



### TEST DE COOPER 12' (Exterior, expresado en metros)

CHICOS							CHICAS							
EIDADES							EIDADES							
Nota	12	13	14	15	16	17+	Nota	12	13	14	15	16	17+	Nota
10	2160	2400	2400	2640	2640	2880	10	2040	2160	2160	2400	2400	2640	10
9	1920	2160	2160	2400	2400	2640	9	1920	1920	1920	2160	2160	2400	9
8	1800	2040	2040	2280	2280	2400	8	1680	1800	1800	2040	2040	2160	8
7	1680	1920	1920	2160	2160	2160	7	1440	1680	1680	1920	1920	1920	7
6	1440	1680	1680	1920	1920	1920	6	1200	1440	1440	1680	1680	1680	6
5	1200	1440	1440	1680	1680	1680	5	1080	1200	1200	1440	1440	1440	5
4	1080	1200	1200	1440	1440	1440	4	960	1080	1080	1200	1200	1200	4
3	960	1080	1080	1320	1320	1320	3	840	960	960	1080	1080	1080	3
2	840	960	960	1200	1200	1200	2	720	840	840	960	960	960	2
1	720	840	840	1080	1080	1080	1	600	720	720	840	840	840	1
0	-720m	720	720	960	960	960	0	-600m	-720m	-720m	720	720	720	0

### TEST DE 10X5m (Tiempo en segundos)

CHICOS							CHICAS							
EIDADES							EIDADES							
Nota	12	13	14	15	16	17+	Nota	12	13	14	15	16	17+	Nota
10	18,6s	18,4s	18,2s	17,9s	17,5s	17,2s	10	19,9s	19,5s	19,4s	19,3s	18,5s	18s	10
9	19,4s	19,2s	19,1s	18,8s	18,5s	18,2s	9	21s	20,4s	20s	19,8s	19s	18,5s	9
8	20,2s	20s	19,9s	19,5s	19,2s	19s	8	21,8s	21,2s	20,8s	20,4s	19,5s	19,2s	8
7	20,7s	20,5s	20,3s	20s	19,5s	19,2s	7	22,5s	22s	21,5s	21,2s	20,5s	20s	7
6	21,4s	21,2s	20,9s	20,5s	20,2s	20s	6	23s	22,5s	22s	21,8s	21s	20,5s	6
5	22s	21,8s	21,5s	21s	20,5s	20,2s	5	23,8s	23,2s	23s	22,8s	21,5s	21s	5
4	22,5s	22,2s	22,1s	21,8s	21s	20,5s	4	24,5s	23,8s	23,5s	23,4s	22,5s	22s	4
3	23,2s	23s	22,8s	22,5s	22s	21,5s	3	25,2s	24,6s	24,5s	24,2s	23,5s	22,5s	3
2	24,5s	24,2s	23,9s	23,5s	23s	22,5s	2	25,8s	25,5s	25,2s	25s	24,5s	23,5s	2
1	25,8s	25,4s	25,2s	25s	24,5s	24s	1	26s	25,8s	25,5s	25,6s	25s	24,5s	1
0	26,8s	26,5s	26s	25,8s	25,5s	25s	0	27,8s	27,5s	27''	26,8s	25,8s	25,5s	0

### TEST DE SALTO DE LONGITUD A PIES JUNTOS (en cm)

CHICOS							CHICAS							
EDADES							EDADES							
Nota	12	13	14	15	16	17+	Nota	12	13	14	15	16	17+	Nota
10	205	210	215	220	225	235	10	180	190	195	210	215	220	10
9	195	200	205	210	220	225	9	170	175	180	190	200	205	9
8	180	185	190	195	210	215	8	155	160	165	170	180	190	8
7	165	170	175	180	190	200	7	145	150	155	160	170	180	7
6	150	155	160	165	175	185	6	135	140	145	150	160	170	6
5	135	140	145	150	160	170	5	120	125	130	135	145	155	5
4	125	130	135	140	150	160	4	110	115	120	125	135	145	4
3	115	120	125	130	140	150	3	105	110	110	110	125	135	3
2	105	110	115	120	130	140	2	90	95	95	100	115	120	2
1	95	100	105	110	120	130	1	80	85	90	95	105	110	1
0	85	90	100	105	110	115	0	70	75	80	85	90	95	0

### TEST DE FLEXIONES (máximas seguidas) N= Normales – R= Rodillas

CHICOS													CHICAS													
EDADES													EDADES													
Nota	12		13		14		15		16		17+		Nota	12		13		14		15		16		17+		Nota
	N	R	N	R	N	R	N	R	N	R	N	R		N	R	N	R	N	R	N	R	N	R	N	R	
10	10	1	12	1	14	2	16	2	18	26	20	28	10	6	12	7	1	8	14	9	1	10	16	12	18	10
9	8	1	10	1	12	1	14	2	16	24	18	26	9	5	10	6	1	7	12	8	1	9	14	11	16	9
8	6	1	8	1	10	1	12	2	14	22	16	24	8	4	8	5	9	6	10	7	1	8	12	10	14	8
7	5	1	7	1	8	1	10	1	12	20	14	22	7	3	7	4	8	5	9	6	1	7	11	9	12	7
6	4	1	6	1	7	1	8	1	10	18	12	20	6	2	6	3	7	4	8	5	9	6	10	8	11	6
5	2	1	5	1	6	1	7	1	8	16	10	18	5	1	5	2	6	3	7	4	8	5	9	7	10	5
4	2	8	4	1	5	1	6	1	7	14	8	16	4	0	4	1	5	2	6	3	7	4	8	6	9	4



<b>5</b>	22	24	27	32	32	31	<b>5</b>	26	27	31	30	32	33	<b>5</b>
<b>4</b>	20	22	25	31	27	29	<b>4</b>	22	25	28	27	28	29	<b>4</b>
<b>3</b>	18	18	23	28	21	27	<b>3</b>	18	21	23	24	23	27	<b>3</b>
<b>2</b>	14	14	19	25	16	24	<b>2</b>	14	17	20	22	20	24	<b>2</b>
<b>1</b>	10	10	16	22	10	21	<b>1</b>	10	14	17	19	17	20	<b>1</b>
<b>0</b>	8	8	10	12	8	10	<b>0</b>	8	10	14	15	14	16	<b>0</b>

**TEST DE ABDOMINAIS (en 30" de 12 a 14 anos e 1' para o resto)**

CHICOS							CHICAS							
EIDADES							EIDADES							
Nota	12	13	14	15	16	17+	Nota	12	13	14	15	16	17+	Nota
<b>10</b>	28	30	31	56	60	64	<b>10</b>	25	27	28	52	56	56	<b>10</b>
<b>9</b>	25	27	29	52	56	60	<b>9</b>	22	24	26	48	52	52	<b>9</b>
<b>8</b>	23	25	27	48	52	56	<b>8</b>	20	22	24	44	48	48	<b>8</b>
<b>7</b>	22	23	25	44	48	52	<b>7</b>	19	21	22	40	44	44	<b>7</b>
<b>6</b>	21	22	24	40	44	48	<b>6</b>	18	20	21	36	40	40	<b>6</b>
<b>5</b>	20	21	23	36	40	44	<b>5</b>	16	18	20	32	36	36	<b>5</b>
<b>4</b>	19	20	22	32	36	38	<b>4</b>	15	17	19	28	32	32	<b>4</b>
<b>3</b>	17	19	20	28	32	34	<b>3</b>	14	16	18	24	28	28	<b>3</b>
<b>2</b>	15	17	19	24	28	30	<b>2</b>	12	14	16	20	24	24	<b>2</b>
<b>1</b>	13	15	17	20	24	28	<b>1</b>	11	13	13	16	20	20	<b>1</b>
<b>0</b>	-13	-15	-17	-20	-24	-28	<b>0</b>	-11	-13	-13	-16	-20	-20	<b>0</b>