בדלגית | פלאנק | ביפים | | משיבה לשיבה | ש. סמיכה | ריצת מ' 60 | הליכת מ' 2000 | ריצת מ' 1500 |
| 10.4 | 130 | 3:20 | 9.3 | 100 | 58 | 22 | 9.7 | 14:00 | 6:30 |
| | 128 | 3:15 | 9.2 | 99 | 57 | | | | 6:35 |
| | 126 | 3:10 | 9.1 | 98 | 56 | 21 | 9.8 | 14:10 | 6:40 |
| 10.5 | 124 | 3:05 | 8.11 | 97 | 55 | | | | 6:45 |
| | 122 | 3:00 | 8.10 | 96 | 54 | | 9.9 | 14:20 | 6:50 |
| 10.6 | 120 | 2:55 | 8.9 | 95 | 53 | | | | 6:55 |
| | 118 | 2:50 | 8.8 | 94 | 52 | 20 | 10.0 | | 7:01 |
| | 116 | 2:45 | 8.7 | 93 | 51 | | 10.1 | 14:30 | 7:07 |
| | 114 | 2:40 | 8.6 | 92 | 50 | | | | 7:13 |
| 10.7 | 112 | 2:35 | | 91 | 49 | | 10.2 | | 7:19 |
| | 110 | 2:30 | 8.5 | 90 | 48 | 19 | | 14:45 | 7:25 |
| 10.8 | 108 | 2:25 | | 89 | 46 | | 10.3 | | 7:32 |
| | 106 | | 8.4 | 88 | 44 | | | | 7:39 |
| 10.9 | 104 | 2:20 | 8.3 | 87 | 42 | | 10.4 | 14:50 | 7:46 |
| | 102 | | 8.2 | 86 | 40 | | | | 7:53 |
| 11.0 | 100 | 2:15 | 8.1 | 85 | 38 | 18 | 10.5 | 14:55 | 8:00 |
| | 98 | 2:10 | 7.10 | 84 | 36 | | | | 8:08 |
| 11.1 | 96 | | 7.9 | 83 | 34 | | 10.6 | 15:00 | 8:16 |
| | 94 | 2:05 | 7.8 | 82 | 32 | | | | 8:24 |
| 11.2 | 92 | | 7.7 | 81 | 30 | | 10.7 | 15:05 | 8:32 |
| | 90 | 2:00 | 7.6 | 80 | | 17 | | | 8:40 |
| 11.3 | 88 | | 7.5 | 79 | 28 | 16 | 10.8 | 15:15 | 8:45 |
| | 86 | 1:55 | 7.4 | 78 | | 15 | | | 8:50 |
| 11.4 | 84 | | 7.3 | 77 | 26 | 14 | 10.9 | 15:20 | 8:55 |
| | 82 | 1:50 | 7.2 | 76 | | 13 | | | 9:00 |
| 11.5 | 80 | | 7.1 | 75 | | 12 | 11.0 | 15:30 | 9:05 |
| | 78 | 1:45 | 6.10 | 74 | 25 | 11 | | | 9:10 |
| 11.6 | 76 | | 6.8 | 73 | | 10 | 11.1 | 15:40 | 9:15 |
| 11.7 | 74 | 1:40 | 6.7 | 72 | | 9 | | | 9:20 |
| | 72 | | 6.6 | 71 | 24 | | 11.2 | 15:50 | 9:25 |
| 11.8 | 70 | 1:35 | 6.5 | 70 | | 8 | 11.3 | | 9:30 |
| 11.9 | 68 | 1:30 | 6.4 | 69 | | | | 16:00 | 9:35 |
| | 66 | 1:25 | 6.3 | 68 | 23 | 7 | 11.4 | 16:10 | 9:40 |
| 12.0 | 64 | 1:20 | 6.2 | 67 | | | | 16:20 | 9:45 |
| 12.1 | 62 | 1:15 | 6.1 | 66 | | 6 | 11.5 | | 9:50 |
| | 60 | | 5.9 | 65 | 22 | | | 16:30 | 9:55 |
| 12.2 | 57 | 1:10 | 5.8 | 64 | | | 11.6 | | 10:00 |
| 12.3 | 55 | | 5.7 | 63 | | 5 | | 16:40 | 10:05 |
| | 52 | 1:05 | 5.6 | 62 | 20 | | 11.7 | | 10:13 |
| 12.4 | 50 | | 5.5 | 61 | | | | 16:55 | 10:20 |
| 12.5 | 48 | 1:00 | 5.5 | 60 | | 4 | 11.8 | | 10:33 |
| | 46 | | | 59 | 19 | | | 17:05 | 10:40 |
| 12.6 | 44 | 0:55 | 5.4 | 58 | | | 11.9 | | 10:47 |
| 12.7 | 42 | | | 57 | 18 | | | 17:20 | 10:55 |
| | 40 | 0:50 | 5.3 | 56 | | 3 | 12.0 | | 11:03 |
| 12.8 | 38 | | | 55 | 17 | | 12.1 | 17:30 | 11:15 |
| 13.2 | 36 | 0:45 | 3.8 | 50 | 15 | 2 | 12.2 | | 12:25 |
| 13.7 | 34 | | | 45 | 10 | | 12.3 | 18:10 | 13:45 |
| 14.2 | 30 | 0:40 | | 40 | 7 | 1 | 12.5 | | 15:15 |

הערכת תלמידות בחינוך גופני לכיתות ח'

| מבחני כושר | | | | ניקוד | מבחני כושר | | | | |
|------------|----------------|-------|-------|------------|-------------|----------|------------|---------------|--------------|
| ריצת הלוך | ניתורים בדלגית | פלאנק | ביפים | | משיבה לשיבה | ש. סמיכה | ריצת 60 מ' | הליכת 2000 מ' | ריצת 1500 מ' |
| 10.5 | 120 | 3:00 | 8.10 | 100 | 56 | 21 | 9.7 | 14:10 | 6:40 |
| | 118 | 2:55 | 8.9 | 99 | 55 | | | | 6:45 |
| | 116 | 2:50 | 8.8 | 98 | 54 | 20 | 9.8 | 14:20 | 6:50 |
| 10.6 | 114 | 2:45 | 8.7 | 97 | 53 | | | | 6:55 |
| | 112 | 2:40 | 8.6 | 96 | 52 | | 9.9 | 14:30 | 7:00 |
| 10.7 | 110 | 2:35 | 8.5 | 95 | 51 | | | | 7:05 |
| | 108 | 2:30 | 8.4 | 94 | 50 | 19 | 10.0 | | 7:11 |
| | 106 | 2:25 | 8.3 | 93 | 49 | | 10.1 | 14:40 | 7:17 |
| | 104 | | 8.2 | 92 | 48 | | | | 7:23 |
| 10.8 | 102 | 2:20 | 8.1 | 91 | 47 | | 10.2 | | 7:29 |
| | 100 | | 7.10 | 90 | 46 | 18 | | 14:55 | 7:35 |
| 10.9 | 98 | 2:15 | 7.9 | 89 | 44 | | 10.3 | | 7:42 |
| | 96 | | 7.8 | 88 | 42 | | | | 7:49 |
| 11.0 | 94 | 2:10 | 7.7 | 87 | 40 | | 10.4 | 15:00 | 7:56 |
| | 92 | | 7.6 | 86 | 38 | | | | 8:03 |
| 11.1 | 90 | 2:05 | 7.5 | 85 | 36 | 17 | 10.5 | 15:05 | 8:10 |
| | 88 | 2:00 | 7.4 | 84 | 34 | | | | 8:18 |
| 11.2 | 86 | | 7.3 | 83 | 32 | | 10.6 | 15:10 | 8:26 |
| | 84 | 1:55 | 7.2 | 82 | 30 | | | | 8:34 |
| 11.3 | 82 | | 7.1 | 81 | 28 | | 10.7 | 15:15 | 8:42 |
| | 80 | 1:50 | 6.10 | 80 | | 16 | | | 8:50 |
| 11.4 | 78 | | 6.9 | 79 | 26 | 15 | 10.8 | 15:25 | 8:55 |
| | 76 | 1:45 | 6.8 | 78 | | 14 | | | 9:00 |
| 11.5 | 74 | | | 77 | 24 | 13 | 10.9 | 15:30 | 9:05 |
| | 72 | 1:40 | 6.7 | 76 | | 12 | | | 9:10 |
| 11.6 | 70 | | 6.6 | 75 | | 11 | 11.0 | 15:40 | 9:15 |
| | 68 | 1:35 | 6.5 | 74 | 23 | 10 | | | 9:20 |
| 11.7 | 66 | | | 73 | | 9 | 11.1 | 15:50 | 9:25 |
| 11.8 | 64 | 1:30 | 6.4 | 72 | | 8 | | | 9:30 |
| | 62 | | 6.3 | 71 | 22 | | 11.2 | 16:00 | 9:35 |
| 11.9 | 60 | 1:25 | 6.2 | 70 | | 7 | 11.3 | | 9:40 |
| 12.0 | 58 | 1:20 | | 69 | | | | 16:10 | 9:45 |
| | 56 | 1:15 | 6.1 | 68 | 21 | 6 | 11.4 | 16:20 | 9:50 |
| 12.1 | 54 | 1:10 | | 67 | | | | 16:30 | 9:55 |
| 12.2 | 52 | | 5.10 | 66 | | 5 | 11.5 | | 10:00 |
| | 50 | 1:05 | 5.9 | 65 | 20 | | | 16:40 | 10:05 |
| 12.3 | 47 | | 5.8 | 64 | | | 11.6 | | 10:10 |
| 12.4 | 45 | 1:00 | 5.7 | 63 | | 4 | | 16:50 | 10:15 |
| | 42 | | 5.6 | 62 | 18 | | 11.7 | | 10:20 |
| 12.5 | 40 | 0:55 | 5.5 | 61 | | | | 17:05 | 10:25 |
| 12.6 | 38 | | 5.2 | 60 | | 3 | 11.8 | | 10:30 |
| | 36 | 0:50 | | 59 | 17 | | | 17:15 | 10:40 |
| 12.7 | 34 | | | 58 | | | 11.9 | | 10:50 |
| 12.8 | 32 | | | 57 | 16 | | | 17:30 | 11:00 |
| | 30 | 0:45 | 5.1 | 56 | | 2 | 12.0 | | 11:13 |
| 12.9 | 28 | | | 55 | 15 | | 12.1 | 17:40 | 11:25 |
| 13.3 | 26 | 0:40 | 3.6 | 50 | 13 | 1 | 12.2 | | 12:35 |
| 13.8 | 24 | | | 45 | 8 | | 12.3 | 18:20 | 13:55 |
| 14.3 | 20 | 0:35 | 2.8 | 40 | 6 | | 12.5 | | 15:25 |

הערכת תלמידות בחינוך גופני לכיתות ז'

| מבחני כושר | | | | ניקוד | מבחני כושר | | | | |
|------------|----------------|-------|-------|------------|--------------|----------|------------|---------------|--------------|
| ריצת הלוך | ניתורים בדלגית | פלאנק | ביפים | | משכיבה לשיבה | ש. סמיכה | ריצת מ' 60 | הליכת מ' 2000 | ריצת מ' 1500 |
| 10.7 | 110 | 2:40 | 8.8 | 100 | 54 | 20 | 9.8 | 14:20 | 6:50 |
| | 108 | | 8.7 | 99 | 53 | | | | 6:55 |
| | 106 | 2:35 | 8.6 | 98 | 52 | 19 | 9.9 | 14:30 | 7:00 |
| 10.8 | 104 | | 8.5 | 97 | 51 | | | | 7:05 |
| | 102 | 2:30 | 8.4 | 96 | 50 | | 10.0 | 14:40 | 7:10 |
| 10.9 | 100 | | 8.3 | 95 | 49 | | | | 7:15 |
| | 98 | 2:25 | 8.2 | 94 | 48 | 18 | 10.1 | | 7:21 |
| | 96 | | 8.1 | 93 | 47 | | 10.2 | 14:50 | 7:27 |
| | 94 | 2:20 | 7.10 | 92 | 46 | | | | 7:33 |
| 11.0 | 92 | | 7.9 | 91 | 45 | | 10.3 | | 7:39 |
| | 90 | 2:15 | | 90 | 44 | 17 | | 15:05 | 7:45 |
| 11.1 | 88 | | 7.8 | 89 | 42 | | 10.4 | | 7:52 |
| | 86 | 2:10 | 7.7 | 88 | 40 | | | | 7:59 |
| 11.2 | 84 | 2:05 | 7.6 | 87 | 38 | | 10.5 | 15:10 | 8:06 |
| | 82 | | | 86 | 36 | | | | 8:13 |
| 11.3 | 80 | 2:00 | 7.5 | 85 | 34 | 16 | 10.6 | 15:15 | 8:20 |
| | 78 | | 7.4 | 84 | 32 | | | | 8:28 |
| 11.4 | 76 | 1:55 | 7.3 | 83 | 30 | | 10.7 | 15:20 | 8:36 |
| | 74 | | 7.2 | 82 | 28 | | | | 8:44 |
| 11.5 | 72 | 1:50 | 7.1 | 81 | 26 | | 10.8 | 15:25 | 8:52 |
| | 70 | | 6.10 | 80 | | 15 | | | 9:00 |
| 11.6 | 68 | 1:45 | 6.9 | 79 | 24 | 14 | 10.9 | 15:35 | 9:05 |
| | 66 | | 6.8 | 78 | | 13 | | | 9:10 |
| 11.7 | 64 | 1:40 | | 77 | 22 | 12 | 11.0 | 15:40 | 9:15 |
| | 62 | | 6.7 | 76 | | 11 | | | 9:20 |
| 11.8 | 60 | 1:35 | 6.6 | 75 | | 10 | 11.1 | 15:50 | 9:25 |
| | 58 | | 6.5 | 74 | 21 | 9 | | | 9:30 |
| 11.9 | 56 | 1:30 | 6.4 | 73 | | 8 | 11.2 | 16:00 | 9:35 |
| 12.0 | 54 | | 6.3 | 72 | | 7 | | | 9:40 |
| | 52 | 1:25 | 6.2 | 71 | 20 | | 11.3 | 16:10 | 9:45 |
| 12.1 | 50 | 1:20 | | 70 | | 6 | 11.4 | | 9:50 |
| 12.2 | 48 | | | 69 | | | | 16:20 | 9:55 |
| | 46 | 1:15 | 6.1 | 68 | 19 | 5 | 11.5 | 16:30 | 10:00 |
| 12.3 | 44 | | | 67 | | | | 16:40 | 10:05 |
| 12.4 | 42 | 1:10 | | 66 | | 4 | 11.6 | | 10:10 |
| | 40 | | 5.9 | 65 | 18 | | | 16:50 | 10:15 |
| 12.5 | 37 | 1:05 | 5.8 | 64 | | | 11.7 | | 10:20 |
| 12.6 | 35 | | 5.7 | 63 | | 3 | | 17:00 | 10:25 |
| | 32 | 1:00 | 5.6 | 62 | 16 | | 11.8 | | 10:30 |
| 12.7 | 30 | | 5.5 | 61 | | | | 17:15 | 10:35 |
| 12.8 | 28 | 0:55 | 5.2 | 60 | | 2 | 11.9 | | 10:40 |
| | 26 | | | 59 | 15 | | | 17:25 | 10:45 |
| 12.9 | 24 | 0:50 | | 58 | | | 12.0 | | 10:55 |
| 13.0 | 22 | 0:45 | | 57 | 14 | | | 17:40 | 11:11 |
| | 20 | 0:40 | 5.1 | 56 | | 1 | 12.1 | | 11:23 |
| 13.1 | 18 | 0:35 | | 55 | 13 | | 12.2 | 17:50 | 11:35 |
| 13.5 | 16 | 0:30 | 3.6 | 50 | 11 | | 12.3 | | 12:45 |
| 14.0 | 14 | 0:25 | | 45 | 8 | | 12.4 | 18:30 | 14:05 |
| 14.3 | 10 | 0:20 | 2.6 | 40 | 6 | | 12.6 | | 15:35 |