

●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, including sports participation rates (運動部所属), frequency of sports (運動実施状況), and sleep patterns (1日睡眠時間).

Table of sleep patterns and bedtimes, including 1-day sleep time (1日睡眠時間) and bedtimes (寝る時刻).

Table of TV viewing and mobile phone usage, 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 after school, including participation in sports clubs (放課後運動場所) and weekend sports (土曜日運動場所).

Table of weekend and daily sports participation, including weekend sports participation (土曜日の運動状況) and daily sports participation (日曜日の運動状況).

Table of sports participation and enjoyment, including sports participation rates (運動好き), enjoyment of sports (運動得意), and enjoyment of 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, including target setting (目標設定) and physical fitness test results (体力テストの結果).

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.) by gender and grade.

2 生活・運動習慣等調査結果

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

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

Table of TV viewing 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 sports participation at school (放課後運動場所) and on weekends (土曜日運動場所).

Table of weekend sports participation (土曜日の運動状況) and daily sports participation (日曜日の運動状況).

Table of sports enjoyment (運動好き) and lack of interest (運動得意不得意) by gender and grade.

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 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 and athletic ability survey results, including body measurements (height, weight, grip strength) and fitness test scores (50m walk, standing balance, etc.) for boys and girls.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, detailing participation in sports, exercise frequency, and eating habits.

Table of sleep habits survey results, including 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 after-school activity survey results, detailing participation in various sports and clubs.

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

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

3 学校質問紙調査結果

Table of school questionnaire survey results, focusing on physical education and sports activities at the school level.

●基礎情報

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

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 test results (50m run, standing balance, etc.) for elementary and middle school students.

2 生活・運動習慣等調査結果

Table detailing lifestyle and sports habits, such as participation in sports clubs, frequency of exercise, and eating habits.

Table showing sleep patterns, including bedtime, wake-up time, and total sleep duration for elementary and middle school students.

Table detailing television viewing and mobile phone usage habits, including average viewing and usage times.

Table showing the frequency of visits to sports facilities (clubs, sports centers) after school and on weekends.

Table detailing sports participation on weekends, including frequency of visits to sports facilities and participation in sports activities.

Table showing the frequency of visits to sports facilities and participation in sports activities, categorized by gender and grade level.

3 学校質問紙調査結果

Table summarizing school questionnaire results, including 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 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 test results (50m run, sit-ups, etc.) for elementary and middle schools.

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 sleep patterns.

Table of sleep patterns, including bedtime and wake-up time, and duration of sleep.

Table of TV watching and mobile phone usage, including average viewing and usage times.

Table of sports participation, including frequency of participation in various sports and activities.

Table of weekend sports participation, including frequency and duration of sports on weekends.

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, including responses to questions about physical education and sports activities.

区市町村別調査結果

30 昭島市

●基礎情報

Table showing school counts and enrollment numbers for elementary and middle schools across various grades and 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 ability survey results, including measurements like height, weight, grip strength, and fitness scores.

2 生活・運動習慣等調査結果

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

Table showing sleep patterns, including bedtime and sleep duration for elementary and middle school students.

Table detailing television viewing and mobile device usage times for elementary and middle school students.

Table of post-school activity participation, categorized by gender and activity type.

Table showing participation in sports clubs and other organized activities during weekends and after school.

Table of interest in sports, including enjoyment of playing and watching sports, and interest in sports careers.

3 学校質問紙調査結果

Table of school questionnaire survey results, focusing on physical education and sports activities.

●基礎情報

Table showing school enrollment statistics for elementary and middle schools, categorized by year and gender.

1 体格及び体力・運動能力調査結果平均値

Table detailing physical fitness and sports ability survey results, including body measurements and test scores for elementary and middle school students.

2 生活・運動習慣等調査結果

Table detailing lifestyle and sports habits survey results, covering sports participation, daily exercise, and nutrition.

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

Table detailing TV watching and mobile device usage survey results, including time spent on various activities.

Table detailing after-school sports activities survey results, including participation rates and types of activities.

Table detailing weekend sports activities survey results, including participation rates and types of activities.

Table detailing sports preferences and enjoyment survey results, including interest in sports and reasons for participation.

3 学校質問紙調査結果

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

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 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 sports time (1日運動時間).

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

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

Table of weekend sports participation survey results, detailing frequency and duration of sports on weekends.

Table of sports interest and motivation survey results, including sports interest (運動好き) and motivation (運動意欲).

3 学校質問紙調査結果

Table of school questionnaire survey results, including target setting (目標) and physical fitness test results (体力テスト).

●基礎情報

小学校数(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	
9	5	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女
		466	433	458	448	443	422	432	418	436	354	423	373	350	323	375	357	413	376

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										総合評価(%)				
				身長(cm)	体重(kg)	握力(kg)	上体起こし(回)	長座体前屈(度)	反復横とび(点)	選択種目(持久走(秒))	50m走(秒)	立ち幅とび(cm)	ハンドワグ(キム・キム投(m))	体力合計点(点)	A	B	C	D	E	
男子	小学校	第1学年	459	116.7	21.0	9.3	11.1	26.5	26.4		17.0	11.4	116.2	7.6	30.2	8.5	29.4	33.9	18.8	9.4
		第2学年	454	122.7	23.5	11.3	14.3	28.5	30.4		26.8	10.6	127.1	11.6	38.0	13.0	23.5	36.5	19.5	7.4
		第3学年	440	128.1	26.6	13.0	15.9	29.8	33.9		34.3	10.0	135.8	15.0	43.4	8.1	31.8	35.5	16.5	8.1
		第4学年	428	133.6	29.5	14.8	18.9	33.0	38.6		45.6	9.5	143.5	19.4	50.5	15.7	29.6	30.8	16.7	7.3
		第5学年	430	139.0	32.8	17.2	20.3	34.7	40.8		53.1	9.1	152.2	22.6	55.1	13.3	24.2	38.4	18.5	5.7
		第6学年	418	144.5	36.9	19.4	22.8	35.8	45.3		62.6	8.8	163.9	26.4	61.0	12.5	35.3	28.7	17.4	6.1
女子	小学校	第1学年	317	153.0	42.9	23.3	25.0	39.8	51.1	425.4	72.8	8.6	179.5	18.3	34.5	2.0	21.5	43.0	27.9	5.6
		第2学年	351	161.1	48.1	28.5	26.7	46.3	54.6	383.9	71.4	7.9	197.3	20.4	42.3	7.0	24.9	41.5	21.1	5.4
		第3学年	378	166.3	52.2	34.2	29.6	47.9	57.1	367.2	62.0	7.6	213.4	24.6	49.5	14.8	31.9	35.9	11.6	5.8
		第4学年	427	115.6	20.3	8.6	10.5	29.8	25.5		14.3	11.9	107.8	5.2	29.9	12.7	24.3	28.5	20.3	14.2
		第5学年	446	121.3	23.2	10.8	13.6	31.3	28.6		19.3	11.0	115.9	7.0	37.2	10.6	22.3	36.9	24.8	5.4
		第6学年	418	127.4	25.8	12.1	15.1	34.1	32.4		25.1	10.4	128.6	9.3	43.9	10.7	30.4	35.8	20.0	3.2
女子	中学校	第1学年	367	146.7	37.7	19.1	20.9	41.4	42.4		47.0	9.1	154.3	14.6	61.5	11.2	34.8	33.1	16.0	4.8
		第2学年	318	153.1	43.0	21.9	21.6	41.1	48.3	301.4	20.4	9.0	168.4	11.6	45.7	33.8	35.8	19.7	9.0	1.7
		第3学年	343	155.8	45.9	23.7	24.1	46.3	49.3	285.6	55.3	8.8	173.5	13.0	50.7	28.9	35.4	30.2	4.6	1.0
		第4学年	363	157.3	48.0	25.1	25.3	48.8	50.5	286.0	12.0	8.6	175.2	14.3	54.3	35.0	31.3	21.8	8.9	3.1

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	57.5	42.5	45.3	54.7	29.9	56.8	8.3	5.0	21.9	58.5	11.6	8.0	9.9	34.7	47.0	8.4	14.4	41.7	39.6	4.2	97.8	2.2	0.0	97.9	1.9	0.2
	第2学年	68.7	31.3	53.5	46.5	39.7	53.9	4.9	1.5	29.3	59.6	6.8	4.3	4.9	26.4	48.1	20.6	13.4	40.5	41.2	4.8	97.8	2.0	0.2	97.3	2.7	0.0
	第3学年	76.1	23.9	61.8	38.2	44.3	45.9	5.7	4.1	24.6	61.6	9.4	4.3	8.4	21.7	38.4	31.5	14.4	37.2	37.6	10.8	95.4	4.1	0.5	96.4	3.6	0.0
	第4学年	79.1	20.9	63.2	36.8	52.2	38.8	6.6	2.4	36.8	53.4	6.7	3.1	11.9	20.4	28.6	39.1	16.0	27.5	37.6	18.9	90.9	8.6	0.5	94.0	6.0	0.0
	第5学年	78.9	21.1	60.0	40.0	58.5	33.9	5.7	1.9	35.4	53.0	8.4	3.2	11.1	15.9	31.5	41.5	18.3	28.7	34.2	18.8	91.1	8.4	0.5	92.0	7.4	0.6
	第6学年	75.2	24.8	49.9	50.1	55.1	34.5	7.5	2.9	29.9	49.6	16.6	3.9	9.8	18.9	30.5	40.8	18.2	33.2	22.4	93.0	6.7	0.2	92.4	6.8	0.8	
中学校	第1学年	77.5	22.5	65.4	34.6	77.8	12.1	5.4	4.8	66.7	17.9	9.0	6.4	9.9	8.6	16.2	65.3	20.8	10.2	13.1	55.9	9.0	8.2	1.3	88.3	10.4	1.3
	第2学年	77.2	22.8	60.9	39.1	71.4	13.7	10.6	4.2	56.1	19.8	10.2	14.0	15.0	9.0	21.2	54.8	33.7	7.3	10.2	48.8	84.3	12.6	3.1	86.7	12.5	0.9
	第3学年	78.1	21.9	60.4	39.6	69.4	15.8	8.3	6.5	58.3	16.1	13.9	11.7	15.2	11.8	23.6	49.5	33.5	10.2	13.0	43.2	86.7	9.9	3.4	87.3	10.5	2.2

校種	学年	1日睡眠時間(%)				寝る時刻(%)				寝る時間帯(%)															
		6時間未満	6-8時間	8時間以上	6時間未満	6-8時間	8時間以上	毎日定刻	ほぼ定刻	日でない	毎日定刻	ほぼ定刻	日でない	9時以前	9-10時	10-11時	11-0時	0-1時	1時以降						
小学校	第1学年	0.0	11.5	88.5	0.0	14.1	85.9	27.0	71.0	2.0	24.9	70.6	4.5	33.7	60.0	6.3	0.0	0.0	0.0	31.4	60.7	8.0	0.0	0.0	0.0
	第2学年	0.4	12.6	86.9	0.2	14.5	85.3	28.0	69.3	2.7	23.3	73.4	3.4	24.5	64.4	11.1	0.0	0.0	0.0	22.0	64.7	13.1	0.0	0.0	0.2
	第3学年	2.1	21.9	76.0	2.4	18.1	79.5	26.1	57.8	16.1	20.0	65.5	14.5	21.9	64.4	12.6	1.1	0.0	0.0	18.5	65.2	16.2	0.0	0.0	
	第4学年	5.7	29.8	64.5	3.9	29.9	66.3	16.1	55.1	28.8	12.9	62.1	25.1	17.9	56.7	22.6	2.2	0.3	0.3	14.5	59.7	21.1	4.1	0.6	
	第5学年	3.0	34.2	62.8	3.4	32.7	63.9	11.5	55.8	32.7	10.8	65.5	23.6	12.2	55.2	28.1	3.8	0.7	0.0	8.3	49.4	35.8	4.7	0.4	0.4
	第6学年	4.3	45.1	50.6	3.6	46.8	49.6	13.1	60.4	26.5	11.5	65.7	22.8	8.2	41.8	35.3	13.4	1.0	0.3	2.9	32.6	50.2	11.7	2.2	0.4
中学校	第1学年	6.6	58.2	35.1	8.5	60.3	31.2	13.9	46.7	39.4	7.9	60.1	32.0	2.1	22.1	53.2	15.3	5.3	2.1	0.9	17.6	50.9	24.1	5.1	1.4
	第2学年	13.2	65.6	21.1	7.2	74.2	18.6	10.9	56.6	32.5	11.0	59.9	29.1	1.4	11.0	42.0	33.3	8.7	3.7	0.9	5.3	38.7	42.2	9.8	3.1
	第3学年	13.3	70.3	16.4	17.1	73.8	9.1	16.6	50.6	32.7	8.9	60.4	30.7	0.4	6.3	26.5	43.3	16.0	7.6	0.0	3.9	23.2	40.3	27.5	5.2

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)																							
		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	朝散歩	中体	放課後	下校後	朝散歩	中体	放課後	下校後	朝散歩	中体	放課後	下校後																
小学校	第1学年	24.8	48.6	20.5	6.1	32.0	48.2	15.8	4.0	83.3	13.0	2.4	1.3	91.5	7.1	1.2	0.2	5.0	58.9	40.4	17.4	68.5	5.2	6.2	41.7	19.2	67.0	12.0	15.9	14.3	53.8	57.9	10.2	15.1	14.0	54.1	52.7
	第2学年	28.6	44.9	21.6	6.8	30.5	50.6	16.3	2.7	75.5	19.6	3.5	1.3	89.7	8.7	1.1	0.5	17.4	77.3	71.4	20.7	76.9	11.2	7.5	66.8	17.9	72.6	11.0	17.1	16.6	53.3	61.8	10.2	15.6	15.0	42.3	33.3
	第3学年	28.9	37.8	22.2	11.0	33.4	39.9	16.8	9.9	68.9	20.3	6.8	3.9	83.9	11.3	2.6	2.2	20.5	83.9	78.2	22.7	79.1	12.0	7.8	62.9	20.3	77.3	13.4	17.4	55.5	51.6	80.5	11.0	16.0	14.1	45.9	68.2
	第4学年	24.9	38.5	21.6	15.0	36.0	33.6	21.3	9.1	54.0	25.8	9.9	10.3	75.2	17.2	4.9	2.7	38.0	91.8	88.8	28.4	82.1	23.6	83.3	79.0	21.7	82.1	15.0	17.4	61.1	92.5	16.1	14.5	37.8	88.5		
	第5学年	22.7	37.2	21.1	19.0	32.9	36.2	17.2	13.7	49.3	27.1	12.5	11.1	72.4	20.1	4.9	2.6	29.8	90.0	87.2	30.2	83.5	20.2	82.4	77.6	21.9	84.1	23.8	16.9	15.8	52.0	105.8	14.6	14.8	13.5	46.5	93.3
	第6学年	22.0	35.8	23.7	18.4	30.4	34.5	21.4	13.7	56.3	20.7	12.5	10.6	67.7	18.4	8.2	5.8	33.5	85.4	83.7	27.8	81.1	26.2	75.2	67.3	21.8	80.1	22.1	16.9	16.6	38.8	95.5	14.5	14.7	13.6	24.7	78.9
中学校	第1学年	34.1	36.0	16.9	13.1	30.2	34.0	20.0	15.9	41.5	26.9	17.7	13.9	47.0	26.5	17.4	9.1	29.1	0.0	35.6	87.8	0.0	27.7	0.0	23.0	86.5	0.0	30.8	14.7	12.7	21.5	2.9	13.7	114.4			
	第2学年	27.9	34.9	21.7	15.5	34.3	36.1	17.3	12.3	27.7	33.3	20.2	18.8	33.3	31.0	20.0	14.8	20.1	0.0	35.2	86.0	0.0	17.3	0.0	16.8	77.5	0.0	28.2	15.2	10.0	23.2	2.9	14.4	104.3			
	第3学年	34.0	34.8	19.6	11.5	37.7	32.7	19.1	10.5	36.5	29.2	17.2	17.2	33.7	29.8	18.7	17.8	12.2	0.0																		