

第3章

区市町村別調査結果

<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

※基礎情報は、当該年度の5月1日現在のものとする。

1 千代田区

●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 showing average body and physical fitness data for elementary and middle school students, including 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, such as daily exercise frequency and morning meal consumption.

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

Table showing television viewing habits and sports participation for elementary and middle school students.

Table showing sports participation after school and on weekends for elementary and middle school students.

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

Table showing preferences for sports and physical education, including interest levels and desired activities.

3 学校質問紙調査結果

Table showing survey results from schools regarding 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 height, weight, 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, including participation in sports, daily exercise, and breakfast habits.

Table of sleep patterns and bedtimes, showing average sleep duration and bedtime for elementary and middle school students.

Table of TV viewing and video game playing habits, detailing average viewing and playing times.

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

Table of weekend sports participation, detailing frequency and types of activities on weekends.

Table of sports preferences, showing which sports students like and dislike.

3 学校質問紙調査結果

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

4 新宿区

●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 detailing physical characteristics and sports performance averages for male and female students across different school grades.

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 and morning meal consumption.

Table detailing sleep patterns, including bedtime and waking up times, and the duration of sleep.

Table showing television viewing habits, mobile phone usage, and daily sports activities.

Table detailing post-school sports participation and the frequency of visits to community sports centers.

Table showing daily sports participation, frequency of visits to sports facilities, and overall sports frequency.

Table detailing sports preferences, reasons for not participating in sports, and overall engagement in sports.

3 学校質問紙調査結果

Table showing results from school questionnaires regarding physical fitness, sports participation, and sports facilities.

5 東京都

●基礎情報

Table showing school counts (小学校数, 中学校数) and enrollment numbers (児童数, 生徒数) 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 showing average physical fitness and sports ability survey results, including height, weight, strength, and endurance data for elementary and middle school students.

2 生活・運動習慣等調査結果

Table showing survey results on daily life and sports habits, including participation in sports and physical activity.

Table showing survey results on sleep patterns, including sleep duration and bedtime.

Table showing survey results on television viewing habits, including viewing time and channel preferences.

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

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

Table showing survey results on sports preferences and enjoyment, including favorite sports and reasons for participation.

3 学校質問紙調査結果

Table showing results from school questionnaire surveys, 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 numbers (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 and athletic ability survey results, including body measurements (身長, 体重, 握力) and athletic performance (50m walk, standing balance) 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), daily exercise (1日運動時間), and breakfast habits (朝食の有無).

Table of sleep habits survey results, including sleep duration (1日睡眠時間) and bedtime (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 (携帯電話視聴時間).

Table of post-school sports participation survey results, showing participation in various sports (放課後運動場) and weekend sports (土曜日運動場).

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

Table of sports preference survey results, including preference for sports (運動好き嫌い) and reasons for not participating (運動得意不得意).

3 学校質問紙調査結果

Table of school questionnaire survey results, including school characteristics (目標設定) and physical education activities (体力テストの結果).

区市町村別調査結果

●基礎情報

Table showing school statistics for elementary and middle schools, including 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 showing average physical and athletic performance metrics across different school grades and genders, including height, weight, and endurance.

2 生活・運動習慣等調査結果

Table showing lifestyle and exercise habits, including sports participation rates and frequency of physical activity.

Table showing sleep patterns and bedtime habits, including average sleep duration and bedtime frequency.

Table showing television viewing and internet usage habits, including average viewing times for various channels.

Table showing post-school sports participation, including frequency of sports activities and reasons for participation.

Table showing outdoor sports participation, including frequency of outdoor activities and reasons for participation.

Table showing sports participation preferences and reasons, including favorite sports and perceived barriers to participation.

3 学校質問紙調査結果

Table showing results from school questionnaires regarding physical fitness, sports participation, and other related factors.

区市町村別調査結果

●基礎情報

Table showing school counts (学校数) and student counts (児童数) 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 physical fitness and sports ability survey results, including body height, weight, strength, and endurance metrics 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 time, and breakfast habits.

Table of sleep patterns survey results, detailing bedtime, wake-up time, and sleep quality for elementary and middle school students.

Table of TV viewing and leisure time survey results, showing screen time and various leisure activities.

Table of sports participation survey results, detailing frequency and types of sports activities.

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

Table of sports interest and enjoyment survey results, measuring students' interest in and enjoyment of sports.

3 学校質問紙調査結果

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

●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 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 showing survey results on living and sports habits, including exercise frequency, duration, and breakfast habits.

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

Table showing TV viewing habits and leisure time, including average viewing time and leisure activities.

Table showing sports participation after school and on weekends, including frequency and types of activities.

Table showing sports participation on weekends, including frequency and types of activities.

Table showing sports participation frequency and enjoyment, including frequency and enjoyment levels for elementary and middle school students.

3 学校質問紙調査結果

Table showing school questionnaire survey results, including physical fitness test results and sports participation frequency.

●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 and fitness data for elementary and middle school students, including height, weight, and various fitness tests.

2 生活・運動習慣等調査結果

Table showing survey results on living and exercise habits, including daily exercise time and breakfast consumption.

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

Table showing TV viewing and mobile phone usage habits for elementary and middle school students.

Table showing results from a questionnaire about post-school sports participation.

Table showing results from a questionnaire about weekend sports participation.

Table showing results from a questionnaire about exercise motivation and preferences.

3 学校質問紙調査結果

Table showing results from a questionnaire survey at schools regarding physical education and health.