

Kinder und Jugend - weiblich

| Alter | | 6-7 | 8-9 | 10-11 | 12-13 | 14-15 | 16-17 | |
|------------------------|------------------------------------|--------------------|---------------------------------------|--------|-----------------------|---------------------|------------------|-------|
| Übung | Pkt. | | | | | | | |
| Ausdauer (in min) | 800m Lauf | 1 | 5:40 | 5:35 | 5:20 | 5:10 | 5:00 | 4:50 |
| | | 2 | 5:00 | 4:50 | 4:40 | 4:25 | 4:20 | 4:05 |
| | | 3 | 4:15 | 4:10 | 4:00 | 3:45 | 3:35 | 3:25 |
| | Dauer-/Geländela | 1 | 8:00 | 10:00 | 15:00 | 20:00 | 30:00 | 45:00 |
| | | 2 | 12:00 | 15:00 | 20:00 | 30:00 | 40:00 | 60:00 |
| | | 3 | 17:00 | 20:00 | 30:00 | 40:00 | 50:00 | 75:00 |
| | Schwimmen | | 200m | | | 400m | | |
| | | 1 | 9:00 | 8:00 | 7:20 | 14:50 | 13:05 | 11:50 |
| | | 2 | 7:40 | 7:00 | 6:25 | 12:55 | 11:40 | 10:30 |
| | 3 | 6:20 | 5:55 | 5:30 | 11:00 | 10:00 | 9:05 | |
| Kraft (in m) | Wurf | | Schlagball (80g) | | | Wurfball (200g) | | |
| | | 1 | 6,00 | 9,00 | 11,00 | 15,00 | 20,00 | 24,00 |
| | | 2 | 9,00 | 12,00 | 15,00 | 18,00 | 24,00 | 27,00 |
| | | 3 | 12,00 | 15,00 | 18,00 | 22,00 | 27,00 | 32,00 |
| | Kugelstoßen | | - | - | - | 3kg | | |
| | | 1 | - | - | - | 4,75 | 5,50 | 5,75 |
| | | 2 | - | - | - | 5,25 | 6,00 | 6,25 |
| | | 3 | - | - | - | 5,75 | 6,50 | 6,75 |
| | Standweitsprung | 1 | 1,05 | 1,15 | 1,30 | 1,40 | 1,55 | 1,65 |
| | | 2 | 1,25 | 1,30 | 1,45 | 1,60 | 1,70 | 1,80 |
| | | 3 | 1,40 | 1,50 | 1,65 | 1,80 | 1,90 | 2,00 |
| | Gerätturnen | | Boden | | Barren | Reck | Boden | Reck |
| Schnelligkeit (in sek) | Laufen | | 30m | | 50m | | 100m | |
| | | 1 | 8,0 | 7,4 | 11,0 | 10,6 | 18,6 | 17,6 |
| | | 2 | 7,1 | 6,6 | 10,1 | 9,6 | 17,0 | 16,3 |
| | | 3 | 6,3 | 5,7 | 9,1 | 8,5 | 15,5 | 15,0 |
| | 25m Schwimmen | 1 | 46,5 | 42,0 | 39,0 | 35,0 | 33,0 | 30,5 |
| | | 2 | 38,5 | 34,0 | 31,5 | 29,0 | 27,5 | 25,5 |
| | | 3 | 30,5 | 28,0 | 25,5 | 23,5 | 21,5 | 20,0 |
| Gerätturnen | | Sprung | Boden | Sprung | | | | |
| Koordination (in m) | Hochsprung | 1 | - | - | 0,80 | 0,90 | 0,95 | 1,05 |
| | | 2 | - | - | 0,90 | 1,00 | 1,05 | 1,15 |
| | | 3 | - | - | 1,00 | 1,10 | 1,15 | 1,25 |
| | Zonenweitsprung Weitsprung | | Zonenweitspr. (Pkt.) | | | Weitsprung (in m) | | |
| | | 1 | 18 | 24 | 2,30 | 2,80 | 3,20 | 3,40 |
| | | 2 | 21 | 27 | 2,60 | 3,10 | 3,50 | 3,70 |
| | | 3 | 24 | 30 | 2,90 | 3,40 | 3,80 | 4,00 |
| | Drehwurf Schleuderball (1kg) | | Drehwurf (in Pkt.) | | | Schleuderballwurf | | |
| | | 1 | 12 | 18 | 27 | 17,00 | 19,50 | 22,00 |
| | | 2 | 15 | 21 | 30 | 19,50 | 22,50 | 25,00 |
| | | 3 | 21 | 27 | 36 | 22,00 | 25,50 | 28,00 |
| | Seilspringen | | Grundspr. vorw. oder Galoppschritt | | Grundspr. vorwärts | Grundspr. rückw. | Kreuzdurchschlag | |
| 1 | | 10 | 10 | 20 | 10 | 10 | 10 | |
| 2 | | 15 | 15 | 30 | 20 | 15 | 15 | |
| | 3 | 25 | 25 | 40 | 30 | 20 | 20 | |
| Gerätturnen | | Schwebe- balken | Reck | Ringe | Boden | Boden | Boden | |