

●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, standing long jump, 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 participation in sports clubs, frequency of exercise, and daily sleep patterns.

Table of sleep patterns and wake-up times, detailing sleep duration and wake-up times by gender and grade level.

Table of TV viewing and mobile phone usage, showing average viewing and usage times for elementary and middle schools.

Table of after-school sports participation, detailing 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 preferences, including interest in sports and enjoyment of physical education classes.

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 grade for elementary, 1st to 3rd for middle) for 17 elementary and 8 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 long jump, 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, frequency of exercise, and daily sleep patterns for elementary and middle school students.

Table of sleep patterns, including bedtime and wake-up time by grade level and gender.

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

Table of after-school sports participation, including frequency and types of activities.

Table of weekend sports participation, including frequency and types of activities.

Table of sports enjoyment, including interest in sports and perceived difficulty.

3 学校質問紙調査結果

Table of school questionnaire results, including physical fitness test results and sports participation data.

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) and physical fitness tests (握力, 50m走).

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 sleep patterns (1日睡眠時間).

Table of sleep patterns and wake-up times (寝る時刻, 寝る時間帯).

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

Table of sports participation after 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/嫌い) 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 survey results, including target setting (目標) and physical fitness test results (体力テスト).

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 average physical fitness and sports ability survey results, including body height, weight, grip strength, and various physical tests for both male and female students across different school grades.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, detailing sports participation rates, frequency, and duration for students in elementary and middle schools.

Table showing sleep patterns, including average sleep time and bedtimes for students, categorized by school level and gender.

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

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

Table showing the frequency of sports participation on weekends and during school days, broken down by gender and school level.

Table of student attitudes towards sports, including enjoyment, interest, and perceived difficulty levels.

3 学校質問紙調査結果

Table of school questionnaire survey results, detailing specific measures taken by schools to improve physical fitness and sports participation.

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 showing average values for physical fitness and sports ability across different school types and grades.

2 生活・運動習慣等調査結果

Table showing survey results for sports participation and habits among students.

Table showing sleep patterns and bedtimes for students.

Table showing TV watching and mobile phone usage times.

Table showing sports participation after school and on weekends.

Table showing detailed survey results for weekend sports participation.

Table showing survey results on sports preferences and enjoyment.

3 学校質問紙調査結果

Table showing survey results from schools regarding 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).

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 (運動実施状況), and daily sports time (1日運動時間).

Table of sleep habits survey results, including sleep duration (1日睡眠時間) and bedtime (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, including weekend sports frequency (土曜日の運動状況) and weekend sports participation (土曜日の参加).

Table of sports interest and enjoyment survey results, including sports interest (運動好き嫌い) and sports enjoyment (運動得意不得意).

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 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(校), 中学校数) and student counts by grade (1-6 years for elementary, 1-3 years for 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 (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, including 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 patterns (1日睡眠時間) and bedtimes (寝る時刻) for elementary and middle school students.

Table of TV viewing 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) for elementary and middle school students.

Table of after-school sports facility usage (放課後運動場所) and weekend sports facility usage (土曜日運動場所) for elementary and middle school students.

Table of weekend sports activities (土曜日の運動状況) and weekend sports participation (土曜日の参加状況) for elementary and middle school students.

Table of sports participation (運動好き/嫌い) and sports enjoyment (運動得意/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 target setting (目標) and physical fitness results (体力テストの結果).

41 東大和市

●基礎情報

小学校数(校)	小学校に籍児児童数(人)										中学校に籍生生徒数(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	
		男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女
10	5	413	336	357	396	385	369	397	391	355	362	345	382	395	329	368	343	330	359

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)	種目別平均													総合評価(%)					
				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)	反復横びひ(点)	選択種目 持久走(秒)	50m走(秒)	立ち幅とび(cm)	ハット(ワゴ) ホキ-スリッパ(m)	体力合計点(点)	A	B	C	D	E			
男子				第1学年	408	117.1	21.2	9.5	11.6	27.3	26.1		15.9	11.5	112.9	7.9	30.0	9.0	24.6	35.6	21.6	9.2
女子				第1学年	335	116.0	20.9	8.6	10.8	29.2	24.8		13.2	11.9	105.0	5.5	29.4	10.5	25.2	29.1	20.4	14.7

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										
		加入	未加入	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	52.5	47.5	38.3	61.7	25.4	49.4	12.1	13.1	20.5	53.0	13.9	12.7	14.2	38.2	36.4	11.2	20.0	41.2	34.8	4.0	93.6	6.2	0.2	95.2	4.5	0.3
	第2学年	58.8	41.2	46.1	53.9	34.8	46.3	10.1	8.9	15.8	59.4	14.0	10.7	14.0	30.1	37.7	18.1	16.0	39.3	39.0	5.7	95.4	4.3	0.3	92.7	6.3	1.0

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						男子		女子						
		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	日変でない	毎日定刻	ほぼ定刻	日変でない	9時以前	9-10時	10-11時	11-0時	0-1時	1時以降	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	0.5	14.6	84.9	0.0	12.9	87.1	31.1	64.7	4.2	22.7	73.4	3.9	27.3	64.1	7.5	0.8	0.3	0.0	0.0	31.4	61.5	6.5	0.6	0.0	0.0
	第2学年	0.6	16.7	82.7	0.5	13.7	85.8	25.1	70.3	4.6	21.6	73.9	4.6	21.0	66.3	12.0	0.6	0.0	0.0	26.3	63.4	9.8	0.6	0.0	0.0	

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																	
		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	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	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	20.3	46.0	25.2	8.4	23.3	46.4	22.4	7.9	68.8	22.5	6.0	2.8	85.7	11.0	3.0	0.3	9.8	59.8	43.1	15.0	62.3	9.6	55.8	39.4	14.3	59.7	14.0	16.4	15.2	43.4	59.7	10.5	16.0	15.2	52.0	56.0
	第2学年	16.1	42.8	25.9	15.2	23.7	42.0	25.7	8.7	63.5	25.5	6.7	4.3	80.5	14.1	3.1	2.3	11.8	71.8	66.1	12.1	69.0	12.1	64.2	61.7	13.6	65.0	11.9	17.5	16.3	41.2	69.2	12.1	15.8	14.6	44.1	38.8

校種	学年	放課後運動場所(複数回答)(%)						土曜日運動場所(複数回答)(%)						日曜日運動場所(複数回答)(%)											
		男子		女子						男子		女子						男子		女子					
		1運動部活動	2スポーツクラブなど	1-2以外	どこにも入らないで	1運動部活動	2スポーツクラブなど	1-2以外	どこにも入らないで	1運動部活動	2スポーツクラブなど	1-2以外	どこにも入らないで	1運動部活動	2スポーツクラブなど	1-2以外	どこにも入らないで	1運動部活動	2スポーツクラブなど	1-2以外	どこにも入らないで				
中学校	第1学年	73.5	20.2	4.4	19.3	63.3	11.3	8.9	27.0	66.1	23.8	4.6	22.1	72.6	9.4	7.6	19.3	56.3	26.3	2.1	29.6	73.4	8.7	5.8	16.2
	第2学年	68.4	26.3	3.8	14.7	63.9	15.6	6.1	28.3	68.4	26.1	2.8	14.6	72.9	15.5	4.8	19.3	56.6	30.8	3.0	20.7	67.4	14.9	2.1	24.8
	第3学年	66.8	19.1	5.5	21.3	56.1	11.7	10.3	33.2	58.9	19.3	3.4	24.6	66.8	11.2	9.1	24.1	53.3	21.8	2.4	26.1	64.2	10.8	8.1	25.0

校種	学年	土曜日の運動状況(%)												日曜日の運動状況(%)												月曜日時平均(分)						火曜日時平均(分)						水曜日時平均(分)						金曜日時平均(分)						土曜日時平均(分)						日曜日時平均(分)					
		男子				女子				男子				女子				男子		女子		男子		女子		男子		女子		男子		女子		男子		女子																									
		している	していない	している	していない	1回	2回	3回	4回	1回	2回	3回	4回	1回	2回	3回	4回	1回	2回	3回	4回	1回	2回	3回	4回	1回	2回	3回	4回	1回	2回	3回	4回																												
小学校	第1学年	48.5	51.5	39.4	60.6	6.7	30.6	12.4	50.3	15.5	27.1	18.6	38.8	52.2	47.8	42.2	57.8	14.2	35.3	15.2	35.3	21.9	35.0	15.3	27.7	62.4	60.8	58.4	58.9	61.3	59.5	60.6	55.2	61.0	58.8	88.6	85.5	91.1	85.1																						
	第2学年	59.1	40.9	46.2	53.8	8.9	22.7	12.3	56.2	16.0	30.3	9.7	44.0	57.1	42.9	45.8	54.2	16.1	29.5	13.5	40.9	21.1	32.2	13.5	33.3	63.8	52.8	64.9	53.1	67.5	55.9	61.9	51.8	65.7	58.8	114.3	72.9	120.0	75.9																						

校種	学年	運動好き(嫌い)(%)												運動得意(不得意)(%)												運動をもっとしたい(%)												休みの作業は楽しいと思う(%)											
		男子				女子				男子				女子				男子				女子				男子				女子																			
		好き	やや好き	嫌い	その他	好き	やや好き	嫌い	その他	得意	やや得意	不得意	その他	得意	やや得意	不得意	その他	思う	やや思う	思わない	その他	思う	やや思う	思わない	その他	思う	やや思う	思わない	その他																				
小学校	第1学年	72.5	21.6	5.2	0.7	67.6	25.8	4.5	2.1	34.9	42.3	19.2	3.7	27.1	48.8	19.6	4.5	61.3	27.3	9.1	2.2	55.9	29.6	13.0	1.5	75.8	18.2	5.0	1.0	74.0	19.9	5.2	0.9																
	第2学年	70.0	21.6	6.3	2.0	63.4	29.8	5.3	1.5	34.6	41.5	19.9	4.0	27.9	46.3	23.3	3.6	59.1	28.5	9.2	3.2	54.1	33.9	10.5	1.5	80.1	14.4	3.7	1.7	76.7	19.5	3.3	0.5																

3 学校質問紙調査結果

校種	目標(値)の設定(校)				体力テストの結果を踏まえた具体的取組(複数回答)(校)								運動習慣確立の手立て(校)				運動実施時間が少ない児童・生徒に対する取組(校)			
	している	していない	(予定している)	していない	外部指導者を活用	体育授業以外で設定	体育授業改善	生活習慣改善	スポーツクラブなどの連携	行事等との関連を図る	施設を整備・拡充	予算の整備・増大	その他	している(予定している)	していない	している(予定している)	していない			
小学校	4	6	8	2	2	4	7	3					1	1	2	10	3	2	4	1
中学校	2	3	5	2	1	1	5	1					2	1	2	3	2	4	1	

●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 average physical and fitness data, including body height, weight, grip strength, and various fitness tests for both male and female students across different school grades.

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 different school grades.

Table of TV watching and mobile phone usage, showing average time spent on these activities.

Table of after-school sports participation, detailing 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 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.

● 基礎情報

Table showing the number of students in elementary and middle schools by school level and gender.

1 体格及び体力・運動能力調査結果平均値

Table showing average physical and sports ability survey results, including metrics like body weight, lung capacity, and strength.

2 生活・運動習慣等調査結果

Table showing survey results on lifestyle and exercise habits, such as time spent exercising and eating habits.

Table showing sleep patterns and bedtimes for elementary and middle school students.

Table showing television viewing and mobile device usage patterns among students.

Table showing participation in sports and physical education activities.

Table showing participation in sports and physical education activities.

Table showing participation in sports and physical education activities.

Table showing participation in sports and physical education activities.

3 学校質問紙調査結果

Table showing survey results from schools regarding physical education and sports activities.

●基礎情報

Table showing school counts (小学校数(校), 中学校数) and student counts (小学生数(人), 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, 立ち幅び).

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), daily sports time (1日運動時間), and eating habits (朝食の有無).

Table of sleep patterns (睡眠時間, 寝る時刻, 寝る時間帯) by school grade.

Table of TV watching 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).

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

Table of sports participation frequency (土曜日の運動状況, 土曜日の回数, 日曜日の運動状況, 日曜日の回数) and average time spent.

Table of sports participation frequency (運動好き/嫌い) and reasons for not participating (運動得不得意).

3 学校質問紙調査結果

Table of school questionnaire results, including target setting (目標の設定) and physical fitness results (体力テストの結果).

●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 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 rates (運動部所属), sports implementation status (運動実施状況), and daily sports time (1日運動時間).

Table of sleep patterns (睡眠時間) and bedtimes (寝る時刻), showing percentages for different sleep durations and bedtimes across grade levels.

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) 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), detailing where students participate.

Table of weekend sports participation (土曜日運動状況) and daily sports participation (日曜日運動状況), including frequency and duration.

Table of sports enjoyment (運動好き) and motivation (運動得意不得意), assessing students' attitudes towards sports.

3 学校質問紙調査結果

Table of school questionnaire survey results, focusing on physical fitness test results and sports habit confirmation methods.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数(校), 中学校数) and student counts by grade (1-6 years elementary, 1-3 years 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 performance averages, 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, including sports participation rates (運動部所属), daily exercise status (運動実施状況), and daily sleep duration (1日睡眠時間).

Table of sleep patterns, including wake-up times (寝る時刻) and sleep duration (寝る時間帯) for elementary and middle school students.

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

Table of after-school activity participation, showing the number of students participating in various sports and clubs (放課後運動場所).

Table of weekend and holiday activity participation, including sports and other activities on Saturdays and Sundays (土曜日の運動状況).

Table of attitudes towards sports, including interest in sports (運動好き), dislike of sports (運動嫌い), and desire to participate (運動をもっとしたい).

3 学校質問紙調査結果

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

●基礎情報

Table showing school counts and enrollment 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 average physical and athletic performance data, including body measurements (height, weight, grip strength) and fitness test results (50m run, standing long jump, 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, detailing participation rates in sports, daily exercise time, and frequency of eating breakfast.

Table showing sleep patterns, including average sleep duration and the timing of waking up for elementary and middle school students.

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

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

Table showing the frequency of sports activities on weekends and during school holidays, categorized by gender and grade level.

Table of attitudes towards sports, including interest in sports, perceived difficulty, and enjoyment of physical education classes.

3 学校質問紙調査結果

Table of school questionnaire survey results, focusing on the implementation of physical education and the role of physical education teachers.

