

●基礎情報

Table showing school counts (schools, students) by grade level (1-6 years elementary, 1-3 years middle) for 22 schools.

1 体格及び体力・運動能力調査結果平均値

Large table of physical fitness survey results including height, weight, lung capacity, and endurance for elementary and middle school students.

2 生活・運動習慣等調査結果

Table showing daily exercise frequency and duration by school grade and gender.

Table showing sleep patterns and TV watching habits by school grade and gender.

Table showing detailed exercise activity patterns and frequency by school grade and gender.

Table showing exercise locations (school, home, park, etc.) by school grade and gender.

Table showing weekly exercise frequency and duration by school grade and gender.

Table showing exercise intensity and enjoyment levels by school grade and gender.

3 学校質問紙調査結果

Table showing school questionnaire results regarding physical education equipment and teacher training.

区市町村別調査結果

●基礎情報

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

1 体格及び体力・運動能力調査結果平均値

Table showing physical fitness survey results by gender and school level, including metrics like height, weight, and endurance.

2 生活・運動習慣等調査結果

Table detailing lifestyle and exercise habits, including participation rates and daily exercise time.

Table detailing sleep patterns and television viewing habits by grade level and gender.

Table detailing specific exercise activities and their frequency across different school levels.

Table detailing preferred exercise locations and the frequency of outdoor activities.

Table detailing the frequency of walking and daily exercise activities.

Table detailing preferences for exercise and perceived difficulty levels across various activities.

3 学校質問紙調査結果

Table summarizing questionnaire results regarding school facilities and physical education programs.





●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th year) 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 detailing physical fitness and sports ability survey results, including metrics like height, weight, lung capacity, and endurance for both male and female students across different school years.

2 生活・運動習慣等調査結果

Table showing survey results on living and sports habits, including participation in sports, frequency of exercise, and daily activity levels.

Table detailing breakfast habits, sleep patterns, and leisure time usage for students, categorized by gender and school year.

Table providing a detailed breakdown of sports participation, including frequency and duration of activities for both male and female students.

Table showing the locations where students engage in sports and physical activity, such as school grounds, parks, and home.

Table detailing the frequency and duration of sports activities, including both regular and occasional participation.

Table showing preferences for sports and physical activities, including enjoyment levels and reasons for participation.

3 学校質問紙調査結果

Table summarizing school questionnaire results, covering aspects like ground conditions, sports equipment, and school sports programs.

●基礎情報

Table showing school counts and student numbers by grade level (1st to 6th grade elementary, 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 with columns for sex, school type, grade, and various physical fitness metrics like height, weight, lung capacity, and strength.

2 生活・運動習慣等調査結果

Table showing percentages of students participating in sports clubs and their exercise habits (frequency and duration).

Table showing percentages of students who eat breakfast, sleep 8 hours or more, and watch TV for 2 hours or more.

Detailed table showing the number of students participating in various sports activities (e.g., soccer, basketball, tennis).

Table showing where students exercise after school and on weekends, categorized by school type and grade.

Table showing the frequency of exercise (times per week) and the number of days spent exercising.

Table showing the percentage of students who exercise regularly and their attitudes towards physical activity.

3 学校質問紙調査結果

Summary table of school questionnaire results regarding outdoor equipment, physical education, and sports facilities.

●基礎情報

Table showing school counts (小学校数, 中学校数) and student numbers (小学生数, 中学生数) by grade and gender.

1 体格及び体力・運動能力調査結果平均値

Table of physical and athletic performance metrics including height, weight, BMI, and various physical tests (50m, 1km, 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 sports club membership, daily exercise frequency, and TV watching time.

Table of sleep and TV watching habits, including bedtimes and screen time for elementary and middle school students.

Table of detailed sports participation data, including frequency and duration of sports activities for elementary and middle school students.

Table of sports participation locations, categorized by school sports, outdoor sports, and daily sports.

Table of sports participation frequency and duration, including weekly participation rates and average weekly hours.

Table of sports preferences, including favorite sports and reasons for liking or disliking them.

3 学校質問紙調査結果

Table of school questionnaire results regarding playground equipment, physical education programs, and sports club activities.





●基礎情報

Table with 3 main columns: 小学校数(校), 小学校在籍児童数(人), 中学校在籍生徒数(人). Sub-headers include 1学年, 2学年, 3学年, 4学年, 5学年, 6学年 for each school level.

1 体格及び体力・運動能力調査結果平均値

Large table showing physical and athletic ability survey results. Columns include gender, school type, grade, age, height, weight, BMI, lung capacity, and various physical tests like 50m walk and sit-ups. Includes a summary of overall scores (A-E).

2 生活・運動習慣等調査結果

Table detailing daily life and exercise habits. Columns include school type, grade, gender, and categories for exercise frequency and duration (e.g., 30分未満, 30分-1時間).

Table showing breakfast habits and sleep patterns. Columns include school type, grade, gender, and categories for breakfast consumption and sleep duration (e.g., 6時間未満, 6-8時間).

Table detailing exercise implementation details. Columns include school type, grade, gender, and specific exercise activities (e.g., 放課前, 中休み, 放課後).

Table showing exercise locations. Columns include school type, grade, gender, and categories for where exercise takes place (e.g., 運動部活動, 公園).

Table showing exercise frequency and volume. Columns include school type, grade, gender, and categories for frequency (e.g., している, していない) and volume (回数).

Table showing exercise preferences. Columns include school type, grade, gender, and categories for interest in exercise (e.g., 好き, やや好き, 嫌い).

3 学校質問紙調査結果

Table summarizing school questionnaire results. Columns include school type and various categories related to school grounds, physical education, and sports equipment.

●基礎情報

Table with 2 main sections: '小学校在籍児童数(人)' and '中学校在籍生徒数(人)'. It lists student counts by school type, grade, and gender.

1 体格及び体力・運動能力調査結果平均値

Large table showing average physical and athletic performance data. Columns include sex, school type, grade, age, height, weight, and various physical fitness tests like 50m dash and sit-ups.

2 生活・運動習慣等調査結果

Table detailing sports participation habits. It shows the percentage of students who participate in sports, categorized by school type and grade.

Table detailing sleep patterns. It shows the percentage of students who get enough sleep, categorized by school type and grade.

Table detailing TV watching habits. It shows the percentage of students who watch TV, categorized by school type and grade.

Table detailing after-school sports activities. It shows the percentage of students who participate in sports after school, categorized by school type and grade.

Table detailing weekend sports activities. It shows the percentage of students who participate in sports on weekends, categorized by school type and grade.

Table detailing sports preferences. It shows the percentage of students who like or dislike sports, categorized by school type and grade.

3 学校質問紙調査結果

Table summarizing school questionnaire results. It lists various factors like ground conditions, safety, and sports equipment, rated by school type.