

# 第3章

## 区市町村別調査結果

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<公表基準>

小中学校共に学校数が3校以上、児童・生徒数が各学年100人以上の両方の条件を満たす区市町村の調査結果を公表







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

2 生活・運動習慣等調査結果

Table detailing lifestyle and exercise habits, such as daily exercise frequency, sleep patterns, and TV viewing habits.

Table showing TV viewing time and mobile device usage statistics for students.

Table providing detailed breakdowns of exercise types and frequency for students.

Table detailing after-school activity locations and weekend exercise patterns.

Table showing outdoor activity frequency and duration for students.

Table detailing student preferences for sports and physical activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table summarizing questionnaire results related to school facilities, activities, and student preferences.



6 台東区

●基礎情報

Table with 10 columns: 学校数(校), 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. Includes sub-totals 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 physical and athletic ability survey results. Columns include gender, school type, grade, and various physical metrics like height, weight, lung capacity, and strength.

2 生活・運動習慣等調査結果

Table showing lifestyle and sports habits survey results. Columns include school type, grade, gender, and various activity and habit metrics.

Table showing TV viewing habits survey results. Columns include school type, grade, gender, and TV viewing time metrics.

Table showing mobile phone usage survey results. Columns include school type, grade, gender, and mobile phone usage metrics.

Table showing detailed sports activity survey results. Columns include school type, grade, gender, and detailed activity frequency and duration.

Table showing sports activity locations survey results. Columns include school type, grade, gender, and preferred activity locations.

Table showing sports days survey results. Columns include school type, grade, gender, and sports day participation metrics.

Table showing school quality questionnaire survey results. Columns include school type, grade, gender, and responses to various quality indicators.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing school questionnaire survey results. Columns include school type and responses to various questionnaire items.

区市町村別調査結果

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墨田区

●基礎情報

Table with 2 columns: 小学校 and 中学校. Rows show school counts and student numbers by grade for both 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 characteristics and sports ability. Includes columns for gender, school type, grade, and various physical measurements like height, weight, and endurance.

2 生活・運動習慣等調査結果

Table showing survey results on living and sports habits. Includes categories for sports participation, daily exercise, and meal habits.

Table showing survey results on sleeping habits and television viewing. Includes columns for school type, grade, and hours spent sleeping and watching TV.

Table showing survey results on sports participation. Includes columns for school type, grade, and details on sports activities.

Table showing survey results on locations for sports activities. Includes columns for school type, grade, and locations where sports are practiced.

Table showing survey results on sports participation frequency. Includes columns for school type, grade, and frequency of sports activities.

Table showing survey results on reasons for not participating in sports. Includes columns for school type, grade, and reasons for not participating.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing survey results on school questionnaire. Includes columns for school type and various questionnaire items related to sports and physical education.



●基礎情報

Table showing school counts (小学校数, 中学校数) and enrollment numbers (小学校在籍児童数, 中学校在籍生徒数) for elementary and middle schools in the district.

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, BMI, and endurance.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits. Columns include school type, grade, and indicators for daily exercise time, sleep duration, and TV viewing habits.

Table of exercise habits (continued). Columns include school type, grade, and indicators for mobile device usage and average exercise time.

Table of exercise habits (continued). Columns include school type, grade, and detailed indicators for exercise implementation and average exercise time.

Table of exercise habits (continued). Columns include school type, grade, and indicators for post-school and weekend exercise locations.

Table of exercise habits (continued). Columns include school type, grade, and indicators for weekend exercise frequency and duration.

Table of exercise habits (continued). Columns include school type, grade, and indicators for exercise motivation and frequency.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of questionnaire results. Columns include school type and various indicators related to physical education and health.

●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 showing average physical fitness and sports ability survey results, including height, weight, and various physical tests for elementary and middle school students.

2 生活・運動習慣等調査結果

Table showing survey results on lifestyle and sports habits, including participation in sports and daily exercise time.

Table showing survey results on TV viewing and exercise habits, including daily TV watching time and frequency of exercise.

Table showing detailed survey results on sports participation, including frequency of exercise and types of sports activities.

Table showing survey results on exercise locations, including where students exercise and the frequency of exercise at those locations.

Table showing survey results on daily exercise frequency and duration, including how often and for how long students exercise daily.

Table showing survey results on exercise preferences, including what types of sports students like and dislike.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing summarized survey results from school questionnaires, focusing on common items for elementary and middle schools.

10 目黒区

●基礎情報

Table showing school counts and student numbers for elementary and middle schools across grades 1 to 6.

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 measurements (height, weight, BMI), physical fitness tests (push-ups, sit-ups, etc.), and overall health assessment scores (A-E).

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits including participation in sports, daily exercise frequency, and eating habits.

Table of sleep and television viewing habits, including daily sleep duration and TV watching time.

Table of detailed exercise status, including frequency and duration of various activities like walking, cycling, and swimming.

Table of exercise locations, detailing where students exercise after school and on weekends.

Table of daily exercise frequency and duration, broken down by gender and grade.

Table of exercise enjoyment, assessing how much students like their current exercise routine.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results focusing on physical education curriculum and teacher perceptions.

区市町村別調査結果





13 渋谷区

●基礎情報

Table showing school counts and student numbers for elementary and middle schools across various grades.

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 height, weight, and various physical tests for elementary and middle schools.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits including sports participation, TV watching, and eating habits.

Table of TV watching and mobile device usage habits for elementary and middle schools.

Table of detailed exercise implementation and average exercise time for elementary and middle schools.

Table of post-exercise and weekend activity locations for elementary and middle schools.

Table of daily exercise frequency and duration for elementary and middle schools.

Table of exercise enjoyment and satisfaction for elementary and middle schools.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results regarding physical education and sports activities.



15 杉並区

●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 average physical and athletic performance data, including body height, weight, and various physical tests.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits, including sports participation, TV watching, and eating habits.

Table of sleep and television viewing habits, detailing hours spent on various activities.

Table of exercise implementation details, including frequency and duration of different types of exercises.

Table of post-exercise activities and locations, detailing where and how students engage in physical activity.

Table of daily exercise frequency and duration, providing a breakdown of how often and for how long students exercise.

Table of exercise preferences and enjoyment, including reasons for liking or disliking exercise.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results, focusing on common items across elementary and middle schools.



●基礎情報

Table showing school counts (小学校数, 中学校数) and enrollment statistics for elementary and middle schools by grade level and gender.

1 体格及び体力・運動能力調査結果平均値

Table detailing average body measurements (身長, 体重, 座高) and physical fitness test results (種目別平均, 体力合計点) for elementary and middle schools.

2 生活・運動習慣等調査結果

Table showing survey results on sports participation (運動部所属), daily exercise (運動実施状況), and sleep patterns (1日睡眠時間).

Table showing survey results on TV viewing habits (テレビ視聴時間) and mobile device usage (携帯等視聴時間).

Table showing survey results on detailed sports participation (運動実施状況詳細) and average exercise time (運動時間平均).

Table showing survey results on locations where students exercise after school (放課後運動するところ) and on weekends (土曜日・日曜日).

Table showing survey results on the frequency of sports days (土曜日の運動状況) and the number of sports days (土曜日の回数).

Table showing survey results on students' preferences for sports (運動好き嫌い) and their feelings about sports (運動をもっとしたい).

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing survey results on school sports facilities (グラウンドの材質) and the impact of physical education on students' lives.







●基礎情報

Table with 2 main columns: 小学校 and 中学校. Sub-columns include 学年 (1st-6th) and 性別 (男/女). Rows show 学校数(校) and 小学校在籍児童数(人) for each grade.

1 体格及び体力・運動能力調査結果平均値

Table showing physical and fitness survey results. Columns include 性別 (Gender), 校種 (School Type), 学年 (Grade), 体格 (Physical Characteristics: 身長, 体重, 座高), 種目別平均 (Subject-specific averages: 握力, 上体起こし, etc.), 体力合計点 (Total fitness score), and 総合評価 (Overall evaluation: A-E).

2 生活・運動習慣等調査結果

Table showing lifestyle and sports habits. Columns include 校種 (School Type), 学年 (Grade), 運動部所属 (Sports club membership), 運動実施状況 (Sports participation status), 1日運動時間 (Daily sports time), and 朝食の有無 (Breakfast consumption).

Table showing sleep and TV viewing habits. Columns include 校種 (School Type), 学年 (Grade), 1日睡眠時間 (Daily sleep time), テレビ視聴時間 (TV viewing time), and 携帯等視聴時間 (Mobile device viewing time).

Table showing detailed sports participation. Columns include 校種 (School Type), 学年 (Grade), 運動実施状況詳細 (Detailed sports participation status), 運動実施 (Sports participation), and 運動時間平均 (Average sports time).

Table showing sports participation locations. Columns include 校種 (School Type), 学年 (Grade), 放課後運動するところ (After-school sports locations), 土曜日運動するところ (Saturday sports locations), and 日曜日運動するところ (Sunday sports locations).

Table showing daily sports participation frequency. Columns include 校種 (School Type), 学年 (Grade), 土曜日の運動状況 (Saturday sports status), 土曜日の回数 (Saturday frequency), 日曜日の運動状況 (Sunday sports status), and 日曜日の回数 (Sunday frequency).

Table showing sports preferences. Columns include 校種 (School Type), 学年 (Grade), 運動好き嫌い (Sports preference), 運動得意不得意 (Sports skill level), and 運動をもっとしたい (Want to do more sports).

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing school questionnaire results. Columns include 校種 (School Type), 学年 (Grade), and various questionnaire items related to sports facilities and 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 height, weight, and various physical tests 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 daily exercise frequency, TV watching, and eating habits.

Table of sleep and TV watching habits, including daily sleep duration and TV viewing time.

Table of sports participation details, including frequency and duration of various sports activities.

Table of sports participation locations, including playgrounds, sports centers, and other facilities.

Table of sports participation frequency, including daily and weekly participation rates.

Table of sports participation satisfaction, including enjoyment and perceived benefits of sports.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of questionnaire results for schools, covering playground equipment, sports facilities, and teacher responses.

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, 1st to 3rd grade for middle school).

1 体格及び体力・運動能力調査結果平均値

Table of physical characteristics and fitness test results, including height, weight, and various physical fitness tests like 50m walk and sit-ups.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits, including daily exercise frequency, duration, and diet habits.

Table of sleep and TV viewing habits, including average sleep duration and TV watching time.

Table of sports participation details, including frequency and duration of various sports activities.

Table of post-exercise and weekend activity locations, detailing where students go after school and on weekends.

Table of daily sports participation, including frequency and duration of daily sports activities.

Table of sports enjoyment and interest, including how much students enjoy and want to participate in sports.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results, including data on physical education teachers and student participation in physical education.



●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 height, weight, 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 exercise habits, including sports participation, daily exercise, and TV viewing habits.

Table of survey results on living and exercise habits, including TV viewing and mobile device usage.

Table of survey results on living and exercise habits, including detailed exercise participation and average exercise time.

Table of survey results on living and exercise habits, including locations for after-school and weekend activities.

Table of survey results on living and exercise habits, including weekend activity frequency and duration.

Table of survey results on living and exercise habits, including frequency of walking and other activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, including playground equipment and physical education teacher responses.

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 height, weight, 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 and eating habits.

Table of survey results on living and sports habits, including TV viewing time and mobile device usage.

Table of survey results on living and sports habits, including detailed exercise status and average exercise time.

Table of survey results on living and sports habits, including post-school and weekend activity locations.

Table of survey results on living and sports habits, including weekend activity frequency and duration.

Table of survey results on living and sports habits, including interest in sports and desire to participate.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, including items like playground equipment and school 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, 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 of average physical and athletic performance data, including height, weight, and various physical tests 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 daily exercise frequency and duration.

Table of TV watching and mobile device usage habits, including daily viewing time.

Table of detailed sports participation data, including frequency and duration of various activities.

Table of post-exercise and weekend activity locations, such as sports fields and parks.

Table of daily exercise frequency and duration, broken down by gender and grade level.

Table of exercise enjoyment and preference, including reasons for liking or disliking activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

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

●基礎情報

Table showing school counts (schools, students) and enrollment 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 showing average physical characteristics (height, weight, etc.) and physical fitness test results (50m run, etc.) for elementary and middle school students.

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, exercise frequency, and sleep patterns.

Table showing survey results on living and sports habits, including TV watching time, mobile phone usage, and breakfast habits.

Table showing detailed survey results on sports participation, including frequency and duration of activities.

Table showing survey results on sports participation, including frequency and duration of activities.

Table showing survey results on sports participation, including frequency and duration of activities.

Table showing survey results on sports participation, including frequency and duration of activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing survey results on school questionnaire, including items like playground materials and physical education activities.

29 府中市

●基礎情報

Table showing school counts (schools, elementary, middle) and student counts 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 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 of lifestyle and sports habits survey results, covering exercise frequency, duration, and meal habits.

Table showing sleep and TV viewing habits, including sleep duration and TV watching time.

Table detailing sports participation status, including frequency and duration of sports activities.

Table about sports locations, detailing where students engage in sports after school.

Table regarding sports frequency, showing the number of days and times students participate in sports.

Table about sports preferences, including interest in various sports and reasons for participation.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table summarizing school questionnaire results, focusing on common items for elementary and middle schools.

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 year) 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 fitness data, including height, weight, and various physical tests 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 sleep patterns, TV watching, and exercise frequency.

Table of TV watching and mobile device usage habits among elementary and middle school students.

Table of detailed sports participation data, including frequency and duration of various activities.

Table of sports participation locations, categorized by school type and gender.

Table of daily sports participation statistics, including frequency and duration of activities.

Table of sports preferences, including favorite sports and reasons for participation.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results, focusing on sports facilities and implementation of sports programs.

●基礎情報

Table showing school statistics including school count, student numbers by grade (1-6 years) and gender, and total student counts 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/athletic performance data, including height, weight, lung capacity, and fitness scores across various categories and grades.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering exercise frequency, duration, and meal intake across different grade levels.

Table detailing television viewing habits, including average viewing time and frequency across various channels and programs.

Table of sports participation details, including specific activities, frequency, and duration for different student groups.

Table showing post-exercise activities and locations, detailing where students go and what they do after their physical education classes.

Table of sports participation frequency, tracking the number of days students participate in various sports activities.

Table of sports participation satisfaction, assessing how satisfied students are with their current level of activity and their future goals.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, focusing on school facilities, staff support, and overall sports environment.



●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 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 height, weight, and various physical tests.

2 生活・運動習慣等調査結果

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

Table of TV watching and mobile device usage habits, including screen time and viewing frequency.

Table of sports participation details, including frequency and duration of various activities.

Table of sports participation locations, including school, neighborhood, and public facilities.

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

Table of sports participation attitudes, including interest and enjoyment levels.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, including participation in sports and physical 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) 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 characteristics and fitness data including height, weight, and various physical tests 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 exercise frequency, duration, and TV watching habits.

Table of TV watching and mobile device usage habits, including daily viewing time and frequency.

Table of detailed sports participation data, including frequency and duration of various activities.

Table of sports participation locations, categorized by activity type and location.

Table of daily sports participation statistics, including frequency and duration of activities.

Table of sports participation satisfaction levels, including reasons for participation and satisfaction with facilities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of questionnaire results regarding school sports facilities and programs.

●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 height, weight, and various physical fitness tests across different school grades.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits, including frequency of exercise, sleep patterns, and TV viewing habits.

Table detailing exercise frequency and duration, categorized by gender and school grade.

Table detailing exercise frequency and duration, categorized by gender and school grade.

Table detailing exercise frequency and duration, categorized by gender and school grade.

Table detailing exercise frequency and duration, categorized by gender and school grade.

Table detailing exercise frequency and duration, categorized by gender and school grade.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results, including items like 'I like sports' and 'I exercise regularly'.

区市町村別調査結果

●基礎情報

Table showing school counts (小学校数) and student enrollment (小学生在籍児童数) 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 athletic ability survey results, including height, weight, lung capacity, and endurance tests 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 exercise frequency, TV watching time, and screen time for elementary and middle school students.

Table of sports facility usage and exercise frequency, detailing the percentage of students using various facilities and exercising daily.

Table of sports facility usage details, providing a breakdown of usage for different types of facilities like sports centers and community centers.

Table of post-exercise activity locations and sports participation, showing where students go after exercising and their involvement in various sports.

Table of daily exercise frequency and duration, detailing the number of days and hours students exercise each week.

Table of exercise enjoyment and motivation, assessing how much students enjoy exercising and their reasons for participating.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

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

区市町村別調査結果

●基礎情報

Table showing school counts and student numbers 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 and athletic ability survey results, including height, weight, and various physical tests.

2 生活・運動習慣等調査結果

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

Table of survey results on living and exercise habits, including TV viewing and mobile device usage.

Table of survey results on living and exercise habits, including detailed exercise implementation and average exercise time.

Table of survey results on living and exercise habits, including locations for after-school and weekend exercise.

Table of survey results on living and exercise habits, including frequency of exercise and daily exercise status.

Table of survey results on living and exercise habits, including enjoyment of exercise and desire to exercise.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, including ground materials and implementation of physical education.



●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 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 height, weight, and various physical tests for both male and female students.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, covering sports participation, daily exercise, and TV viewing habits.

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

Table of sports participation details, including frequency and duration of different types of sports.

Table of sports participation locations, categorized by school grounds, neighborhood, and public facilities.

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

Table of sports participation motivation, exploring reasons for participating and the perceived benefits.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of questionnaire survey results for schools, focusing on 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 physical fitness and sports ability survey results, including metrics like height, weight, and endurance for both male and female students across elementary and middle schools.

2 生活・運動習慣等調査結果

Table of lifestyle and sports habits survey results, detailing exercise frequency, duration, and dietary habits for elementary and middle school students.

Table showing TV viewing and mobile device usage habits, including daily viewing time for various channels and devices.

Table detailing sports participation and exercise habits, including frequency and duration of different types of physical activities.

Table regarding post-exercise recovery and weekend activity patterns, including where students go after school and on weekends.

Table showing the frequency of sports participation and exercise, categorized by gender and school level.

Table regarding exercise enjoyment and perceived difficulty, assessing how much students like and find challenging about their physical activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table summarizing questionnaire results for schools, focusing on common items related to sports and physical 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) 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, and various physical tests 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, daily exercise, and eating habits.

Table of television viewing and mobile device usage survey results, detailing viewing time for TV and mobile devices.

Table of detailed sports participation survey results, including frequency and duration of various sports activities.

Table of sports participation locations survey results, showing where students participate in sports.

Table of sports participation frequency survey results, detailing the number of days and hours spent on sports.

Table of sports interest survey results, assessing students' interest in different sports and their reasons.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, focusing on school facilities and sports-related programs.

区市町村別調査結果

41 東大和市

●基礎情報

Table showing the number of schools and students in elementary and middle schools, categorized by grade level (1st to 6th).

1 体格及び体力・運動能力調査結果平均値

Table of average physical fitness data, including body height, weight, and various physical performance tests like 50m dash and sit-ups, broken down by gender and school type.

2 生活・運動習慣等調査結果

Table detailing lifestyle and sports habits, including daily exercise frequency, meal patterns, and sleep habits, categorized by school type and grade.

Table showing average TV watching time and mobile device usage, including categories like educational programs and entertainment, by school type and grade.

Table of sports participation rates, including participation in organized sports, physical education classes, and after-school activities, by school type and grade.

Table detailing after-school activity locations, such as sports clubs, local sports centers, and outdoor areas, by school type and grade.

Table showing the frequency of sunbathing and the number of times it is done, categorized by school type and grade.

Table regarding exercise frequency and preferences, including how often students exercise and their preferred activities, by school type and grade.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table summarizing school questionnaire results on various aspects of physical education and sports, such as the availability of outdoor facilities and the implementation of physical education programs.

区市町村別調査結果

42 清瀬市

●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 gender, school type, grade, and various physical metrics (height, weight, BMI, etc.) and composite scores (A-E).

2 生活・運動習慣等調査結果

Table showing sports participation rates, exercise frequency, and sleep patterns for elementary and middle school students.

Table detailing TV watching habits and mobile device usage across different school grades.

Table providing detailed breakdowns of exercise frequency and average exercise durations.

Table showing exercise locations (school, sports club, etc.) and frequency for elementary and middle school students.

Table detailing exercise frequency and intensity (enjoyable vs. not enjoyable) for different school grades.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table showing survey results on school facilities (ground, gym) and teacher perceptions of student exercise habits.

Table showing specific survey results on school facilities and teacher perceptions, categorized by school type.

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 height, weight, and various physical tests 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 exercise frequency, sleep patterns, and TV viewing habits.

Table of TV viewing habits, categorized by school type and grade, showing time spent watching various channels.

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

Table of sports participation locations, detailing where students participate in sports and activities.

Table of sports participation frequency, showing the number of days and times students participate in sports.

Table of sports participation satisfaction, assessing students' satisfaction with their sports participation.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, focusing on common items for elementary and middle schools.

●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 school).

1 体格及び体力・運動能力調査結果平均値

Table of physical and fitness survey results, including body height, weight, and various physical performance metrics 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, physical activity, and sleep patterns.

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

Table of sports participation details, including frequency and duration of different sports activities.

Table of sports participation locations, categorized by gender and activity type.

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

Table of sports participation interest, measuring students' interest in different sports and activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, focusing on physical education 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 (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 height, weight, and various physical tests for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits, including daily exercise time, TV viewing time, and eating habits.

Table of sleep and television viewing habits, detailing sleep duration and TV watching time by gender and grade.

Table of exercise implementation details, including frequency and duration of various activities.

Table of exercise locations, detailing where students exercise after school, on weekends, and during holidays.

Table of exercise frequency, showing the number of days and times students exercise per week.

Table of exercise enjoyment, assessing how much students like and dislike various types of exercise.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of questionnaire results regarding school facilities, physical education curriculum, and teacher resources.

●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 fitness data, including height, weight, and various physical tests 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, daily exercise, and TV viewing habits.

Table of TV viewing habits, categorized by school type and grade, showing time spent watching various channels.

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

Table of sports participation locations, detailing where students engage in sports after school and on weekends.

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

Table of sports preferences, asking students to rate their interest in various sports and activities.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of questionnaire results regarding school sports equipment, teacher training, and implementation of sports programs.

区市町村別調査結果

47 羽村市

●基礎情報

Table showing school counts (schools, elementary, middle) and student enrollment (elementary and middle school students by grade).

1 体格及び体力・運動能力調査結果平均値

Table of physical and fitness data, including body height, weight, BMI, and physical fitness test scores for elementary and middle school students.

2 生活・運動習慣等調査結果

Table of lifestyle and exercise habits, including sports participation, physical activity time, and diet.

Table of sleep and television viewing habits, including sleep duration and TV watching time.

Table of exercise details, including frequency, duration, and type of activities.

Table of post-exercise activity locations, including where students go after school.

Table of daily exercise frequency, including the number of days and duration of daily exercise.

Table of exercise satisfaction, including student responses to questions about their enjoyment of exercise.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire results, including information on school staff, equipment, and physical education activities.



●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

Table of average physical and athletic performance data, including height, weight, 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 exercise habits, including daily exercise time and frequency of eating.

Table of survey results on living and exercise habits, including TV watching and mobile phone usage.

Table of survey results on living and exercise habits, including details of sports participation and average exercise time.

Table of survey results on living and exercise habits, including locations for after-school and weekend sports.

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

Table of survey results on living and exercise habits, including enjoyment of sports and perceived effort.

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

Table of school questionnaire survey results, including participation in sports and physical education.

区市町村別調査結果

49 西東京市

●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	
		男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女	男	女
19	9	799	747	778	744	781	720	761	758	790	790	818	780	693	644	696	651	713	622

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			選択種目													A	B	C	D	E
				身長(cm)	体重(kg)	座高(cm)	握力(kg)	上体起こし(回)	長座体前屈(度)	反復横とび(回)	選択種目持久走(秒)	30分歩行(分)	1-2時間(分)	2時間以上(分)	50m走(秒)	立ち幅とび(cm)	ハンドリフトキープ(秒)	体力合計点(点)						
男子	小学校	第1学年	789	116.7	21.0	64.9	8.8	11.0	26.0	25.7	15.1	11.5	11.5	10.6	127.7	11.6	37.4	5.9	23.1	36.0	23.5	11.5		

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				男子			女子			男子		女子				
		加入	未加入	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	57.9	42.1	42.8	57.2	32.0	50.4	8.0	9.6	20.3	57.0	12.4	13.6	32.2	43.6	10.6	19.8	40.6	36.6	3.0	96.6	2.9	0.5	97.4	2.4	0.1

校種	学年	1日睡眠時間(%)						テレビ視聴時間(%)						携帯等視聴時間(%)									
		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	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	0.0	9.8	90.2	0.0	11.1	88.9	20.3	45.7	23.1	11.0	24.7	47.4	20.4	7.4	79.0	15.3	3.8	1.8	90.2	8.3	0.8	0.7

校種	学年	運動実施状況詳細(%)										運動実施(%)										運動時間平均(分)									
		男子					女子					男子					女子					男子					女子				
		1日	2日	3日	4日	5日	1日	2日	3日	4日	5日	開始前	中休み	昼休み	放課後	下校後	開始前	中休み	昼休み	放課後	下校後	開始前	中休み	昼休み	放課後	下校後	開始前	中休み	昼休み	放課後	下校後
小学校	第1学年	38.9	24.7	17.2	6.1	13.0	48.5	24.0	13.0	5.3	9.2	5.8	46.5	34.1	6.6	74.7	5.2	44.3	28.7	7.5	72.0	11.2	16.2	14.7	38.9	66.9	11.5	14.9	13.5	43.5	55.7

校種	学年	放課後運動するところ(%)				土曜日運動するところ(%)				日曜日運動するところ(%)															
		男子		女子		男子		女子		男子		女子													
		1運動部活動	2地域のスポーツクラブなど	12以外	どこにも入らない	1運動部活動	2地域のスポーツクラブなど	12以外	どこにも入らない	1運動部活動	2地域のスポーツクラブなど	12以外	どこにも入らない												
中学校	第1学年	72.9	23.4	3.1	16.8	64.9	14.7	7.2	24.4	63.0	25.6	2.5	23.3	68.1	16.0	7.9	21.7	53.0	25.1	3.3	32.5	60.6	14.3	8.2	27.6

校種	学年	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(%)		月曜日の運動状況(%)		月曜日回数(%)		火曜日の運動状況(%)		火曜日回数(%)		水曜日の運動状況(%)		水曜日回数(%)		木曜日の運動状況(%)		木曜日回数(%)		金曜日の運動状況(%)		金曜日回数(%)		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(%)		
		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	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	男子	女子	男子	女子					
		小学校	第1学年	56.6	43.4	41.8	58.2	11.0	27.6	11.8	49.5	15.1	33.6	12.2	38.1	47.3	52.7	35.2	64.8	19.1	40.4	11.8	28.7	26.2	35.7	13.5	24.6	56.7	52.9	56.8	50.1	68.7	52.3	62.0	53.5	51.7	84.2	63.1

3 学校質問紙調査結果(小・中学校の共通項目を抜粋)

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(%)					
		男子					女子					男子					女子					男子		女子			
		好き	やや好き	やや嫌い	嫌い	思わない	好き	やや好き	やや嫌い	嫌い	思わない	得意	やや得意	やや不得意	不得意	思わない	得意	やや得意	やや不得意	不得意	思わない	思う	やや思う	あまり思わない	思わない	思う	やや思う
小学校	第1学年	68.2	24.6	5.6	1.7	6.29	28.5	6.8	1.9	30.7	44.3	21.1	3.8	28.0	46.7	20.9	4.3	59.8	29.9	8.6	1.7	52.7	36.1	8.4	2.7		

校種	学年	グラウンドの材質(校)		自然芝・人工芝の割合(校)	目標(個)の設定(校)		運動習慣確立の手立て(校)		運動時間が少ない子供に対する取組(校)		運動の実施時間が少ない子供に対する具体的取組(校)		体力テストの結果を踏まえた取組(校)		体力テストの結果を踏まえた具体的取組(校)										
		土・砂	人工芝		している	していない	している	していない	している	していない	している	していない	している	していない	している	していない									
小学校	14	5	0	2	3	16	17	2	11	8	1	10	8	9	2	0	12	6	1	13	9	10	0	2	0
中学校	9	0	0	0	1	8	4	5	5	4	0	3	5	2	9	5	1	3	6	1	2	0	1	0	0

区市町村別調査結果