

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (height, weight, grip strength) and physical fitness scores (A-E) for elementary and middle schools.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, including sports participation rates, exercise frequency, and breakfast habits.

Table of sleep patterns and bedtimes, showing sleep duration and bedtimes by grade level and gender.

Table of TV watching and mobile phone usage, showing average viewing and usage times by grade level and gender.

Table of after-school sports participation, showing the number of students participating in various sports activities.

Table of weekend sports participation, showing the number of students participating in sports on weekends.

Table of sports interest and enjoyment, showing the percentage of students who enjoy sports and want to participate more.

3 学校質問紙調査結果

Table of school questionnaire survey results, including responses to questions about physical fitness and sports habits.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1st to 6th grade).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body height, weight, grip strength, and various physical tests.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation, exercise frequency, and breakfast habits.

Table of sleep patterns and circadian rhythm survey results, including sleep duration and timing.

Table of TV viewing and mobile device usage survey results, detailing screen time for various activities.

Table of after-school and weekend activity survey results, listing participation in various sports and clubs.

Table of weekend activity and exercise survey results, including frequency and duration of weekend activities.

Table of sports interest and motivation survey results, measuring enjoyment and desire to participate in sports.

3 学校質問紙調査結果

Table of school questionnaire survey results, detailing responses to questions about physical education and sports activities.

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average physical and athletic ability survey results, including body measurements and fitness scores for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation, exercise frequency, and diet.

Table of sleep patterns and bedtimes, detailing sleep duration and waking times for elementary and middle school students.

Table of TV viewing and mobile device usage, showing average viewing and usage times for elementary and middle school students.

Table of after-school activity locations, detailing where students go after school for various activities.

Table of weekend activity patterns, including participation in sports and other activities on weekends.

Table of activity preferences, showing how often students engage in various activities and their enjoyment levels.

3 学校質問紙調査結果

Table of school questionnaire survey results, detailing responses to questions about physical education and sports activities.

区市町村別調査結果

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average physical and athletic performance data, including body measurements (height, weight, grip strength) and fitness scores (A-E) for both male and female students across elementary and middle school grades.

2 生活・運動習慣等調査結果

Table detailing daily habits such as sports participation, exercise frequency, and sleep patterns, categorized by gender and school level.

Table showing sleep patterns, including average sleep duration and wake-up times, broken down by gender and school level.

Table detailing screen time usage for TV and mobile devices, and the frequency of sports activities, categorized by gender and school level.

Table showing the frequency of visits to sports facilities (clubs, gyms, etc.) after school, on weekends, and on weekdays, categorized by gender and school level.

Table detailing the frequency of visits to sports facilities, categorized by gender and school level, including specific facility types like sports clubs and gyms.

Table showing the frequency of visits to sports facilities, categorized by gender and school level, including specific facility types like sports clubs and gyms.

3 学校質問紙調査結果

Table summarizing the results of school questionnaires, including responses to questions about physical education, sports participation, and school activities.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average physical and athletic ability survey results, including body measurements (身長, 体重), strength (握力), and fitness scores (体力合計点) for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation (運動部所属), sports implementation (運動実施状況), and daily exercise time (1日運動時間).

Table showing sleep patterns (1日睡眠時間) and bedtimes (寝る時刻) for elementary and middle school students.

Table detailing TV viewing time (テレビ視聴時間), mobile device usage (携帯等視聴時間), and sports participation (運動実施) for elementary and middle school students.

Table showing after-school activity locations (放課後活動場所) and weekend sports participation (土曜日運動場所) for elementary and middle school students.

Table detailing weekend sports participation (土曜日の運動状況) and frequency of sports (土曜日の回数) for elementary and middle school students.

Table showing sports enjoyment (運動好き嫌い) and reasons for not participating (運動得志不得意) for elementary and middle school students.

3 学校質問紙調査結果

Table of school questionnaire survey results, including physical fitness test results (体力テストの結果) and sports habit confirmation (運動習慣確立の手だて).

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (身長, 体重), strength (握力), and endurance (50m walk, standing balance).

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, including sports participation rates (運動部所属, 運動実施状況) and daily exercise time (1日運動時間).

Table of sleep patterns (1日睡眠時間) and bedtimes (寝る時刻, 寝る時間帯) by gender and grade.

Table of TV watching time (テレビ視聴時間), mobile phone usage (携帯等視聴時間), and sports participation (運動実施).

Table of after-school sports participation (放課後運動場所) and weekend sports participation (土曜日運動場所, 日曜日運動場所).

Table of weekend sports participation rates (土曜日の運動状況, 土曜日回数, 日曜日の運動状況, 日曜日回数) and average daily exercise time.

Table of sports participation frequency (運動好き/嫌い), interest in sports (運動得志/不得志), and desire for sports (運動をもっとしたい).

3 学校質問紙調査結果

Table of school questionnaire results, including physical fitness test results (体力テストの結果) and sports habit confirmation (運動習慣確立の手だて).

区市町村別調査結果

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average physical and athletic performance data, including body measurements (height, weight, grip strength) and physical fitness tests (50m run, standing balance, etc.) for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits, including participation in sports clubs, frequency of exercise, and daily sleep patterns.

Table of sleep patterns, detailing bedtime and wake-up times for elementary and middle school students.

Table of screen time and mobile device usage, including TV watching and smartphone use.

Table of sports participation, detailing where students play sports (school, club, etc.) and their frequency.

Table of sports participation frequency, showing the number of days per week students engage in sports.

Table of sports participation frequency, showing the number of days per week students engage in sports.

3 学校質問紙調査結果

Table of school questionnaire results, including responses to questions about physical education and sports activities.

● 基礎情報

Table showing school counts (小学校数, 中学校数) and enrollment numbers (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of physical and athletic performance averages, including body measurements (height, weight, grip strength) and fitness scores (体力合計点) for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits, detailing participation in sports (運動部所属), frequency of exercise (運動実施状況), and sleep patterns (1日睡眠時間).

Table showing sleep patterns (1日睡眠時間) and waking times (寝る時刻), categorized by gender and grade level.

Table detailing TV watching time (テレビ視聴時間), mobile device usage (携帯等視聴時間), and exercise frequency (運動実施).

Table showing after-school activity locations (放課後運動場所) and weekend activity locations (土曜日運動場所).

Table detailing weekend activity frequency (土曜日の運動状況) and daily activity frequency (日曜日の運動状況).

Table showing exercise enjoyment (運動好き/嫌い) and reasons for not exercising (運動得志不得意).

3 学校質問紙調査結果

Table of school questionnaire results, covering physical fitness goals (体力テストの結果) and exercise habit confirmation (運動習慣確立の手だて).

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (身長, 体重), strength (握力), and endurance (50m走, 立ち幅) for elementary and middle schools.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation (運動部所属), frequency (運動実施状況), and daily exercise time (1日運動時間).

Table of sleep patterns (1日睡眠時間) and bedtimes (寝る時刻), showing percentages for different sleep durations and times.

Table of TV viewing time (テレビ視聴時間), mobile device usage (携帯等視聴時間), and sports participation (運動実施) details.

Table of after-school sports participation (放課後運動場所) and weekend sports participation (土曜日運動場所).

Table of weekend sports participation (土曜日運動状況) and weekend exercise frequency (日曜日の運動回数).

Table of sports enjoyment (運動好き/嫌い) and reasons for not participating (運動をもうとしない).

3 学校質問紙調査結果

Table of school questionnaire results, including physical fitness test results (体力テストの結果) and sports habit confirmation (運動習慣確立の手だて).

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1st to 6th grade).

1 体格及び体力・運動習慣調査結果平均値

Table of average physical fitness and sports habits. Columns include gender, school type, grade, body measurements (height, weight, grip strength, etc.), and physical fitness scores (A-E).

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits. Columns include school type, grade, sports participation rates, and frequency of exercise.

Table of sleep patterns. Columns include school type, grade, and sleep duration/frequency by gender.

Table of TV watching and mobile phone usage. Columns include school type, grade, and time spent on these activities.

Table of sports participation after school. Columns include school type, grade, and frequency of participation at various locations.

Table of weekend sports participation. Columns include school type, grade, and frequency of participation on weekends.

Table of sports enjoyment. Columns include school type, grade, and responses to questions about enjoying sports.

3 学校質問紙調査結果

Table of school questionnaire results. Columns include school type and responses to questions about physical education and sports habits.

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (身長, 体重), strength (握力), and endurance (50m walk, etc.) for elementary and middle schools.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation (運動部所属), sports implementation (運動実施状況), and daily exercise time (1日運動時間).

Table of sleep patterns (睡眠時間) and waking times (寝る時刻), showing percentages for different sleep durations and wake-up times.

Table of TV watching time (テレビ視聴時間), mobile phone usage (携帯等視聴時間), and sports implementation (運動実施) details.

Table of sports participation after school (放課後運動場所) and on weekends (土曜日運動場所), listing various activities and their frequencies.

Table of weekend sports participation (土曜日の運動状況), including frequency of participation and duration of activities.

Table of sports motivation (運動好き/嫌い) and enjoyment (運動をもっとしたい), showing percentages for different levels of interest.

3 学校質問紙調査結果

Table of school questionnaire results, detailing responses to questions about physical fitness tests and sports habits.

区市町村別調査結果

●基礎情報

Table showing school counts and student numbers by grade level for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of physical and athletic ability survey results, including body measurements and fitness scores for both genders across different school years.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits survey results, detailing sports participation, exercise frequency, and sleep patterns.

Table showing sleep patterns and wake-up times, categorized by gender and school year.

Table detailing television viewing and mobile phone usage habits among students.

Table showing the frequency of visits to sports facilities and leisure spots after school.

Table detailing the frequency of visits to sports facilities and leisure spots on weekends.

Table showing the frequency of visits to sports facilities and leisure spots during school hours.

3 学校質問紙調査結果

Table of school questionnaire survey results, including responses to questions about physical education and sports activities.

●基礎情報

Table showing school counts by grade and gender for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average physical fitness and athletic ability survey results, including body measurements and performance metrics.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habit survey results, covering sports participation and exercise frequency.

Table of sleep habits survey results, including sleep duration and timing.

Table of television watching and mobile device usage survey results.

Table of leisure activities and sports club participation survey results.

Table of weekend and holiday activity survey results, including sports and leisure.

Table of motivation for sports and exercise survey results.

3 学校質問紙調査結果

Table of school questionnaire survey results, detailing implementation and effectiveness of physical education.

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of average physical fitness and sports ability data. Columns include gender, school type, grade, body measurements (height, weight, grip strength, etc.), and composite scores (A-E).

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results. Columns include school type, grade, sports participation, frequency of exercise, and daily sleep patterns.

Table of wake-up times and sleep patterns. Columns include school type, grade, wake-up time, and sleep duration.

Table of TV viewing and mobile phone usage. Columns include school type, grade, TV viewing time, mobile phone usage, and sports participation.

Table of after-school sports participation. Columns include school type, grade, and participation in various sports activities.

Table of weekend sports participation. Columns include school type, grade, and participation in weekend sports activities.

Table of sports enjoyment and interest. Columns include school type, grade, and responses to questions about enjoying sports and wanting to participate.

3 学校質問紙調査結果

Table of school questionnaire survey results. Columns include school type and responses to questions about physical education and sports activities.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数) and student counts (小学生数) by grade level (1st to 6th grade) for elementary schools, and by grade level (1st to 3rd grade) for middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results. Columns include gender, school type, grade, and various physical metrics like height, weight, grip strength, and endurance. Includes a summary evaluation (総合評価) section with categories A, B, C, D, E.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results. Columns include school type, grade, and categories for sports participation (運動部所属), sports implementation (運動実施状況), daily sports time (1日運動時間), and breakfast habits (朝食の有無).

Table showing sleep patterns (1日睡眠時間) and wake-up times (寝る時刻). Columns include school type, grade, gender, and specific time intervals for sleep and waking up.

Table showing TV viewing time (テレビ視聴時間), mobile device usage (携帯等視聴時間), and sports participation (運動実施). Columns include school type, grade, gender, and specific activity categories.

Table showing sports participation locations (放課後運動場所, 土曜日運動場所, 日曜日運動場所). Columns include school type, grade, gender, and location categories.

Table showing weekend sports participation status (土曜日の運動状況). Columns include school type, grade, gender, and frequency of participation.

Table showing sports interest (運動好き) and enjoyment (運動が楽しい) levels. Columns include school type, grade, gender, and interest/enjoyment levels.

3 学校質問紙調査結果

Table showing school questionnaire survey results. Columns include school type, grade, and responses to various questions about physical education and sports activities.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数) and student counts (小学生数) by grade level (1-6 years) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body height, weight, grip strength, and endurance for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation, exercise frequency, and breakfast habits.

Table of sleep habits survey results, detailing sleep duration and bedtime patterns for elementary and middle school students.

Table of TV watching and mobile phone usage survey results, showing average viewing and usage times.

Table of post-school and weekend activity survey results, detailing participation in various sports and clubs.

Table of weekend activity survey results, providing detailed data on activity frequency and duration.

Table of sports interest survey results, measuring interest in sports and willingness to participate.

3 学校質問紙調査結果

Table of school questionnaire survey results, including responses to questions about physical fitness and sports habits.

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average physical and athletic performance data. Columns include gender, school type, grade, body measurements (height, weight, grip strength, etc.), and composite scores (A-E).

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results. Columns include school type, grade, gender, and percentages for sports participation, exercise frequency, and diet.

Table of sleep patterns and bedtimes. Columns include school type, grade, gender, and percentages for sleep duration and bedtime.

Table of TV viewing and mobile phone usage. Columns include school type, grade, gender, and percentages for TV watching and mobile phone use.

Table of after-school activities and sports club participation. Columns include school type, grade, gender, and percentages for various activities.

Table of weekend sports participation. Columns include school type, grade, gender, and percentages for weekend sports activities.

Table of sports preferences. Columns include school type, grade, gender, and percentages for preferences on sports enjoyment and participation.

3 学校質問紙調査結果

Table of school questionnaire survey results. Columns include school type, and counts for various questionnaire items related to physical education and sports.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (height, weight, grip strength) and physical fitness scores (体力合計点) for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation (運動部所属), sports implementation status (運動実施状況), and daily exercise time (1日運動時間).

Table of sleep habits survey results, including sleep duration (1日睡眠時間) and wake-up times (寝る時刻).

Table of TV viewing and mobile phone usage survey results, including TV viewing time (テレビ視聴時間) and mobile phone usage (携帯等視聴時間).

Table of sports participation survey results, detailing participation in various sports activities (運動部活動) and clubs (クラブ).

Table of weekend sports participation survey results, including participation in weekend sports (土曜日の運動状況) and frequency of participation (土曜日の回数).

Table of sports enjoyment survey results, measuring enjoyment of sports (運動好き) and interest in sports (運動をもっとしたい).

3 学校質問紙調査結果

Table of school questionnaire survey results, focusing on the implementation of physical education (体力テスト) and sports habits.

区市町村別調査結果

●基礎情報

Table showing school counts and student enrollment by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Table of average body and physical fitness data, including height, weight, grip strength, and various physical tests for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of survey results on living and sports habits, including daily exercise time, sleep patterns, and meal habits.

Table of survey results on sleep patterns, including sleep duration and wake-up times.

Table of survey results on television viewing and mobile device usage.

Table of survey results on sports participation and club membership.

Table of survey results on weekend sports activities and frequency.

Table of survey results on sports enjoyment and interest.

3 学校質問紙調査結果

Table of survey results from school questionnaires regarding physical education and sports programs.

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1st to 6th grade) for both genders.

1 体格及び体力・運動能力調査結果平均値

Table of average physical and athletic performance data. Columns include gender, school type, grade, and various physical metrics like height, weight, grip strength, and endurance.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results. Columns include school type, grade, and categories like sports participation, exercise frequency, and breakfast habits.

Table of sleep patterns survey results. Columns include school type, grade, and sleep duration categories (e.g., 8 hours or more, 7-8 hours).

Table of TV watching and mobile device usage survey results. Columns include school type, grade, and usage time for TV, mobile phones, and tablets.

Table of sports participation survey results. Columns include school type, grade, and frequency of participation in various sports activities.

Table of weekend sports participation survey results. Columns include school type, grade, and frequency of participation on weekends.

Table of sports interest and enjoyment survey results. Columns include school type, grade, and levels of interest and enjoyment in sports.

3 学校質問紙調査結果

Table of school questionnaire survey results. Columns include school type and responses to questions about physical education and sports activities.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数, 中学校数) and student counts (小学生数, 中学生数) by grade level (1-6 years).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (身長, 体重), strength (握力), and endurance (50m walk, etc.) for elementary and middle schools.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation (運動部所属), frequency (運動実施状況), and sleep patterns (1日睡眠時間).

Table of lifestyle and sports habits survey results, covering sleep patterns (1日睡眠時間) and wake-up times (寝る時刻).

Table of lifestyle and sports habits survey results, covering TV watching time (テレビ視聴時間), mobile phone usage (携帯等視聴時間), and sports participation (運動実施).

Table of lifestyle and sports habits survey results, covering sports participation (放課後運動場所) and weekend sports (土曜日運動場所).

Table of lifestyle and sports habits survey results, covering weekend sports participation (土曜日の運動状況) and weekend sports frequency (土曜日の回数).

Table of lifestyle and sports habits survey results, covering sports enjoyment (運動好き嫌い) and sports participation (運動部活動).

3 学校質問紙調査結果

Table of school questionnaire survey results, including physical fitness test results (体力テストの結果) and sports participation (運動習慣).

区市町村別調査結果

●基礎情報

Table showing school counts and student numbers for elementary and middle schools, categorized by grade and gender.

1 体格及び体力・運動能力調査結果平均値

Table showing average physical fitness and sports ability survey results, including body measurements and performance metrics for elementary and middle schools.

2 生活・運動習慣等調査結果

Table showing survey results on lifestyle and sports habits, including participation rates and exercise frequency.

Table showing sleep patterns and bedtimes, including average sleep duration and bedtime for elementary and middle schools.

Table showing TV watching and mobile device usage, including average viewing and usage times for elementary and middle schools.

Table showing sports participation after school and on weekends, including the number of students participating in various activities.

Table showing sports participation frequency and duration, including the number of days and hours spent on sports.

Table showing sports participation frequency and duration, including the number of days and hours spent on sports.

3 学校質問紙調査結果

Table showing survey results from school questionnaires, including responses to questions about physical education and sports participation.

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th grade) for elementary and middle schools.

1 体格及び体力・運動能力調査結果平均値

Large table showing average body and physical fitness data, including height, weight, and various physical tests for elementary and middle schools.

2 生活・運動習慣等調査結果

Table detailing lifestyle and exercise habits, such as sports participation, daily exercise time, and sleep patterns.

Table focusing on sleep patterns, including bedtime and wake-up times for different age groups.

Table detailing television viewing and mobile device usage habits among students.

Table showing the frequency of visits to sports facilities and leisure centers.

Table detailing weekend and holiday activity patterns, including sports and leisure time.

Table showing student interest in sports and physical education, including preferences for different activities.

3 学校質問紙調査結果

Table summarizing results from school questionnaires regarding physical education and health education.

区市町村別調査結果

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th grade elementary and 1st to 3rd grade middle school).

1 体格及び体力・運動能力調査結果平均値

Table of physical fitness and sports ability survey results, including body measurements (height, weight, grip strength) and physical fitness scores (total points, A-E categories).

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, including sports participation rates, exercise frequency, and breakfast habits.

Table showing sleep patterns, including sleep duration and wake-up times by grade level.

Table showing TV viewing and mobile phone usage times, and sports practice frequency.

Table showing sports participation after school and on weekends, categorized by location and frequency.

Table showing sports participation frequency and duration on weekends, categorized by gender and grade level.

Table showing sports participation frequency and duration on weekends, categorized by gender and grade level.

3 学校質問紙調査結果

Table of school questionnaire survey results, including physical fitness test results and sports habit confirmation.

●基礎情報

学校数(校)		小学校在籍児童数(人)										中学校在籍生徒数(人)							
小学校	中学校	1学年		2学年		3学年		4学年		5学年		6学年		1学年		2学年		3学年	
18	9	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女
		857	797	836	781	826	770	859	821	880	868	816	816	720	711	702	674	693	668

1 体格及び体力・運動能力調査結果平均値

性別	校種	学年	人数(人)	体格		種目別平均										体力合計点(点)					総合評価(%)				
				身長(cm)	体重(kg)	握力(kg)	上体起こし(回)	長座体前屈(cm)	反復横びく(点)	選択種目(持久走(秒))	50m走(秒)	立ち幅とび(cm)	バレーボール(キック力(回))	体力合計点(点)	A	B	C	D	E						
男子	小学校	第1学年	853	116.9	21.3	9.0	10.7	26.1	25.4		16.3	11.4	113.5	7.3	28.9	7.6	21.8	33.2	21.8	15.7					
		第2学年	822	123.0	23.9	10.5	12.9	27.8	28.5		23.6	10.5	125.8	10.0	35.7	5.4	20.0	36.6	26.4	11.7					
		第3学年	816	128.4	26.7	12.5	15.7	30.6	31.6		30.8	10.0	137.3	13.4	42.5	10.7	22.3	35.4	21.6	10.1					
		第4学年	847	134.2	30.3	14.3	17.8	32.3	36.8		38.4	9.6	145.0	16.0	48.2	10.0	26.2	29.8	20.6	13.3					
		第5学年	863	139.7	33.9	16.2	19.4	34.3	39.7		44.4	9.2	155.2	19.8	53.4	9.8	22.2	34.2	24.2	9.5					
		第6学年	794	145.8	37.9	19.1	20.8	36.0	43.2		51.4	8.9	164.6	23.5	58.0	8.6	21.1	35.9	23.9	10.4					
女子	小学校	第1学年	682	115.4	18.7	7.8	9.1	23.2	23.8	49.2	426.9	71.4	8.5	181.1	17.2	33.2	4.1	16.9	35.3	32.5	11.1				
		第2学年	662	116.1	19.0	8.2	25.4	42.1	51.5	394.8	80.0	7.9	195.5	20.0	39.6	3.3	20.4	38.6	27.6	10.2					
		第3学年	651	116.7	19.0	8.2	25.4	42.1	51.5	394.8	80.0	7.9	195.5	20.0	39.6	3.3	20.4	38.6	27.6	10.2					
		第4学年	812	134.2	29.8	13.5	17.4	36.1	34.8		29.2	9.8	137.8	10.3	49.4	12.8	27.2	32.1	19.9	8.1					
		第5学年	851	140.9	33.9	15.8	18.9	38.8	38.7		34.8	9.4	149.1	12.1	55.3	12.6	26.8	35.4	18.1	7.0					
		第6学年	797	148.0	39.2	18.7	19.5	41.4	41.1		39.3	9.1	154.3	13.9	59.4	8.6	26.2	36.9	22.8	5.5					
中学校	第1学年	688	152.8	43.0	21.1	21.4	42.9	46.6	302.6	48.7	9.0	166.4	10.8	43.6	26.4	34.6	28.7	8.9	1.5						
	第2学年	641	155.3	46.6	22.6	22.3	45.3	47.0	293.0	53.8	8.8	168.2	12.0	47.5	20.7	32.2	30.0	13.8	3.3						
	第3学年	630	157.0	48.7	24.2	24.2	46.9	47.5	297.0	61.0	8.7	169.6	13.0	48.8	16.1	28.7	32.5	18.5	4.2						

2 生活・運動習慣等調査結果

校種	学年	運動部所属(%)				運動実施状況(%)				1日運動時間(%)				朝食の有無(%)													
		男子	女子	男子	女子	毎日	ときどき	ときたま	しない	毎日	ときどき	ときたま	しない	毎日	ときどき	食べない	毎日	ときどき	食べない								
小学校	第1学年	55.8	44.2	43.8	56.2	30.4	54.2	9.6	5.8	22.9	57.5	12.5	7.1	13.5	37.0	42.2	7.3	18.0	43.7	35.1	3.2	98.1	1.9	0.0	97.8	2.2	0.0
	第2学年	64.7	35.3	49.9	50.1	36.2	50.7	8.3	4.8	25.5	57.7	10.1	6.8	10.0	33.9	45.5	10.5	16.0	42.8	36.0	5.2	96.7	3.0	0.2	97.2	2.7	0.1
	第3学年	66.9	33.1	56.6	43.4	39.6	45.1	8.7	6.6	29.6	53.4	10.9	6.2	15.4	30.8	36.4	17.5	21.1	40.7	29.8	8.4	92.5	6.9	0.6	94.5	5.1	0.4
	第4学年	75.9	24.1	60.4	39.6	51.2	38.4	7.2	3.2	43.3	45.1	7.6	4.0	16.7	23.1	31.2	29.0	21.4	33.3	29.9	15.5	90.2	9.3	0.5	92.2	7.3	0.5
	第5学年	68.1	31.9	49.3	50.7	52.5	33.8	9.3	4.5	40.1	44.3	10.2	5.4	18.2	20.6	30.8	30.4	24.0	30.4	29.5	16.1	89.4	9.8	0.8	90.9	8.8	0.2
	第6学年	62.6	37.4	44.6	55.4	51.1	34.7	9.7	4.5	32.3	47.0	13.8	7.0	15.9	24.0	31.0	29.0	24.8	28.5	31.8	14.8	85.7	12.7	1.6	87.3	11.2	1.5
中学校	第1学年	67.0	33.0	48.2	51.8	53.3	30.8	9.9	4.0	43.2	33.5	13.1	10.2	16.7	20.4	41.3	21.6	29.0	20.4	38.7	11.9	88.1	10.3	1.6	86.1	12.4	1.5
	第2学年	78.9	21.1	59.0	41.0	69.8	16.0	8.0	6.2	51.1	24.0	12.9	12.0	16.1	12.0	41.9	30.0	31.1	13.2	37.4	18.2	83.8	12.2	3.9	80.2	17.2	2.7
	第3学年	71.3	28.7	50.0	50.0	56.7	21.5	11.4	10.4	40.2	26.3	18.9	14.7	25.9	15.3	36.1	22.6	40.2	16.0	30.3	13.5	80.9	14.4	4.8	80.9	16.1	3.0

校種	学年	1日睡眠時間(%)				寝る時刻(%)				寝る時間帯(%)															
		男子	女子	男子	女子	毎日	ときどき	ときたま	しない	毎日	ときどき	ときたま	しない	30分未満	30分-1時間	1-2時間	2時間以上	毎日	ときどき	食べない	毎日	ときどき	食べない		
小学校	第1学年	0.0	13.5	86.5	0.1	11.5	88.4	27.1	69.7	3.2	22.1	75.1	2.8	27.8	62.2	10.0	0.0	0.0	27.9	61.1	10.7	0.3	0.0	0.0	0.0
	第2学年	0.2	16.6	83.2	0.1	16.6	83.3	26.6	70.3	3.2	26.5	69.6	3.9	20.0	65.4	14.2	0.3	0.1	0.0	19.3	65.9	14.5	0.3	0.0	0.0
	第3学年	5.3	24.6	70.1	4.6	23.6	71.8	24.2	60.0	15.8	19.8	69.9	14.3	17.7	60.7	19.9	1.5	0.1	0.1	14.9	63.1	20.4	1.1	0.3	0.2
	第4学年	8.7	31.3	60.1	5.7	36.6	57.8	16.6	49.9	33.5	15.8	54.3	29.9	18.6	52.2	24.6	3.0	0.8	0.7	16.3	53.2	26.9	2.7	0.5	0.3
	第5学年	6.3	40.7	53.1	3.1	40.2	56.7	14.9	49.9	35.2	13.6	58.0	28.4	10.8	48.1	33.9	5.9	0.7	0.5	9.3	46.2	38.7	4.6	1.1	0.2
	第6学年	7.8	45.2	47.1	5.4	46.5	48.0	15.9	57.3	26.8	12.5	66.2	21.2	6.2	39.4	38.7	12.2	2.0	1.5	5.1	34.4	42.6	13.0	3.8	1.1
中学校	第1学年	4.7	54.0	41.3	6.7	59.6	33.7	12.3	60.6	27.1	8.5	66.5	25.0	2.7	28.5	49.2	16.3	2.1	1.2	2.6	19.0	49.4	23.4	4.2	1.4
	第2学年	7.6	65.7	26.8	13.1	69.3	17.5	13.2	61.1	25.8	8.9	63.1	28.0	2.8	12.2	45.3	30.1	7.9	1.7	0.4	6.6	38.5	37.6	13.8	3.1
	第3学年	15.0	74.2	10.8	17.0	73.1	9.9	12.8	57.7	29.5	8.3	65.0	26.8	1.2	3.5	25.5	40.7	23.1	6.1	0.0	2.5	25.0	42.4	22.9	7.1

校種	学年	テレビ視聴時間(%)				携帯等視聴時間(%)				運動実施(%)				運動時間平均(分)																							
		男子	女子	男子	女子	男子	女子	男子	女子	1時間未満	1-2時間	2-3時間	3時間以上	1時間未満	1-2時間	2-3時間	3時間以上																				
小学校	第1学年	20.8	44.4	24.3	10.5	31.3	42.1	19.0	7.5	62.3	25.6	9.3	2.8	72.1	19.4	5.6	2.7	5.3	64.4	45.1	15.5	7.0	4.8	60.7	40.1	14.4	67.8	12.9	14.7	13.7	36.9	55.8	13.1	14.0	12.3	36.5	48.1
	第2学年	16.8	42.8	28.8	11.6	27.2	42.7	21.3	8.8	55.2	32.3	9.9	2.6	68.2	23.1	6.1	2.7	4.5	71.9	63.3	12.3	7.6	3.5	65.8	54.9	13.8	69.2	16.2	16.3	14.6	35.6	61.0	12.0	14.6	13.5	31.7	54.4
	第3学年	20.9	32.1	28.1	18.9	37.3	40.4	21.0	11.3	45.8	30.0	12.0	12.1	60.9	26.1	8.8	4.5	12.4	79.4	71.8	18.1	71.9	10.4	72.3	61.7	16.5	74.2	15.8	16.6	15.0	52.9	77.6	14.2	16.0	14.2	43.6	66.8
	第4学年	23.2	28.6	22.1	25.8	30.8	31.2	21.0	17.0	36.8	27.5	14.8	21.0	46.9	26.6	13.9	12.6	28.3	85.2	75.4	25.7	71.8	27.8	76.6	66.9	22.7	77.0	16.9	17.3	14.9	56.2	79.6	12.4	16.0	13.9	49.3	88.6
	第5学年	22.0	29.4	20.9	27.7	31.2	34.1	18.9	15.7	31.7	30.4	16.4	21.5	43.0	29.2	14.0	13.8	22.7	80.2	76.6	20.9	77.8	15.6	12.7	65.0	19.3	79.0	17.4	17.3	15.4	48.6	96.7	15.0	16.3	14.6	45.2	88.8
	第6学年	24.5	29.2	21.6	24.7	30.6	30.8	28.8	15.8	35.8	26.6	28.1	21.9	23.5	34.7	17.7	16.7	21.3	26.4	76.7	73.2	26.6	79.8	21.3	55.5	53.2	21.6	79.2	18.9	16.6	14.7	50.6	88.4	14.8	14.7	13.1	33.4
中学校	第1学年	24.8	33.6	24.6	17.0	34.5	33.9	20.4	11.2	16.7	32.5	26.3	24.5	20.2	30.6	26.3	23.0	18.0	0.0	32.0	89.9	0.0	14.2	0.0	15.0	83.1	0.0	17.7	13.9	9.4	14.7	11.9	80.9	18.2	11.9	80.9	
	第2学年	27.3	34.4	21.5	16.9	39.1	34.2	16.7	10.1	15.3	28.4	27.2	29.0	17.0	27.0	25.3	29.8	13.6	0.0	24.9																	