

III 資料編

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1 京都市立学校児童・生徒の体格の平均値の推移（昭和45年～平成23年）

<小学校（5・6年生）>

		身長(cm)		体重(kg)		胸囲(cm)		座高(cm)	
		男	女	男	女	男	女	男	女
5 年	45	136.3	136.9	31.3	31.6	66.1	65.5	74.0	74.6
	61	138.1	139.4	33.3	33.6	67.4	66.9	74.9	75.7
	62	138.3	139.2	33.2	33.6	67.3	67.0	74.8	75.4
	63	138.4	139.8	33.3	33.5	67.3	67.0	74.8	75.5
	元	138.5	139.4	33.6	33.7	67.6	67.1	74.9	75.5
	2	138.7	139.7	33.8	34.0	67.7	67.3	75.0	75.7
	3	138.8	139.7	33.0	33.9	67.8	67.1	75.0	75.7
	4	138.8	139.7	34.0	33.9	67.9	67.4	75.0	75.7
	5	138.9	139.8	34.1	34.1	68.0	67.5	75.0	75.6
	6	138.9	140.0	33.7	34.2	67.7	67.5	75.0	75.8
	7	139.2	140.0	34.2	34.3	7年から測定せず*		75.2	75.9
	8	139.0	140.2	34.4	34.6			75.2	76.0
	9	138.6	139.8	33.9	34.0			74.7	75.6
	10	138.7	140.0	34.0	34.0			74.8	75.7
	11	138.5	139.9	33.9	34.1			74.6	75.7
	12	138.7	139.8	34.1	34.0			74.7	75.5
	13	138.5	139.9	34.0	33.9			74.7	75.5
	14	138.5	139.7	33.8	33.7			74.6	75.4
	15	138.6	139.6	33.9	33.7			74.6	75.4
	16	138.4	139.8	33.7	33.7			74.5	75.4
	17	138.5	139.7	33.5	33.5			74.5	75.4
	18	138.3	139.6	33.5	33.5			74.4	75.4
	19	138.9	140.0	33.8	33.7			74.9	75.8
	20	138.9	140.1	33.9	33.8			74.9	75.7
	21	138.7	140.2	33.4	33.8			74.7	75.8
	22	138.8	140.2	33.5	33.9			74.9	75.8
	23	138.8	140.4	33.2	33.8			75.1	76.1
6 年	45	141.8	144.3	35.3	35.6	69.0	69.5	76.3	78.1
	61	143.8	146.0	37.3	38.3	70.1	70.7	77.3	78.9
	62	144.1	146.1	37.3	38.5	70.0	71.0	77.1	78.7
	63	144.2	146.0	37.4	38.4	70.1	70.9	77.3	78.7
	元	144.3	146.2	37.7	38.7	70.3	71.1	77.3	78.8
	2	144.5	146.3	37.8	38.6	70.4	71.1	77.5	78.9
	3	144.7	146.5	38.1	39.1	70.6	71.2	77.5	79.0
	4	144.7	146.5	38.1	38.8	70.6	71.2	77.5	79.1
	5	144.9	146.5	38.2	39.0	70.7	71.4	77.6	79.0
	6	144.9	146.7	38.1	39.1	70.6	71.5	79.0	79.2
	7	144.9	146.8	38.0	39.2	7年から測定せず*		77.6	79.3
	8	145.2	146.8	38.7	39.4			77.8	79.4
	9	144.7	146.6	38.2	39.0			77.4	79.5
	10	144.9	146.6	38.4	39.1			77.4	79.0
	11	144.8	146.7	38.3	39.1			77.4	79.1
	12	144.7	146.7	38.3	39.1			77.2	79.0
	13	144.9	146.6	38.3	38.8			77.4	78.9
	14	144.7	146.7	38.3	38.9			77.3	78.9
	15	144.5	146.3	38.1	38.5			77.2	78.7
	16	144.8	146.5	38.0	38.5			77.3	78.8
	17	144.5	146.4	37.8	38.5			77.1	78.7
	18	144.6	146.5	37.7	38.4			77.2	78.7
	19	144.8	146.7	38.1	38.7			77.4	79.2
	20	145.0	146.8	37.9	38.8			77.5	79.1
	21	144.9	146.8	37.7	38.4			77.4	79.1
	22	144.6	147.0	37.6	38.8			77.3	79.2
	23	144.8	146.9	37.6	38.6			77.4	79.5

＜中学校＞

		身長 (cm)		体重 (kg)		胸囲 (cm)		座高 (cm)	
		男	女	男	女	男	女	男	女
1年	45	147.5	148.8	39.5	40.2	69.9	72.1	79.3	80.5
	61	150.6	151.5	42.5	43.6	73.0	74.9	80.5	82.1
	62	150.9	151.4	42.7	42.3	73.0	75.0	80.8	82.1
	63	151.2	151.8	43.0	43.6	73.1	74.9	80.8	82.3
	元	151.4	151.6	43.2	43.6	73.3	75.2	80.9	82.2
	2	151.7	151.9	43.4	43.8	73.3	75.2	81.0	82.3
	3	151.8	151.7	43.4	43.5	73.6	75.1	81.1	82.2
	4	151.9	152.0	43.8	44.3	73.8	75.5	81.2	82.4
	5	152.0	152.0	43.7	43.8	73.9	75.3	81.3	82.5
	6	152.1	152.1	43.5	44.0	73.5	75.4	81.4	82.7
	7	152.0	152.1	43.5	44.0	7年から測定せず		81.3	82.7
	8	152.2	152.1	44.0	44.4			81.5	82.7
	9	152.1	151.7	43.7	43.8			81.3	82.2
	10	152.2	151.9	43.9	44.0			81.3	82.3
	11	152.3	151.7	43.9	43.9			81.3	82.3
	12	152.2	152.1	43.8	44.0			81.4	82.5
	13	152.1	152.1	43.8	44.0			81.2	82.4
	14	152.1	151.8	43.8	43.6			81.2	82.1
	15	151.8	151.9	43.8	43.6			81.0	82.2
	16	151.8	151.7	43.6	43.3			81.1	82.0
	17	152.0	151.8	43.6	43.4			81.0	82.0
	18	151.6	151.8	43.3	43.4			80.9	82.1
	19	152.1	152.1	43.4	43.5			81.3	82.5
	20	152.0	152.0	43.6	43.7			81.3	82.3
21	152.3	151.9	43.5	43.5	81.2			82.4	
22	151.8	152.0	42.9	43.1	81.1			82.3	
23	151.8	152.1	42.8	43.4	81.1			82.3	
2年	45	155.7	153.9	43.2	45.8			74.0	75.9
	61	158.3	155.1	48.4	47.2	76.7	77.4	84.4	84.0
	62	158.3	155.0	48.4	47.4	76.5	77.8	84.4	84.1
	63	159.0	155.0	48.9	47.2	76.8	77.4	84.7	84.1
	元	159.1	155.2	49.1	47.3	77.0	77.6	84.8	84.1
	2	159.3	155.3	49.1	47.2	77.0	77.5	84.8	84.1
	3	159.4	155.4	49.3	47.3	77.1	77.6	84.9	84.4
	4	159.5	155.3	49.2	47.5	77.2	77.6	85.0	84.3
	5	159.6	155.4	49.3	47.6	77.2	77.9	85.0	84.3
	6	159.7	155.5	50.4	49.1	79.0	80.4	87.5	87.3
	7	159.6	155.4	49.1	47.3	7年から測定せず		85.0	84.4
	8	159.7	155.4	49.5	47.6			85.0	84.3
	9	159.4	155.0	49.1	47.2			84.8	84.0
	10	159.8	155.1	49.4	47.5			85.0	84.0
	11	159.5	155.1	49.2	47.4			84.9	84.0
	12	159.8	155.1	49.5	47.5			85.0	84.1
	13	159.8	155.3	49.4	47.4			85.1	84.1
	14	159.5	155.1	49.4	47.5			84.9	83.9
	15	159.5	155.0	49.2	47.3			84.9	83.8
	16	159.4	155.1	48.9	47.0			84.7	83.9
	17	159.3	154.9	48.9	46.9			84.7	83.6
	18	159.4	155.1	49.2	47.1			84.8	83.9
	19	159.5	155.4	48.8	47.3			85.0	84.2
	20	159.6	155.3	48.6	47.2			85.1	84.1
21	159.0	155.0	48.3	46.9	84.9			84.0	
22	159.4	155.0	48.5	46.8	84.8			83.9	
23	159.2	155.1	48.1	46.9	84.9			84.2	
3年	45	161.9	154.0	50.2	47.5			76.6	77.4
	61	164.7	157.1	54.0	50.2	80.3	80.0	87.8	85.2
	62	164.5	156.8	54.0	49.9	80.0	79.5	87.8	85.1
	63	164.7	156.9	54.1	50.0	80.0	79.4	87.8	85.1
	元	165.0	156.8	54.4	49.9	80.0	79.5	88.1	85.1
	2	165.1	157.1	54.1	49.9	80.2	79.3	88.0	85.2
	3	165.2	157.1	54.4	50.0	80.4	79.5	88.0	85.4
	4	165.4	157.1	54.7	50.3	80.6	79.6	88.1	85.4
	5	165.4	157.1	54.5	50.0	80.6	79.5	88.2	85.3
	6	165.4	157.2	54.3	50.3	80.2	79.7	88.2	85.5
	7	165.4	157.2	54.3	50.1	7年から測定せず		88.2	85.5
	8	165.5	157.2	54.7	50.2			88.2	85.4
	9	165.2	156.7	54.9	49.6			87.6	84.9
	10	165.3	156.8	54.3	49.9			88.0	85.1
	11	165.4	156.8	54.2	50.0			88.1	85.0
	12	165.3	156.7	54.5	49.8			88.1	85.0
	13	165.4	156.6	54.5	49.8			88.2	85.0
	14	165.1	156.8	54.5	50.0			88.1	84.9
	15	165.0	156.8	54.4	50.1			88.0	85.0
	16	165.1	156.7	54.2	49.8			87.9	84.9
	17	165.1	156.7	54.4	49.8			87.9	84.9
	18	164.9	156.6	54.3	49.8			87.9	84.8
	19	165.5	157.2	54.6	50.1			88.4	85.3
	20	165.2	157.1	54.2	50.2			88.3	85.3
21	165.0	156.8	53.7	49.7	88.1			85.0	
22	164.9	156.8	53.9	49.6	88.1			85.2	
23	165.0	156.7	53.8	49.5	88.1			85.1	

<高等学校（全日制）>

		身長 (cm)		体重 (kg)		胸囲 (cm)		座高 (cm)	
		男	女	男	女	男	女	男	女
1年	45	165.9	156.3	54.8	50.8	82.3	78.9	89.0	84.8
	61	168.6	157.7	59.1	51.9	82.3	80.6	90.3	85.9
	62	166.7	156.7	58.1	51.6	83.1	81.5	89.7	85.6
	63	167.2	156.9	58.6	51.1	82.3	81.2	90.0	85.7
	元	166.8	157.1	58.4	51.3	82.3	80.6	89.5	85.1
	2	167.7	157.3	58.6	51.0	82.7	80.2	89.8	85.7
	3	167.7	157.2	58.4	51.4	83.3	81.0	89.9	85.7
	4	167.7	157.1	59.2	52.0	82.4	81.6	89.8	85.9
	5	167.7	157.8	59.1	52.1	83.4	81.8	89.9	86.0
	6	167.6	157.5	58.2	51.7	83.0	80.9	89.5	85.8
	7	167.8	157.2	58.1	51.8	7年から測定せず		89.6	85.4
	8	167.1	156.8	58.5	51.1			89.5	85.4
	9	168.9	157.4	59.6	51.1			90.4	85.5
	10	168.6	157.8	59.2	51.5			90.0	85.8
	11	168.4	157.6	58.0	51.3			90.0	85.7
	12	168.8	157.8	59.0	51.4			90.1	85.7
	13	168.3	157.3	59.2	51.0			90.2	85.4
	14	168.5	157.2	59.1	51.4			90.2	85.8
	15	168.3	157.9	61.1	50.4			90.5	86.0
	16	168.4	157.6	58.6	51.1			90.3	85.8
	17	169.0	157.3	58.5	51.2			90.5	85.7
	18	169.3	157.8	59.6	51.2			90.7	85.6
	19	168.8	157.7	60.0	51.5			90.7	86.0
20	168.9	157.8	60.0	51.5	90.9			85.9	
21	168.6	158.0	58.4	51.6	90.6			86.0	
22	168.9	157.8	59.1	50.5	90.8			85.9	
23	169.0	157.7	59.9	50.2	90.8			85.9	
2年	45	167.9	156.7	57.2	51.8	83.3	79.5	89.9	84.6
	61	170.2	158.2	61.1	52.9	84.9	80.8	91.0	86.0
	62	169.0	156.9	60.9	52.2	84.4	82.0	91.0	85.5
	63	169.1	157.5	59.8	52.3	83.6	81.9	91.0	85.5
	元	169.1	157.3	60.3	52.4	84.5	81.4	90.7	85.6
	2	169.1	157.9	59.7	52.1	83.5	81.4	90.5	85.6
	3	169.7	157.7	60.5	52.1	83.8	81.2	91.2	85.8
	4	169.3	157.9	60.3	52.3	83.7	82.1	90.4	85.9
	5	169.6	158.2	60.6	53.2	83.6	81.5	91.7	86.3
	6	169.8	158.3	61.5	52.7	85.7	82.1	90.9	86.0
	7	169.0	157.8	59.9	51.7	7年から測定せず		90.3	85.8
	8	169.2	157.6	60.4	52.9			90.4	85.7
	9	169.7	157.6	60.9	51.6			90.8	85.4
	10	169.9	157.7	61.1	52.2			90.6	85.6
	11	170.5	158.3	60.7	52.6			90.9	85.6
	12	170.3	158.3	60.3	52.4			91.1	86.0
	13	170.6	158.1	61.3	52.3			91.2	85.8
	14	170.4	157.9	61.5	52.3			90.9	85.7
	15	170.8	157.2	61.2	52.2			91.5	85.6
	16	170.1	158.0	60.9	52.1			91.4	85.8
	17	170.5	158.1	61.1	51.8			91.3	85.6
	18	170.6	157.2	62.6	52.1			91.6	85.5
	19	170.9	158.4	61.4	52.5			92.1	86.2
20	170.5	158.0	62.3	52.7	91.8			86.1	
21	170.6	158.2	61.5	52.2	92.6			86.1	
22	170.4	158.5	60.8	52.6	91.8			86.2	
23	170.4	158.0	60.8	51.6	91.9			85.9	
3年	45	168.7	156.9	58.4	51.4	84.9	79.7	91.6	84.7
	61	170.9	158.5	62.5	53.2	86.1	81.4	91.6	86.0
	62	169.8	157.1	62.0	52.1	85.2	81.6	91.6	85.6
	63	170.1	157.2	61.8	52.4	86.0	82.0	91.8	85.4
	元	170.1	157.8	61.6	52.1	85.3	81.2	91.1	85.7
	2	170.3	158.2	62.0	52.4	85.5	81.7	91.5	86.0
	3	169.7	158.4	61.4	52.4	84.7	81.6	91.4	86.1
	4	170.2	158.0	61.8	52.4	85.0	81.3	91.5	86.0
	5	170.2	158.0	62.3	52.9	85.2	82.0	91.5	86.1
	6	170.4	158.0	61.6	52.9	85.1	82.4	91.4	85.9
	7	170.5	158.6	62.6	53.7	7年から測定せず		91.2	86.0
	8	170.2	157.7	62.4	52.2			91.1	85.7
	9	170.4	158.3	61.6	53.0			91.0	85.6
	10	171.0	157.8	62.1	51.9			91.3	85.4
	11	170.6	158.2	61.4	52.8			91.1	85.6
	12	171.1	158.3	63.2	52.7			91.5	86.0
	13	170.8	158.6	61.9	52.5			91.1	85.8
	14	171.4	158.4	63.1	52.6			91.5	85.8
	15	170.9	157.7	63.4	52.3			91.6	85.5
	16	170.7	157.9	61.6	52.5			91.5	85.8
	17	171.4	158.0	63.5	52.3			91.9	85.7
	18	171.4	158.4	63.2	52.8			92.0	85.7
	19	171.2	159.0	62.5	52.8			92.1	86.5
20	171.7	158.8	63.3	52.7	92.6			86.4	
21	171.2	158.2	63.9	52.7	92.3			86.3	
22	171.5	158.5	63.4	52.1	92.5			86.3	
23	171.2	158.9	62.4	52.8	92.4			86.5	

<高等学校（定時制）>

		身長(cm)		体重(kg)		胸囲(cm)		座高(cm)	
		男	女	男	女	男	女	男	女
1年	45	164.0	155.1	53.9	50.7	80.9	82.1	87.7	84.3
	61	169.1	156.8	59.4	52.0	83.7	82.9	89.3	86.1
	62	167.2	158.8	60.2	53.8	83.3	85.3	89.4	86.2
	63	166.4	156.6	58.1	50.4	81.6	82.1	89.0	85.9
	元	167.2	156.9	58.0	53.2	81.8	83.8	89.4	85.8
	2	167.1	157.0	58.0	52.7	81.9	83.0	89.3	85.9
	3	167.4	157.1	58.1	52.4	81.8	82.0	89.5	85.6
	4	166.6	155.7	58.0	53.9	81.8	83.7	89.2	85.6
	5	167.5	157.4	60.1	54.8	83.7	84.8	89.3	86.1
	6	167.7	157.9	58.8	53.9	83.7	83.4	89.2	86.4
	7	167.2	156.7	58.5	54.8	7年から測定せず		89.1	82.4
	8	168.0	155.5	61.4	52.5			90.0	82.4
	9	166.6	156.4	59.8	54.7			89.1	85.0
	10	166.9	155.6	59.3	56.0			89.5	84.9
	11	167.3	155.5	59.8	60.0			89.6	85.3
	12	167.1	156.2	60.6	52.4			89.6	85.6
	13	166.7	157.0	59.4	51.6			88.8	85.4
	14	165.9	155.4	59.2	50.0			89.0	84.7
	15	168.2	157.3	63.6	50.3			90.0	82.3
	16	167.6	156.0	61.5	54.4			89.5	86.1
	17	168.0	155.2	62.4	52.7			89.7	84.3
	18	166.9	155.5	62.4	53.5			90.1	84.0
	19	168.4	157.4	59.3	59.5			90.0	86.3
	20	166.6	156.5	62.8	52.8			90.3	85.8
	21	167.5	157.7	57.4	54.8			89.9	86.4
	22	168.5	157.1	61.2	56.7			91.2	85.7
	23	167.3	155.9	58.2	51.0			90.1	84.5
2年	45	164.5	154.5	55.5	51.7	82.8	82.4	88.6	84.5
	61	169.1	156.8	60.0	52.7	83.6	83.0	90.0	85.2
	62	168.4	158.7	64.4	54.0	85.4	84.1	89.7	86.2
	63	169.3	157.3	62.5	53.0	84.5	85.1	90.7	83.9
	元	169.3	155.8	60.9	52.5	82.9	83.8	90.3	85.0
	2	168.7	157.1	58.9	53.2	81.7	84.2	89.9	85.1
	3	168.7	157.7	61.7	53.1	84.0	83.4	90.4	85.7
	4	169.0	157.0	60.7	51.9	83.2	82.4	90.2	85.5
	5	168.4	156.2	60.0	52.6	83.8	83.6	90.4	85.8
	6	169.5	157.5	62.6	55.1	85.5	84.6	90.5	86.0
	7	169.8	158.3	61.2	52.7	7年から測定せず		90.1	86.2
	8	168.7	158.5	60.1	56.9			90.3	86.4
	9	169.3	155.3	63.2	53.6			90.6	84.8
	10	168.7	155.3	62.0	51.9			90.0	85.2
	11	169.2	159.9	62.3	58.1			90.9	86.4
	12	168.9	156.2	62.1	57.6			90.5	85.8
	13	169.0	158.3	61.3	56.2			90.7	86.1
	14	168.4	156.5	63.1	51.8			90.4	84.3
	15	167.8	156.7	63.2	53.4			89.9	85.3
	16	169.8	157.1	64.9	51.3			91.3	85.9
	17	168.8	158.0	64.0	51.7			90.5	86.2
	18	168.5	155.7	65.4	51.1			90.7	84.4
	19	169.9	157.6	66.2	54.3			91.2	85.6
	20	169.5	156.6	61.5	57.9			91.6	86.2
	21	168.0	157.1	62.7	52.5			90.0	85.6
	22	169.1	157.3	59.2	56.8			90.7	85.8
	23	170.6	156.6	61.8	55.6			92.0	82.4
3年	45	166.3	155.0	57.0	52.2	84.4	83.1	89.4	84.7
	61	169.8	157.3	61.5	55.1	84.9	84.6	90.3	84.9
	62	169.5	157.9	61.9	51.8	84.9	83.1	90.8	85.0
	63	169.7	158.0	61.3	50.3	83.8	81.7	89.8	85.5
	元	169.4	157.0	62.9	50.5	85.0	82.1	90.6	85.4
	2	169.7	156.6	62.5	50.8	84.0	83.5	89.9	84.9
	3	168.7	157.9	61.2	53.9	85.3	84.2	90.5	85.8
	4	169.1	158.2	62.0	51.9	85.2	81.6	90.4	85.9
	5	169.6	157.6	64.2	52.7	85.7	82.1	91.1	86.0
	6	169.3	156.0	61.1	51.6	85.1	83.7	90.6	85.7
	7	169.9	157.5	63.8	53.1	7年から測定せず		90.3	85.4
	8	170.6	157.8	63.4	52.6			91.3	85.2
	9	169.3	157.9	61.0	53.6			90.3	86.3
	10	169.6	154.8	64.6	54.2			90.6	83.8
	11	169.1	154.8	61.3	50.4			90.6	84.4
	12	169.1	156.1	62.4	53.6			90.6	85.9
	13	169.6	157.7	62.8	60.3			90.5	86.7
	14	170.2	158.5	63.1	53.0			91.4	85.3
	15	169.1	155.6	64.3	52.7			90.4	85.2
	16	168.3	156.3	64.1	50.7			90.1	85.4
	17	170.4	156.6	67.0	54.5			91.5	85.4
	18	169.2	156.4	66.0	55.7			91.1	86.7
	19	169.6	156.3	66.3	56.4			91.5	85.1
	20	169.8	157.3	66.1	53.9			92.0	85.8
	21	170.9	156.0	63.4	52.7			92.4	81.5
	22	169.0	156.4	65.0	51.7			90.0	85.2
	23	169.7	158.7	60.7	54.7			91.8	86.7
4年	45	167.0	155.4	57.4	52.9	85.5	83.6	89.4	84.6
	61	170.1	158.2	63.2	52.2	86.4	82.8	90.5	85.2
	62	171.9	156.2	64.7	51.1	87.5	82.9	90.9	81.3
	63	169.3	155.8	62.8	49.6	84.9	83.8	90.0	85.6
	元	169.4	158.2	63.1	52.9	85.0	83.9	90.5	85.3
	2	170.2	157.6	63.2	51.1	85.9	83.3	90.3	85.2
	3	170.0	156.0	62.7	49.5	86.4	82.2	90.8	84.4
	4	169.5	157.2	61.1	55.2	85.3	84.8	90.5	86.0
	5	169.2	158.8	61.9	52.6	84.6	81.9	90.7	86.1
	6	170.2	156.9	63.3	51.6	86.4	82.6	91.1	85.6
	7	169.7	156.3	62.3	52.0	7年から測定せず		90.8	85.0
	8	170.7	157.8	64.9	53.9			91.3	86.4
	9	170.9	157.2	63.7	53.4			91.1	85.9
	10	169.6	157.3	61.5	55.0			90.8	86.3
	11	170.4	155.0	64.8	53.6			91.6	84.4
	12	170.1	155.6	64.3	51.3			91.2	85.7
	13	166.8	160.1	63.1	52.8			90.9	86.1
	14	170.0	155.5	63.1	52.9			91.0	84.6
	15	170.4	159.0	65.1	56.1			91.7	85.9
	16	169.9	156.1	64.4	53.3			91.3	84.8
	17	169.1	156.9	63.8	52.3			91.2	85.4
	18	170.0	154.8	68.4	56.4			91.3	85.8
	19	170.1	158.3	67.2	55.1			91.6	87.4
	20	169.8	156.4	68.0	57.8			92.3	84.5
	21	170.9	158.5	65.5	56.2			91.8	86.2
	22	170.3	157.3	62.1	53.7			92.5	87.3
	23	169.2	154.6	66.3	53.3			91.6	84.2

2 京都市立学校児童・生徒の体力，運動能力の平均値の推移（昭和45年～平成10年）

（1）本市児童・生徒の体力の推移

＜小学校（5・6年生）＞

		反復横とび(回)		垂直とび(cm)		背筋力(kg)		握力(kg)		伏臥上体そらし(cm)		立位体前屈(cm)		踏台昇降(指数)	
		男	女	男	女	男	女	男	女	男	女	男	女	男	女
5 年	45	35.00	34.70	32.10	31.10	57.20	45.50	17.50	16.30	44.40	46.60	7.70	10.00	66.40	65.20
	56	36.40	35.30	32.80	31.30	58.70	50.50	18.50	17.30	45.60	46.10	7.10	8.90	66.60	64.90
	57	36.40	35.10	33.50	31.70	59.70	47.10	18.60	16.90	46.70	46.80	5.30	8.10	70.60	66.60
	58	35.70	33.90	32.40	30.50	57.00	45.40	18.70	17.00	46.30	44.70	5.70	7.50	70.60	64.10
	59	36.69	34.73	33.28	31.33	57.49	46.78	17.70	16.25	45.74	45.86	5.80	8.37	68.87	65.92
	60	37.37	35.14	33.11	31.01	54.75	45.13	18.24	16.34	45.70	45.80	4.80	7.50	74.90	71.70
	61	36.50	34.66	33.44	31.88	56.26	45.64	17.34	15.73	44.20	45.67	4.81	7.97	69.04	70.48
	62	37.30	35.10	34.17	32.13	56.41	46.16	17.49	16.11	43.82	45.62	5.27	8.01	69.29	65.92
	63	36.02	34.31	32.60	31.49	53.94	44.03	17.18	15.96	44.12	45.26	4.96	7.29	67.82	62.71
	元	36.44	32.79	33.35	31.03	56.76	48.59	17.15	15.60	44.15	47.16	7.06	10.20	66.01	63.59
	2	35.21	33.56	32.72	31.21	55.68	47.05	17.35	16.13	44.04	44.94	4.46	6.40	65.18	61.75
	3	35.97	33.14	32.60	30.53	55.34	44.10	17.73	16.41	43.33	44.46	6.49	8.11	66.87	65.13
	4	35.61	33.42	33.13	31.05	55.51	44.50	17.27	15.91	43.66	45.31	4.52	7.97	65.44	63.01
	5	35.13	33.09	32.64	30.94	54.33	43.99	17.19	15.96	44.40	44.19	4.57	6.28	66.21	62.82
	6	34.89	32.89	31.94	29.93	54.57	43.91	16.90	15.74	43.43	43.87	4.64	7.04	67.89	65.52
	7	33.92	32.71	33.10	31.13	54.67	44.42	17.43	16.14	44.44	44.69	5.34	7.72	66.45	65.57
	8	34.70	32.64	32.66	30.57	52.60	43.29	16.56	16.00	44.50	45.92	4.89	7.56	66.22	63.26
	9	34.33	32.07	33.35	30.81	54.09	45.85	16.67	15.82	43.82	44.71	5.08	7.23	69.43	66.63
	10	32.73	29.78	32.20	30.05	52.02	42.67	16.47	15.53	42.68	43.86	3.99	6.47	65.84	62.78
6 年	45	38.50	37.20	35.20	33.70	66.90	55.00	20.40	19.20	47.60	50.70	8.00	10.50	63.70	60.60
	56	38.70	37.60	37.00	36.80	70.50	55.10	20.90	19.60	47.80	48.70	7.70	9.50	67.70	65.20
	57	39.80	38.20	37.00	36.80	69.50	58.70	21.50	20.10	47.50	49.90	5.90	9.10	70.60	67.90
	58	38.90	37.50	36.70	36.80	69.20	57.00	20.40	20.50	48.20	49.80	5.90	9.00	68.50	67.30
	59	39.23	37.59	36.91	34.75	69.82	56.20	20.32	19.29	47.87	48.88	6.41	8.79	70.22	65.05
	60	40.27	37.83	37.29	34.96	66.53	53.64	20.43	19.43	47.50	47.60	5.30	8.20	69.10	64.70
	61	39.36	37.47	36.83	34.69	65.74	56.52	20.27	19.24	45.88	47.33	5.15	8.10	71.75	71.03
	62	40.02	37.97	37.22	35.17	65.60	53.82	20.37	19.21	46.89	48.95	5.18	8.67	66.48	62.67
	63	38.83	36.86	36.90	35.25	65.84	54.43	20.55	19.37	46.01	48.17	5.00	8.57	65.05	59.79
	元	40.31	37.91	37.03	35.29	68.23	56.69	10.61	19.60	47.30	49.69	6.81	9.85	68.93	63.87
	2	37.84	36.11	36.56	34.04	64.70	52.31	20.36	19.11	45.89	46.32	5.33	8.21	67.31	63.69
	3	39.22	36.79	37.27	35.12	67.98	55.25	20.69	19.49	46.06	47.79	7.10	9.13	67.13	63.70
	4	39.31	36.96	36.91	34.72	68.51	54.91	20.38	19.08	45.71	47.90	5.28	7.99	66.29	62.47
	5	38.93	36.32	37.06	34.30	67.40	53.04	20.15	18.91	45.61	47.17	3.74	6.80	66.76	61.74
	6	37.78	35.95	36.57	33.83	63.04	52.54	19.87	18.63	44.59	46.58	4.16	7.51	69.35	64.49
	7	37.43	35.84	37.02	34.52	66.41	55.46	19.87	19.23	45.71	47.67	4.60	8.11	67.85	65.49
	8	36.48	34.07	36.01	33.73	65.86	52.14	20.08	18.73	45.94	47.45	4.64	8.03	68.17	62.84
	9	37.38	34.86	37.01	34.57	64.22	53.74	19.72	18.93	45.72	47.74	4.33	8.07	65.77	60.40
	10	37.76	35.17	36.96	33.07	66.50	54.11	20.17	18.27	46.73	47.28	5.25	7.44	69.14	62.60

＜中学校＞

		反復横とび(回)		垂直とび(cm)		背筋力(kg)		握力(kg)		伏臥上体そらし(cm)		立位体前屈(cm)		踏台昇降(指数)	
		男	女	男	女	男	女	男	女	男	女	男	女	男	女
1年	45	35.60	34.70	40.50	36.60	83.50	67.30	23.60	21.00	48.20	53.40	10.60	12.70	68.40	63.10
	56	36.90	33.50	42.80	38.00	82.70	71.80	24.50	21.50	50.30	52.40	7.50	10.80	65.90	65.90
	57	36.00	33.60	42.50	38.20	77.90	63.40	24.50	22.50	50.20	53.70	6.70	10.30	70.40	65.00
	58	37.30	33.60	42.80	39.00	84.80	65.90	26.10	22.00	51.20	53.60	7.10	11.40	69.80	67.50
	59	37.62	34.55	40.80	37.49	74.67	62.31	23.96	22.14	50.61	52.71	6.31	10.40	70.83	68.08
	60	38.00	35.90	41.60	38.00	82.50	63.90	24.50	21.70	49.20	51.90	6.10	9.40	69.40	63.60
	61	38.87	36.14	41.83	37.96	76.08	60.40	24.60	21.95	49.83	48.43	5.49	8.69	69.76	70.14
	62	36.86	34.94	41.26	38.45	77.63	62.35	22.60	20.93	48.79	52.19	5.21	9.42	69.36	63.17
	63	36.77	34.25	40.50	36.06	77.20	57.34	23.46	20.12	49.41	50.87	4.51	8.89	69.32	63.31
	元	39.69	34.24	40.66	37.56	77.40	59.08	23.76	21.18	48.96	50.55	6.31	8.97	67.13	63.58
	2	36.75	33.89	40.97	38.00	80.69	61.83	24.22	20.63	48.99	50.47	5.19	8.97	68.68	62.13
	3	36.82	33.83	41.99	35.75	81.60	62.15	25.33	21.34	48.92	51.00	6.76	10.38	68.88	61.02
	4	36.53	33.79	41.60	36.87	84.20	64.42	24.41	20.80	47.98	50.91	4.33	8.39	69.31	62.75
	5	35.70	33.13	40.79	36.21	81.60	64.16	23.58	21.11	47.73	50.57	4.42	7.65	69.10	62.51
	6	36.75	32.72	41.13	36.33	79.44	61.43	22.95	20.79	48.26	50.17	4.17	8.77	69.28	63.93
	7	36.74	33.41	40.49	35.88	80.82	60.16	23.31	20.14	48.32	49.42	4.41	8.51	66.94	61.55
	8	36.52	32.59	41.50	36.35	76.25	58.89	22.41	19.81	47.85	49.04	3.82	8.07	67.40	60.70
	9	35.98	32.99	41.06	35.72	74.87	58.82	22.90	20.12	48.76	50.43	4.42	8.53	66.81	61.15
	10	36.57	32.70	41.60	36.95	74.38	58.02	22.55	20.47	48.17	50.65	4.51	8.81	67.67	61.45
2年	45	36.60	36.90	44.50	39.40	93.00	74.70	27.80	24.60	54.10	56.70	12.50	14.10	64.40	62.50
	56	38.80	36.30	48.30	41.60	110.20	70.50	31.50	24.10	52.80	54.90	7.60	12.30	67.40	66.80
	57	38.00	35.60	48.50	40.00	99.60	69.10	30.80	24.50	53.80	54.70	10.10	12.00	69.60	66.60
	58	39.00	36.40	48.30	40.50	95.50	72.40	30.00	24.50	53.80	55.00	8.60	12.50	71.60	67.80
	59	39.55	35.98	48.87	40.59	93.35	68.92	30.12	24.27	54.01	55.92	7.18	11.44	72.39	65.29
	60	40.40	37.50	47.90	41.50	95.80	72.50	30.20	24.10	51.70	53.70	6.90	11.80	73.00	66.20
	61	40.52	37.95	48.09	41.76	94.75	69.00	29.67	24.31	52.39	51.07	6.67	9.95	72.63	72.15
	62	39.31	36.40	48.32	40.16	99.61	70.88	29.81	23.16	51.34	54.29	6.88	10.78	69.42	67.55
	63	39.61	36.79	47.50	40.23	94.66	70.41	29.55	23.34	51.69	54.02	5.61	10.12	71.12	65.82
	元	39.54	36.14	47.17	39.28	94.94	68.07	29.94	23.81	50.91	52.02	8.63	11.86	68.99	64.56
	2	39.28	36.85	47.14	40.03	98.81	72.02	29.50	23.86	50.91	53.03	5.97	10.45	72.39	65.64
	3	39.55	35.79	48.47	39.29	98.70	70.30	31.33	23.31	50.22	52.65	7.64	10.36	70.57	63.80
	4	38.99	35.17	48.31	39.20	97.54	71.21	30.62	23.17	50.80	53.82	5.43	9.52	72.28	63.78
	5	39.35	35.87	47.57	39.68	99.86	70.36	29.88	22.70	50.52	51.80	5.42	9.64	71.41	63.74
	6	39.63	35.34	46.81	39.36	100.97	72.32	28.98	23.05	50.30	52.75	5.39	9.84	72.19	62.81
	7	39.29	35.90	45.81	39.00	95.00	68.91	28.92	22.54	50.71	52.81	5.20	9.62	70.70	62.34
	8	38.87	35.08	47.20	37.96	95.38	64.07	27.58	22.22	50.73	51.22	5.17	9.71	72.23	63.39
	9	38.93	35.01	46.65	38.79	94.04	68.12	28.71	22.68	50.65	52.31	5.19	9.50	70.15	62.54
	10	39.44	35.76	46.63	39.44	93.42	65.19	28.62	22.62	50.29	52.89	5.12	10.29	70.38	62.97
3年	45	49.90	36.60	53.30	39.80	108.70	82.70	37.40	26.10	54.40	57.70	9.30	15.10	69.00	59.30
	56	40.50	37.20	55.30	42.70	114.20	78.10	35.30	25.40	55.50	57.60	9.80	13.10	68.40	66.20
	57	41.10	36.90	54.50	41.80	115.50	77.10	36.50	25.30	56.00	57.20	11.40	12.90	69.80	66.10
	58	41.50	36.90	52.80	41.90	115.60	73.30	35.90	25.60	56.50	56.40	9.50	12.70	72.50	66.60
	59	41.80	36.34	53.76	41.98	118.70	74.42	35.22	25.50	55.61	57.52	8.27	13.15	69.86	66.14
	60	42.30	36.90	52.60	42.40	112.30	77.20	35.50	25.60	54.50	55.40	8.50	12.20	72.30	65.10
	61	42.12	37.87	53.31	43.13	110.59	73.43	35.84	26.15	54.78	54.01	7.84	10.75	69.68	69.57
	62	42.19	37.83	52.12	42.50	108.07	73.88	34.97	24.81	55.79	56.92	8.26	12.20	69.73	62.23
	63	41.51	36.92	52.85	41.04	113.40	66.42	35.51	24.58	53.61	54.63	7.45	10.27	72.03	60.68
	元	40.94	36.51	52.82	41.56	111.25	75.44	35.95	25.53	53.89	54.79	9.12	11.01	72.91	64.85
	2	41.32	38.93	52.59	40.83	113.09	74.26	35.86	25.01	53.88	54.52	7.43	10.45	70.07	62.76
	3	40.56	36.90	53.47	40.59	113.57	73.26	36.40	25.33	53.25	53.27	8.31	11.25	72.71	63.43
	4	41.59	36.15	53.77	41.16	117.01	75.32	36.83	24.80	54.08	54.46	7.26	10.18	74.13	64.62
	5	41.80	37.05	52.95	40.68	114.34	74.60	35.48	24.53	53.97	54.28	7.09	10.37	72.84	62.55
	6	41.37	36.03	52.72	40.38	114.77	74.32	34.40	23.79	54.05	53.79	6.21	9.89	72.48	62.08
	7	41.27	37.25	51.62	40.15	111.95	74.88	34.03	23.85	53.47	54.00	7.00	10.44	71.57	61.81
	8	43.13	37.73	54.63	42.43	115.36	73.71	35.88	24.88	52.60	52.08	7.82	10.56	72.62	65.77
	9	40.18	35.92	52.15	39.51	107.86	70.52	33.60	23.65	53.38	54.20	5.69	10.53	71.67	62.18
	10	41.08	36.25	51.82	40.41	106.96	69.09	33.27	23.81	52.81	54.40	5.76	10.23	70.49	62.22

<高等学校（全日制）>

		反復横とび(回)		垂直とび(cm)		背筋力(kg)		握力(kg)		伏臥上体そらし(cm)		立位体前屈(cm)		踏台昇降(指数)	
		男	女	男	女	男	女	男	女	男	女	男	女	男	女
1年	45	41.60	37.80	57.30	39.40	126.40	80.80	41.20	26.70	57.50	58.80	13.80	15.10	61.40	56.00
	56	42.30	36.70	56.00	42.70	125.40	79.80	40.10	27.70	54.40	54.30	12.10	15.70	70.80	63.90
	57	42.80	37.00	58.10	42.80	131.80	81.80	41.30	27.30	57.40	58.70	11.00	15.00	70.90	65.90
	58	43.70	39.10	53.70	42.50	130.20	81.70	41.40	28.60	53.40	54.80	10.30	13.80	63.10	65.80
	59	43.28	39.13	54.45	42.99	129.67	76.73	40.88	28.81	57.77	56.79	10.55	12.89	66.94	60.75
	60	43.90	38.50	56.90	43.70	135.50	78.50	40.90	27.90	59.70	58.10	13.50	14.70	68.00	63.90
	61	43.91	38.51	56.41	42.48	124.89	70.59	41.77	27.58	56.41	55.66	10.95	12.07	67.23	69.45
	62	43.15	37.30	55.75	41.01	117.54	70.11	41.17	26.99	55.11	56.50	10.10	13.23	68.71	57.85
	63	43.57	38.36	55.69	43.29	121.02	69.77	40.97	28.11	59.34	58.06	11.39	15.18	66.50	62.11
	元	46.02	36.62	59.74	42.68	121.92	77.13	41.45	20.53	55.04	56.72	10.50	14.43	70.67	62.91
	2	43.67	38.62	57.26	45.67	115.95	83.49	41.73	27.67	53.02	54.30	7.77	12.94	67.78	62.51
	3	42.11	38.70	56.91	44.48	123.64	71.30	40.67	28.79	53.03	54.04	8.90	13.05	70.54	61.66
	4	41.93	36.86	57.73	43.72	119.20	64.14	42.83	26.23	52.74	52.16	10.56	11.23	69.07	59.21
	5	41.36	36.05	57.19	43.86	122.21	80.92	39.50	28.18	53.98	54.46	5.89	10.95	67.87	64.90
	6	43.14	39.09	57.12	44.56	119.27	80.70	38.00	23.59	53.91	54.49	8.75	11.15	70.68	67.67
	7	42.44	37.58	55.32	41.93	116.28	80.39	33.97	23.36	55.36	55.36	8.06	12.60	64.37	65.79
	8	44.02	36.63	56.65	41.63	114.20	72.96	34.04	23.52	56.85	54.41	10.91	9.55	69.55	59.04
	9	41.41	37.13	58.42	41.02	114.16	59.46	36.43	23.94	55.46	51.21	6.58	11.58	70.51	58.27
	10	46.25	41.58	65.60	43.75	129.60	89.00	42.10	26.29	54.80	55.94	9.80	12.42	66.12	64.32
2年	45	40.90	39.10	57.40	40.70	137.70	84.40	44.60	26.30	60.60	61.50	15.10	15.50	54.60	55.90
	56	43.40	36.40	59.10	41.70	134.00	80.80	42.60	27.50	54.70	58.00	15.20	15.40	68.60	65.00
	57	43.90	37.50	59.60	41.80	137.40	84.70	44.20	28.00	58.40	57.90	14.00	15.70	68.50	64.50
	58	46.40	38.10	57.50	42.60	141.60	80.70	44.20	28.40	58.10	56.60	12.40	16.80	69.60	72.20
	59	45.24	39.19	58.79	43.07	147.73	82.16	44.85	29.07	60.17	59.21	12.63	14.92	70.48	61.21
	60	45.20	39.50	60.50	41.70	136.30	85.40	44.10	28.20	60.20	58.50	14.00	16.80	71.40	65.10
	61	45.04	39.96	57.45	43.88	134.47	77.50	43.58	28.12	59.75	57.99	10.95	12.07	67.95	70.49
	62	44.28	37.43	56.73	41.39	126.08	76.34	41.32	28.40	58.77	54.73	11.53	13.77	75.14	68.73
	63	44.22	37.72	62.04	43.19	131.31	74.63	44.09	28.59	58.32	56.83	11.97	14.99	71.41	69.59
	元	46.98	39.73	64.26	43.65	125.67	72.35	40.50	26.83	57.83	57.05	12.52	15.91	72.66	64.55
	2	42.47	37.82	59.52	44.13	136.11	80.25	44.51	27.79	53.03	55.15	7.93	17.68	70.53	64.40
	3	45.34	38.30	60.10	46.04	133.99	76.58	41.62	29.23	57.32	55.24	9.98	13.68	69.29	66.66
	4	42.88	38.90	57.44	42.79	121.89	61.14	42.93	27.63	52.04	56.01	10.42	13.52	72.25	63.87
	5	44.76	38.42	59.90	40.48	138.92	75.43	42.95	24.05	57.52	52.48	7.91	11.49	71.27	67.07
	6	40.92	35.75	58.17	42.89	120.10	71.73	38.85	25.05	53.92	54.38	7.08	9.34	73.74	70.56
	7	43.69	39.83	59.30	41.89	132.74	84.91	38.07	23.79	55.91	56.73	8.08	9.88	69.74	63.05
	8	41.68	39.69	55.96	43.03	119.63	93.17	40.15	25.35	51.66	57.93	6.26	13.68	63.08	64.19
	9	41.42	38.90	55.71	40.25	140.22	71.04	41.66	25.53	54.82	55.90	8.39	10.58	68.94	66.03
	10	41.33	36.97	67.67	44.32	152.67	89.90	46.50	27.05	61.67	57.21	15.33	11.20	61.80	68.41
3年	45	44.60	38.40	59.10	40.40	139.90	84.30	46.20	27.90	62.60	61.80	15.80	16.20	64.00	54.90
	56	43.70	37.50	60.30	43.40	141.60	83.50	46.80	30.10	55.80	58.10	13.90	15.30	69.90	67.30
	57	44.90	38.30	63.10	43.30	144.10	88.60	46.30	28.60	60.10	58.90	14.20	16.10	73.30	68.20
	58	46.10	38.20	60.30	42.50	149.10	89.10	45.10	28.80	58.30	59.70	12.30	18.20	67.70	66.60
	59	46.38	39.90	59.58	44.45	152.63	79.45	46.31	28.78	60.37	60.50	12.43	16.23	72.90	64.33
	60	48.20	38.20	63.50	43.50	140.20	76.90	45.80	29.20	60.80	58.50	12.70	15.60	72.30	66.30
	61	46.13	37.89	59.27	40.26	145.36	71.13	45.76	28.54	61.31	59.56	12.59	14.00	70.06	70.53
	62	46.06	37.44	60.99	43.04	139.67	78.96	45.12	28.45	58.45	59.22	12.57	15.33	71.00	65.30
	63	45.22	39.00	62.64	43.40	130.77	78.24	45.84	29.84	59.34	57.69	11.93	16.03	70.34	67.41
	元	47.52	40.61	62.74	42.81	127.05	82.32	44.34	28.36	59.01	56.21	13.07	15.44	71.22	66.32
	2	44.03	39.09	62.41	44.03	146.65	83.07	46.06	27.23	56.96	56.47	8.31	12.90	70.77	62.84
	3	45.11	37.57	60.45	43.89	147.70	70.46	46.34	28.53	56.32	53.96	9.82	12.91	69.47	64.87
	4	45.69	39.31	61.58	43.23	132.91	69.05	44.28	27.37	56.16	55.78	9.44	12.66	71.04	63.03
	5	44.60	38.38	57.79	40.73	129.18	75.15	39.83	25.04	53.89	55.60	8.39	11.42	73.23	70.17
	6	45.41	38.52	59.42	43.59	141.23	72.66	43.01	25.41	58.38	56.71	8.68	12.02	73.04	70.91
	7	43.56	36.80	58.13	42.04	117.34	83.93	38.72	24.62	54.97	54.92	7.26	12.03	68.03	69.42
	8	41.45	37.96	56.10	39.44	113.71	92.03	42.63	21.41	56.82	57.44	6.02	10.24	69.84	71.92
	9	44.68	39.28	55.53	42.26	141.42	76.87	40.40	26.50	57.28	58.82	10.05	13.11	67.49	64.35
	10	44.00	37.26	65.00	41.26	136.00	74.56	45.50	27.63	33.00	57.50	2.50	11.68	67.70	65.32

＜高等学校（定時制）＞

		反復横とび(回)		垂直とび(cm)		背筋力(kg)		握力(kg)		伏臥上体そらし(cm)		立位体前屈(cm)		踏台昇降(指数)	
		男	女	男	女	男	女	男	女	男	女	男	女	男	女
1年	45	37.90	34.50	53.30	37.90	123.00	76.70	42.70	24.90	54.70	51.00	13.20	13.40	63.90	56.70
	48	39.00	35.20	56.40	38.30	123.60	69.50	41.80	30.60	56.70	59.40	14.10	15.30	64.20	55.10
	49	40.20	34.70	53.10	38.50	121.20	72.50	43.00	29.80	58.50	57.60	12.60	13.60	61.00	55.10
	52	—	—	48.50	31.80	100.50	63.60	42.60	34.00	48.30	51.70	8.20	10.40	—	—
	54	38.70	30.80	54.80	35.00	127.70	93.00	39.30	26.10	53.10	56.50	13.10	12.90	66.70	56.60
	元	38.80	34.60	53.60	39.00	97.80	61.90	43.00	28.50	49.10	53.70	16.20	16.50	64.10	—
	2	41.00	—	56.25	—	104.90	—	40.60	—	53.08	—	11.15	—	—	—
	3	37.80	35.22	53.81	38.06	113.20	57.32	39.64	23.98	47.80	53.21	7.52	9.00	—	—
	4	—	—	54.20	—	123.90	—	28.45	—	50.30	—	8.20	—	—	—
	5	32.25	—	51.13	—	121.30	—	49.36	—	51.17	—	6.88	—	—	—
	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	7	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	8	37.30	—	41.80	—	113.10	—	37.40	—	39.30	—	5.90	—	57.60	—
	9	38.50	—	51.10	—	116.70	—	40.11	—	49.50	—	3.87	—	—	—
	10	—	—	—	—	—	—	—	—	—	—	—	—	—	—
2年	45	38.70	31.40	54.00	38.60	129.80	83.70	43.70	25.80	57.40	56.10	13.70	14.40	58.40	55.20
	48	38.30	34.40	56.60	39.80	132.40	78.10	46.80	30.70	56.20	59.00	13.80	14.10	64.70	56.60
	49	39.00	32.80	55.30	39.50	125.80	71.60	45.40	32.10	57.50	56.80	13.50	14.50	69.40	60.30
	52	—	—	47.60	32.40	103.30	68.70	48.40	33.40	40.40	50.10	7.20	5.80	—	—
	54	40.10	33.40	55.00	38.80	149.70	81.30	41.70	30.10	57.10	58.60	14.30	13.90	73.20	56.90
	元	36.80	35.70	56.10	39.00	142.50	79.50	46.30	31.20	53.90	49.80	12.50	13.50	67.10	—
	2	37.92	—	54.50	—	117.00	—	47.25	—	55.83	—	8.83	—	—	—
	3	—	—	57.13	39.22	107.60	71.48	42.25	29.59	50.50	49.39	7.75	6.30	—	—
	4	41.94	—	54.83	39.22	116.30	—	46.16	—	57.24	—	8.94	—	—	—
	5	38.10	—	55.70	—	111.70	—	44.55	—	55.20	—	11.10	—	—	—
	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	7	38.64	—	55.00	—	116.70	—	40.76	—	54.71	—	8.82	—	64.35	—
	8	36.33	—	55.98	—	115.10	—	40.18	—	46.55	—	9.61	—	62.65	—
	9	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—	—	—	—	—
3年	45	38.90	34.10	55.10	36.70	135.90	84.90	48.70	30.10	57.30	55.50	13.60	15.40	61.20	56.60
	48	40.60	34.60	64.80	38.60	131.40	72.00	47.30	31.70	56.70	58.40	13.40	14.90	63.50	60.60
	49	39.90	33.90	57.30	37.50	127.30	76.10	46.50	30.60	56.00	59.30	13.00	14.50	62.90	58.80
	52	—	—	53.70	37.50	111.80	66.70	48.30	31.20	54.70	59.00	10.10	12.20	—	—
	54	39.30	38.10	58.00	37.90	149.20	87.40	46.90	31.10	54.50	58.20	14.20	15.10	64.60	—
	元	37.70	32.80	55.70	38.30	115.80	84.60	47.60	—	52.30	51.20	14.20	22.30	68.00	—
	2	40.80	—	58.80	—	118.00	—	48.80	—	55.40	—	12.40	—	—	—
	3	35.84	30.50	58.50	38.96	137.42	78.07	46.98	28.11	47.85	53.54	6.40	8.89	—	—
	4	39.42	—	55.12	—	117.66	—	39.22	—	52.80	—	8.25	—	56.89	—
	5	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	7	38.90	—	52.70	—	123.40	—	44.20	—	59.00	—	11.22	—	68.51	—
	8	8.85	—	53.40	—	113.04	—	40.90	—	43.60	—	10.08	—	62.29	—
	9	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—	—	—	—	—
4年	45	40.00	33.60	56.60	37.80	143.70	88.10	48.00	24.60	55.00	54.40	13.50	12.70	62.50	57.80
	48	40.20	35.10	57.10	37.90	128.20	78.30	48.90	28.90	60.80	58.80	13.70	14.80	66.70	57.30
	49	39.50	35.40	59.00	37.60	134.60	77.20	46.90	30.00	60.50	59.60	14.70	14.20	64.10	56.70
	52	—	—	57.50	32.30	112.40	76.00	46.80	32.80	50.80	50.00	10.60	15.60	—	—
	54	40.60	39.00	56.50	37.90	167.90	83.00	46.70	28.30	60.20	54.80	16.10	15.90	80.10	58.50
	元	39.70	32.90	53.30	37.30	136.20	93.50	46.80	—	49.00	48.90	9.70	17.20	66.30	—
	2	—	—	60.33	—	144.42	—	52.15	—	54.33	—	13.33	—	—	—
	3	—	—	59.24	44.36	124.38	72.59	46.31	28.39	58.00	51.91	11.00	12.41	—	—
	4	36.93	—	59.33	—	145.67	—	38.03	—	60.33	—	5.07	—	61.54	—
	5	32.90	—	54.90	—	127.48	—	49.20	—	53.90	—	5.48	—	58.35	—
	6	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	7	38.60	—	52.87	—	120.47	—	41.30	—	47.07	—	11.29	—	65.09	—
	8	8.91	—	54.75	—	132.16	—	43.33	—	54.91	—	11.25	—	62.90	—
	9	—	—	—	—	—	—	—	—	—	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—	—	—	—	—

(2) 本市児童・生徒の運動能力の推移

＜小学校（１年～４年生）＞

		50m走(秒)		立ち幅とび(cm)		ソフトボール投げ(m)		とび越しくぐり(秒)		持ち運び走	
		男	女	男	女	男	女	男	女	男	女
1 年	63	11.4	11.6	117.0	105.0	8.4	5.8	15.8	18.2	—	—
	元	11.0	11.7	119.0	102.0	10.7	5.9	16.4	16.7	—	—
	2	11.52	11.66	122.71	110.25	10.14	5.96	15.03	17.03	16.64	17.02
	3	11.50	11.73	119.89	113.36	9.82	6.18	17.11	18.04	17.20	17.99
	4	11.53	11.70	123.41	114.73	9.44	5.94	15.43	16.96	17.06	17.65
	5	11.63	11.83	117.37	108.03	9.03	5.92	16.05	17.30	16.82	17.35
	6	11.65	11.93	118.19	107.01	9.23	5.94	15.89	17.25	17.28	17.93
	7	11.67	11.88	117.86	107.66	8.42	5.73	16.98	18.47	16.86	17.51
	8	11.67	11.91	113.60	102.24	8.73	5.89	16.08	17.90	16.86	17.63
	9	11.89	12.10	115.81	103.87	8.77	5.55	17.10	18.68	17.05	17.72
	10	11.78	12.10	114.49	105.34	8.72	5.57	15.82	17.20	17.17	17.71
2 年	63	10.70	10.9	125.0	115.0	13.0	7.9	14.9	15.4	—	—
	元	10.50	10.7	124.0	119.0	12.6	7.4	14.5	15.0	—	—
	2	10.76	10.80	131.63	124.70	13.18	8.09	13.66	14.61	15.58	16.01
	3	10.62	10.97	137.64	125.88	13.59	7.59	14.20	15.55	15.77	16.65
	4	10.52	10.78	133.54	122.52	13.74	7.69	13.72	14.82	16.07	16.61
	5	10.63	10.88	126.06	116.58	13.37	7.63	13.40	14.46	15.76	16.50
	6	10.61	10.92	131.48	122.11	12.67	8.03	14.12	15.02	15.58	16.39
	7	10.51	10.93	133.04	119.58	12.34	7.34	14.11	15.99	15.74	16.81
	8	10.77	11.05	126.32	115.68	12.35	7.64	14.28	16.18	16.10	16.84
	9	10.77	11.07	129.51	119.57	12.81	7.65	14.21	15.78	15.59	16.19
	10	10.90	11.14	126.08	119.34	12.41	7.84	14.31	15.79	16.06	16.42
3 年	63	9.7	10.0	—	—	19.8	13.4	14.2	15.0	14.1	—
	元	10.1	10.3	—	—	18.3	9.4	15.1	14.5	16.6	—
	2	9.97	10.22	139.10	128.80	18.79	10.13	13.07	14.44	12.50	16.03
	3	9.93	10.19	145.10	136.19	18.67	10.43	12.72	13.60	14.66	15.51
	4	9.98	10.13	140.01	130.67	18.17	9.56	12.96	14.48	15.28	16.02
	5	9.99	10.24	138.60	129.91	18.09	10.03	12.93	14.23	15.03	15.80
	6	9.99	10.22	140.59	131.46	17.61	9.95	13.31	14.62	14.91	16.03
	7	10.09	10.29	140.76	133.09	16.56	9.43	12.85	13.74	14.60	15.34
	8	10.05	10.46	140.30	130.34	16.74	9.75	13.40	14.89	15.19	16.12
	9	10.33	10.58	139.26	129.36	16.03	9.48	13.41	14.60	14.90	15.67
	10	10.15	10.49	143.21	133.58	16.87	9.68	12.84	14.10	15.08	15.95
4 年	63	9.4	9.7	—	—	24.2	13.8	13.3	13.8	13.6	14.0
	元	9.2	9.3	—	—	22.4	13.9	13.6	13.9	14.8	16.0
	2	9.60	9.92	153.77	143.05	23.40	12.21	12.21	13.05	14.28	15.05
	3	9.47	9.79	154.63	141.87	23.15	13.17	11.77	12.72	14.08	14.86
	4	9.46	9.66	150.99	142.52	22.83	13.02	12.49	13.53	14.65	15.50
	5	9.54	9.74	152.20	141.28	22.44	12.80	12.07	12.96	14.23	14.89
	6	9.59	9.85	148.51	138.94	21.49	12.19	12.66	14.00	14.70	15.73
	7	9.50	9.76	149.76	140.87	21.06	12.17	12.46	13.36	14.42	15.23
	8	9.56	9.84	148.78	139.81	21.35	12.02	12.12	13.00	14.55	15.39
	9	9.60	9.93	150.91	142.32	20.68	11.64	12.08	13.31	14.46	15.41
	10	9.73	9.99	148.33	137.66	20.40	11.99	12.41	13.67	14.49	15.51

＜小学校（５・６年生）＞

		50m走(秒)		走り幅とび(cm)		ソフトボール投げ(m)		斜懸垂(回)		ジグザグドリブル(秒)		連続逆上がり(回)	
		男	女	男	女	男	女	男	女	男	女	男	女
5 年	45	9.2	9.5	307.1	280.9	29.8	16.7	29.3	23.1	21.9	22.4	4.0	4.0
	56	9.1	9.3	305.6	276.0	28.3	17.8	26.3	22.0	20.3	21.5	3.2	3.6
	57	9.1	9.3	303.6	280.9	27.8	16.5	23.2	20.0	20.4	21.8	4.1	4.2
	58	9.0	9.3	305.0	276.0	27.7	16.2	25.2	21.6	21.2	23.2	3.0	3.4
	59	9.0	9.3	300.3	269.4	27.8	15.9	25.9	20.3	20.8	22.8	3.0	3.3
	60	9.09	9.37	303.9	272.6	27.6	15.7	23.6	19.5	20.7	22.8	2.8	3.2
	61	9.10	9.38	301.83	272.76	27.37	15.98	22.04	19.59	20.58	22.89	2.45	2.95
	62	9.10	9.36	301.01	269.71	27.01	15.58	16.82	15.75	20.39	22.58	2.61	2.79
	63	9.05	9.30	302.31	272.36	26.99	15.60	18.26	15.58	20.49	22.45	2.42	2.98
	元	9.01	9.23	302.58	272.71	27.44	15.30	15.04	13.66	20.25	22.77	2.59	2.80
	2	9.13	9.33	296.24	268.82	26.25	14.98	16.92	15.40	27.76	22.81	2.38	2.66
	3	9.10	9.32	296.54	267.82	26.62	14.88	22.34	19.93	20.83	23.41	2.69	3.00
	4	9.13	9.35	292.94	265.40	26.69	15.82	20.30	18.63	20.58	23.19	2.66	2.84
	5	9.18	9.34	292.31	265.33	26.31	15.60	19.99	18.97	20.57	22.98	2.50	2.91
	6	9.20	9.48	289.41	256.31	25.24	14.60	20.66	18.03	20.45	23.83	2.58	2.74
	7	9.14	9.36	288.70	261.32	24.69	15.00	18.50	18.77	19.74	22.76	2.32	2.58
	8	9.19	9.44	288.47	260.73	24.22	14.63	19.19	17.49	19.98	23.40	2.53	2.61
	9	9.18	9.44	286.34	252.21	25.01	14.56	18.75	17.03	19.58	23.47	2.61	2.56
	10	9.29	9.51	282.35	247.88	23.83	14.22	19.12	17.01	20.78	24.58	2.49	2.29
6 年	45	8.9	9.2	330.1	303.8	33.3	19.3	30.1	22.3	19.5	20.5	4.4	4.3
	56	8.8	9.0	317.1	297.1	32.4	19.6	28.6	25.1	18.4	19.6	3.7	3.7
	57	8.8	9.0	326.0	297.4	32.5	19.7	24.9	19.2	19.1	19.2	4.3	4.3
	58	8.6	8.9	326.5	298.1	32.2	18.9	24.6	18.8	19.3	21.2	3.3	3.6
	59	8.7	9.0	321.1	287.3	32.0	18.8	25.2	19.4	19.0	20.9	3.3	3.3
	60	8.79	9.02	323.0	289.9	31.6	18.2	23.3	17.6	18.8	21.0	3.2	3.3
	61	8.77	9.02	320.73	288.00	31.47	18.56	24.69	21.46	18.70	20.68	3.01	3.21
	62	8.73	9.03	318.03	287.49	31.59	17.88	19.21	14.96	18.70	20.67	2.87	3.04
	63	8.73	8.89	321.81	291.44	30.55	17.67	17.69	15.66	18.82	21.09	2.88	3.09
	元	8.67	8.98	318.15	286.39	31.03	18.19	19.04	14.93	18.47	20.43	2.68	3.30
	2	8.80	9.07	314.84	283.59	30.58	17.14	16.10	12.74	19.41	21.40	2.57	2.72
	3	8.82	9.01	313.84	286.01	30.66	17.65	23.06	19.90	19.18	21.20	2.91	2.89
	4	8.82	9.03	316.02	285.42	30.33	17.43	21.30	17.77	18.89	21.01	2.89	2.93
	5	8.84	9.09	309.03	278.44	30.75	17.60	18.96	17.06	18.56	20.94	2.88	3.03
	6	8.88	9.13	306.59	277.23	28.44	16.77	19.77	17.16	18.96	21.47	2.68	2.92
	7	8.85	9.09	308.96	277.40	28.43	16.55	19.60	17.95	18.58	21.47	2.59	2.74
	8	8.78	9.11	309.81	275.61	28.41	16.71	20.10	18.12	18.51	21.58	2.63	2.68
	9	8.84	9.08	303.25	268.84	28.53	16.35	17.83	16.24	18.55	21.80	2.59	2.57
	10	8.92	9.20	300.50	264.13	27.78	16.02	19.51	16.62	18.79	22.11	2.59	2.55

＜中学校＞

		50m走(秒)		走り幅とび(cm)		ハンドボール投げ(m)		懸垂(回)		持久走(秒)		
		男	女	男	女	男	女	男	女	男	女	
1	年	45	8.5	8.8	351.9	321.9	19.0	14.5	5.4	30.6	397.6	282.7
		56	8.4	8.9	352.9	314.8	19.9	13.9	2.7	26.8	415.5	293.6
		57	8.4	8.8	348.2	311.5	20.5	13.9	2.5	28.9	407.5	292.7
		58	8.4	8.8	349.4	311.7	19.7	14.6	2.4	28.9	391.9	292.9
		59	8.5	8.7	336.2	304.6	18.8	13.8	2.0	30.8	417.0	296.9
		60	8.45	8.77	344.9	302.0	19.5	13.6	2.1	29.7	407.1	292.0
		61	8.41	8.88	343.2	299.1	19.6	13.9	2.0	30.5	421.2	294.0
		62	8.52	8.84	339.83	303.08	18.41	13.27	1.90	23.30	426.37	293.27
		63	8.43	8.87	335.81	295.84	18.81	12.84	1.53	21.98	415.89	293.98
		元	8.47	8.86	336.91	297.40	19.22	13.04	1.85	15.33	412.83	295.81
		2	8.48	8.86	335.96	292.67	19.23	12.78	1.98	26.49	429.57	299.67
		3	8.47	8.89	337.94	295.46	19.74	13.07	2.23	28.06	415.07	300.46
		4	8.50	8.92	332.75	289.25	19.60	13.20	2.31	24.12	409.30	296.97
		5	8.42	8.87	333.85	291.32	19.59	13.11	2.04	29.03	411.54	302.90
		6	8.53	8.87	334.11	286.74	19.38	13.09	1.91	25.13	422.83	314.33
		7	8.44	8.91	334.20	286.75	19.07	12.58	2.01	24.18	428.11	298.93
		8	8.44	8.93	330.06	286.46	19.22	12.56	2.06	26.83	415.55	303.06
		9	8.50	8.98	330.32	276.73	18.93	12.18	1.83	21.84	438.76	310.13
		10	8.53	8.99	326.54	280.37	18.54	12.23	2.00	23.62	428.98	303.08
2	年	45	8.1	8.7	383.2	333.4	22.1	15.7	4.4	33.6	376.8	287.0
		56	8.1	8.8	378.0	316.6	22.5	15.7	3.6	28.3	398.1	295.1
		57	8.1	8.7	384.1	314.1	22.0	14.8	3.9	29.9	389.8	292.4
		58	8.1	8.6	386.6	313.3	22.9	15.6	3.5	31.4	379.1	288.8
		59	8.1	8.7	370.1	306.4	22.2	14.8	3.5	30.9	390.0	297.9
		60	8.01	8.69	374.1	308.3	22.1	14.9	3.5	27.9	392.5	291.4
		61	8.03	8.67	373.0	312.9	21.8	15.0	3.4	30.3	406.3	294.7
		62	8.03	8.73	372.30	305.82	21.54	13.89	2.72	24.76	395.56	296.25
		63	7.97	8.71	373.79	307.63	21.93	14.44	2.71	22.28	395.62	300.79
		元	8.00	8.77	366.84	301.94	21.13	13.73	2.54	25.06	399.23	295.38
		2	8.06	8.67	367.72	303.92	21.91	14.34	3.31	27.18	405.75	296.13
		3	8.02	8.71	368.97	299.15	22.08	14.17	3.38	27.17	395.11	292.00
		4	8.09	8.71	368.76	300.86	22.31	14.51	3.09	27.32	390.79	295.30
		5	7.94	8.66	368.88	304.46	21.73	14.00	3.81	27.90	389.06	294.97
		6	7.98	8.72	363.59	298.99	21.87	14.19	3.28	24.35	393.62	298.06
		7	8.00	8.71	366.35	301.63	21.54	13.99	3.28	26.64	404.72	297.63
		8	7.97	8.77	363.31	297.72	21.78	13.72	2.87	26.22	399.80	300.41
		9	8.05	8.84	364.05	289.77	21.78	13.85	2.88	23.78	422.78	309.44
		10	8.01	8.88	362.54	287.31	22.14	13.63	3.31	23.62	397.06	308.62
3	年	45	7.8	8.7	418.1	329.1	24.2	15.8	5.3	26.0	374.4	305.9
		56	7.8	8.7	415.0	327.7	25.3	16.3	5.9	29.4	366.6	293.8
		57	7.6	8.7	414.7	318.3	26.0	16.7	5.0	31.9	376.5	297.1
		58	7.6	8.8	406.6	314.1	24.4	16.7	5.1	28.7	372.5	292.2
		59	7.6	8.6	406.6	312.3	25.1	14.9	4.7	28.3	375.7	302.8
		60	7.68	8.79	402.9	309.7	24.1	15.0	4.6	27.2	374.0	300.4
		61	7.65	8.64	403.8	320.6	24.3	15.6	4.4	29.6	381.6	297.2
		62	7.70	8.78	399.92	312.62	23.83	14.87	3.99	23.42	393.19	295.67
		63	7.66	8.75	399.23	307.92	23.48	14.63	4.00	19.58	388.27	297.96
		元	7.58	8.72	408.86	310.17	24.04	14.84	3.74	20.06	383.33	296.11
		2	7.67	8.73	400.68	305.42	24.24	14.66	4.46	27.39	394.96	306.51
		3	7.70	8.69	393.04	303.63	24.09	14.44	4.46	24.40	391.37	296.15
		4	7.62	8.65	397.01	303.53	24.98	14.73	4.79	25.25	393.12	312.05
		5	7.67	8.66	397.69	309.01	24.04	14.88	4.60	27.96	382.27	297.86
		6	7.65	8.68	393.83	300.77	24.37	14.51	4.47	22.70	394.44	319.99
		7	7.56	8.64	395.28	305.80	24.26	14.65	4.49	23.54	393.58	302.10
		8	7.73	8.74	389.03	305.68	24.32	14.87	3.88	24.30	383.76	307.88
		9	7.64	8.79	388.81	294.00	23.93	14.22	4.02	23.76	402.64	313.39
		10	7.70	8.90	388.68	291.64	23.96	14.28	4.40	23.02	400.44	328.66

＜高等学校（全日制）＞

		50m走(秒)		走り幅とび(cm)		ハンドボール投げ(m)		懸垂(回)		持久走(秒)		
		男	女	男	女	男	女	男	女	男	女	
1	年	45	7.7	9.1	432.8	326.8	26.6	15.1	5.6	23.8	376.5	300.1
		56	7.7	8.8	420.7	323.9	26.5	17.8	5.8	26.3	379.2	297.1
		57	7.5	8.7	425.5	310.6	26.1	15.3	4.9	25.1	377.9	301.7
		58	7.5	8.8	416.7	318.9	27.4	18.0	3.8	20.2	387.9	305.8
		59	7.4	8.5	419.9	317.7	25.7	16.2	4.7	23.6	376.0	308.3
		60	7.33	8.67	428.1	312.3	26.3	15.9	5.3	20.7	375.9	304.2
		61	7.52	8.50	410.9	316.3	26.3	16.1	5.0	26.2	375.6	296.4
		62	7.39	8.78	426.19	303.54	25.76	15.89	4.44	25.18	379.59	305.24
		63	7.39	8.77	424.68	308.12	26.12	15.15	4.05	15.72	379.67	295.02
		元	7.32	8.77	428.35	309.95	27.86	15.71	4.80	21.69	370.16	313.72
		2	7.48	8.73	406.88	305.30	25.45	15.58	3.96	29.47	392.80	289.55
		3	7.57	8.77	412.29	294.92	25.01	16.26	4.13	22.77	387.32	300.05
		4	7.50	8.69	419.95	304.15	25.60	15.02	4.31	30.66	391.04	302.57
		5	7.60	9.05	393.32	301.28	25.59	15.01	4.10	23.67	386.21	307.41
		6	7.50	8.83	402.91	295.46	24.52	14.78	4.91	24.43	391.39	304.48
		7	7.58	8.71	404.76	298.09	24.64	15.06	3.22	20.64	403.96	314.55
		8	7.46	8.90	411.29	290.48	24.01	14.56	3.62	29.55	402.94	316.35
		9	7.55	9.06	397.09	285.29	24.40	14.21	3.47	22.41	399.40	327.00
		10	7.46	9.07	420.73	280.21	25.56	14.14	4.98	18.69	379.37	329.35
2	年	45	7.5	8.9	450.4	321.8	27.1	15.5	7.8	31.5	374.0	299.4
		56	7.6	9.0	433.3	316.8	26.4	15.9	6.3	31.3	368.1	301.3
		57	7.3	8.8	433.2	307.7	27.3	14.6	6.1	27.5	380.3	312.2
		58	7.2	9.0	431.7	323.0	28.4	16.7	6.9	33.9	373.5	300.4
		59	7.2	8.7	445.2	322.8	27.3	16.0	6.0	25.4	372.8	299.9
		60	7.53	8.69	430.8	320.0	26.8	15.2	5.6	17.6	397.1	300.4
		61	7.23	8.77	433.3	330.7	26.5	16.8	6.2	33.6	368.1	297.0
		62	7.28	8.76	429.44	316.80	26.98	15.50	5.87	26.58	374.87	308.07
		63	7.19	8.76	447.60	308.79	26.85	15.96	6.31	15.51	373.00	308.87
		元	7.29	8.69	441.65	301.86	27.84	15.43	7.89	26.46	361.22	299.51
		2	7.27	8.75	434.17	301.25	28.73	14.21	6.13	25.74	376.83	297.64
		3	7.16	8.56	441.19	300.84	28.29	15.71	6.67	27.07	363.81	289.71
		4	7.23	8.80	431.20	298.76	26.12	15.52	5.11	22.12	380.04	311.86
		5	7.37	8.79	423.06	295.15	26.34	15.21	5.74	24.79	366.16	303.71
		6	7.44	8.91	411.00	290.33	27.02	15.05	5.42	22.20	388.62	317.57
		7	7.33	8.79	414.59	294.44	26.83	14.69	4.99	23.92	385.16	323.05
		8	7.39	8.91	425.01	291.08	24.95	14.65	4.68	27.57	388.91	325.23
		9	7.31	9.05	424.82	286.84	28.50	14.83	5.51	21.68	390.01	335.98
		10	7.47	9.08	408.09	285.64	26.38	14.61	4.81	25.19	392.68	326.90
3	年	45	7.3	8.7	452.1	330.7	28.6	16.0	7.6	27.4	371.4	306.1
		56	7.4	8.9	456.5	321.0	29.2	15.9	6.7	32.5	375.8	296.5
		57	7.2	8.9	438.6	302.9	28.2	15.3	6.6	29.7	367.8	298.3
		58	7.3	8.7	441.1	308.5	27.8	17.5	6.7	19.5	378.9	309.3
		59	7.1	8.7	450.5	326.9	28.3	16.6	7.1	25.8	364.9	298.9
		60	7.19	8.66	448.7	316.9	28.6	16.6	6.1	35.3	362.5	292.6
		61	7.25	8.83	427.8	309.0	27.6	16.1	6.1	32.0	364.4	306.4
		62	7.05	8.76	446.99	319.14	28.50	16.20	6.08	31.13	380.55	297.63
		63	7.15	8.74	448.65	327.81	27.18	15.98	6.53	14.01	370.31	297.91
		元	7.13	8.79	455.31	321.23	28.65	16.41	8.57	29.32	358.13	302.85
		2	7.19	8.85	445.00	300.60	29.41	15.17	6.82	22.82	370.49	290.01
		3	7.21	8.93	432.10	289.15	27.46	15.45	5.97	25.94	365.55	300.05
		4	7.22	8.82	444.18	298.40	28.26	14.60	6.72	23.77	371.76	310.32
		5	7.20	8.98	432.29	289.98	28.37	15.28	6.43	25.41	367.95	307.67
		6	7.11	8.75	430.77	294.73	26.85	14.36	6.61	25.77	375.80	317.30
		7	7.18	8.98	421.87	289.72	26.65	14.97	6.03	24.21	377.22	327.98
		8	7.41	9.03	421.25	286.28	26.94	14.99	5.45	21.00	394.68	318.55
		9	7.21	8.97	429.66	282.12	27.88	16.63	5.10	26.47	389.49	325.56
		10	7.29	8.78	444.54	285.38	28.17	15.56	5.42	22.00	396.29	316.44

＜高等学校（定時制）＞

		50m走(秒)		走り幅とび(cm)		ハンドボール投げ(m)		懸垂(回)		持久走(秒)	
		男	女	男	女	男	女	男	女	男	女
1 年	45	7.8	9.0	423.8	365.2	25.3	16.0	6.7	22.2	365.4	300.0
	49	7.9	9.2	392.4	289.5	25.6	17.3	6.7	—	388.2	306.2
	50	7.8	9.5	387.0	286.5	25.1	15.4	5.5	17.9	—	—
	53	7.6	9.7	386.1	273.0	—	—	—	—	—	—
	54	7.6	9.0	380.9	285.5	23.8	14.8	5.1	—	407.6	—
	55	7.8	—	399.8	—	24.1	—	5.3	—	403.1	—
	元	7.7	8.8	400.6	299.2	22.8	15.6	5.5	25.5	434.6	—
	2	7.85	—	377.92	—	22.53	—	4.50	—	—	—
	3	8.01	9.43	366.80	260.71	22.72	13.68	—	—	—	—
	4	7.85	—	—	—	—	—	6.00	—	—	—
	5	7.62	—	385.58	—	23.96	—	5.38	—	426.86	—
	6	—	—	—	—	—	—	—	—	—	—
	7	—	—	—	—	—	—	—	—	—	—
	8	7.60	—	—	—	24.37	—	4.25	—	—	—
	9	7.82	—	—	—	26.35	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—
2 年	45	7.6	9.3	416.7	294.1	26.8	16.1	7.2	23.0	358.0	311.1
	49	7.6	9.2	405.1	294.1	26.5	15.5	7.2	36.1	376.1	299.2
	50	7.4	9.1	—	297.0	26.9	14.5	5.8	26.8	—	—
	53	7.7	9.6	407.4	281.9	—	—	—	—	—	—
	54	7.6	9.1	404.6	303.9	25.8	14.6	7.1	—	412.1	—
	55	8.0	—	395.9	—	25.1	—	5.8	—	433.2	—
	元	7.8	9.2	393.6	300.2	23.8	13.6	6.3	26.2	424.7	—
	2	7.57	—	395.22	—	22.94	—	3.88	—	—	—
	3	8.03	10.00	353.50	234.00	22.05	12.16	—	—	—	—
	4	7.78	—	383.68	—	25.31	—	5.14	—	—	—
	5	7.71	—	400.50	—	23.55	—	4.75	—	—	—
	6	—	—	—	—	—	—	—	—	—	—
	7	7.44	—	389.44	—	24.68	—	6.00	—	448.23	—
	8	7.56	—	379.60	—	23.13	—	6.50	—	—	—
	9	—	—	—	—	—	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—
3 年	45	7.5	8.9	411.5	322.8	27.2	15.7	8.2	27.1	387.2	314.2
	49	7.6	9.2	427.3	307.8	26.3	17.2	8.2	26.6	391.6	—
	50	7.5	9.1	414.1	295.2	27.3	14.8	6.9	19.3	—	—
	53	7.6	9.2	414.3	297.4	—	—	—	—	—	—
	54	7.6	9.5	399.7	289.1	26.9	16.6	7.4	—	418.2	—
	55	7.8	—	404.2	—	26.3	—	6.0	—	466.4	—
	元	7.5	9.3	402.6	283.1	24.6	14.8	7.0	29.3	405.9	—
	2	7.40	—	388.33	—	22.57	—	4.07	—	—	—
	3	7.91	10.02	375.16	211.96	22.96	13.96	—	—	—	—
	4	7.58	—	377.20	—	22.53	—	4.92	—	—	—
	5	7.49	—	379.33	—	21.78	—	3.90	—	—	—
	6	—	—	—	—	—	—	—	—	—	—
	7	7.28	—	401.78	—	25.83	—	6.28	—	442.14	—
	8	7.73	—	391.30	—	24.71	—	3.29	—	—	—
	9	—	—	—	—	—	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—
4 年	45	7.5	8.3	432.0	299.0	25.5	16.9	8.2	24.1	390.9	392.0
	49	7.5	9.0	426.2	295.0	23.3	16.4	8.2	36.6	388.9	301.6
	50	7.8	8.9	422.6	285.2	21.1	13.2	6.3	16.9	—	—
	53	7.4	10.0	406.8	300.3	—	—	—	—	—	—
	54	7.6	9.2	429.1	305.9	30.7	15.9	8.2	—	386.8	—
	55	7.5	—	419.2	—	26.8	—	7.4	—	448.4	—
	元	7.5	9.6	401.0	259.5	26.0	14.2	8.5	29.2	412.0	—
	2	7.20	—	423.81	—	26.29	—	7.81	—	—	—
	3	8.18	9.87	367.35	277.82	24.65	14.44	—	—	—	—
	4	7.64	—	390.00	—	—	—	6.13	—	—	—
	5	7.58	—	399.00	—	24.10	—	5.94	—	—	—
	6	—	—	—	—	—	—	—	—	—	—
	7	7.40	—	399.09	—	24.74	—	5.48	—	411.64	—
	8	—	—	—	—	—	—	—	—	—	—
	9	—	—	—	—	—	—	—	—	—	—
	10	—	—	—	—	—	—	—	—	—	—

3 京都市立学校児童・生徒の新体力テストの平均値の推移（平成１１年～平成２３年）

<小学校(男子)>

学年	年度	握力 (kg)	上体起こし (回)	長座体前屈 (cm)	反復横とび (点)	20mシャトルラン (折り返し数)	持久走 (秒)	50m走 (秒)	立ち幅とび (cm)	ボール投げ (m)
1年	11	8.55	9.59	25.40	24.33	14.13		11.89	111.35	8.65
	12	9.95	12.06	25.07	23.73	13.45		11.97	110.81	8.99
	13	8.54	10.67	24.97	23.83	14.55		11.92	113.28	8.09
	14	8.99	11.68	24.60	23.31	13.51		11.79	113.62	8.23
	15	9.01	11.24	25.40	24.41	14.77		11.68	112.02	8.41
	16	8.51	10.44	27.27	22.58	13.14		11.82	113.90	8.59
	17	8.36	10.72	25.39	24.11	13.30		11.82	113.02	8.86
	18	9.05	10.62	24.45	23.11	13.35		11.71	112.42	8.43
	19	8.57	11.40	26.42	23.51	12.86		11.80	111.98	8.52
	20	8.28	10.90	25.40	23.19	13.54		11.81	111.13	8.26
	21	8.43	11.55	26.61	23.97	14.76		11.75	109.63	8.22
	22	8.45	11.13	25.38	23.52	14.54		11.71	110.77	8.32
	23	7.77	10.63	25.05	25.35	15.64		11.69	108.84	7.94
2年	11	10.16	12.23	26.71	26.25	21.54		10.75	126.77	12.35
	12	11.39	13.83	26.97	27.71	22.97		10.79	125.92	13.27
	13	10.70	13.10	26.38	26.61	23.66		10.92	124.03	12.12
	14	10.47	13.75	27.45	27.48	22.31		10.85	125.24	12.40
	15	10.30	12.98	26.28	27.94	22.39		10.83	125.56	11.73
	16	10.04	13.51	28.22	26.27	21.87		10.78	124.48	12.79
	17	10.37	13.32	26.73	26.88	21.29		10.81	125.20	12.47
	18	10.68	13.55	25.95	27.13	22.42		10.76	122.71	12.99
	19	10.48	13.77	27.61	26.82	21.01		10.82	123.59	12.98
	20	10.40	13.71	27.05	26.92	22.11		10.84	120.92	12.24
	21	9.91	13.79	27.15	27.52	22.34		10.74	121.59	12.25
	22	10.09	13.42	26.95	27.03	22.74		10.70	123.51	12.06
	23	9.76	13.49	26.76	28.38	24.99		10.58	121.69	12.28
3年	11	12.31	14.48	28.46	28.37	28.11		10.16	135.42	16.39
	12	12.73	14.69	29.60	30.79	31.46		10.15	138.16	17.62
	13	12.57	15.27	30.62	31.14	32.62		10.21	137.37	16.68
	14	12.15	14.97	30.23	30.10	29.76		10.28	134.70	16.60
	15	12.25	15.43	31.20	29.03	30.55		10.17	137.75	16.61
	16	11.99	15.58	29.61	30.24	28.30		10.31	133.40	17.17
	17	12.15	15.07	28.53	30.14	28.96		10.17	135.18	17.46
	18	12.30	15.38	27.89	29.91	29.21		10.22	134.57	17.53
	19	12.06	16.10	30.21	29.95	29.12		10.18	133.51	17.59
	20	12.42	15.21	29.91	31.79	30.16		10.06	134.32	16.94
	21	12.13	15.74	30.18	30.40	31.02		10.13	131.90	17.24
	22	12.09	15.54	29.50	31.60	32.54		10.11	136.18	16.32
	23	11.68	15.92	29.15	31.00	30.57		10.07	131.62	16.54
4年	11	14.48	16.21	32.49	30.95	34.93		9.69	144.54	21.44
	12	14.52	16.52	31.17	33.76	37.63		9.63	146.84	21.19
	13	14.25	16.58	31.51	34.43	37.96		9.73	143.60	20.85
	14	14.38	17.02	31.63	33.44	39.39		9.67	145.44	20.88
	15	14.00	17.39	32.32	34.91	39.49		9.72	145.15	21.34
	16	14.10	16.98	32.05	33.99	37.72		9.73	144.19	20.05
	17	14.17	16.82	30.63	33.01	35.69		9.74	143.55	20.73
	18	14.49	17.11	30.20	34.39	38.93		9.69	142.77	21.83
	19	14.13	17.45	30.99	32.30	37.07		9.72	142.44	21.30
	20	14.48	17.04	31.74	33.61	40.43		9.63	144.44	21.59
	21	14.11	17.53	30.71	34.86	39.28		9.63	142.42	21.06
	22	14.00	17.59	31.54	34.55	42.88		9.63	142.49	21.12
	23	13.64	17.05	32.20	35.14	40.65		9.58	140.04	20.09
5年	11	16.45	17.54	31.98	35.12	41.91		9.36	153.42	24.06
	12	17.23	18.36	33.09	36.82	46.08		9.23	155.59	26.00
	13	16.74	18.23	32.89	36.82	47.02		9.29	151.70	24.81
	14	16.44	18.93	33.88	36.60	47.19		9.27	155.58	25.29
	15	16.29	19.04	33.50	38.03	49.33		9.30	154.15	25.09
	16	16.15	18.88	33.70	37.76	44.89		9.36	154.48	24.57
	17	16.05	18.47	31.81	36.25	47.18		9.27	154.11	24.83
	18	16.31	18.73	32.38	37.03	44.95		9.31	151.50	24.83
	19	16.32	19.46	34.29	37.53	47.38		9.30	153.13	24.98
	20	16.88	18.72	34.19	37.36	46.30		9.22	152.27	24.91
	21	16.10	19.14	33.41	37.67	47.88		9.21	154.72	25.58
	22	16.22	19.09	33.57	38.18	48.18		9.22	152.39	24.66
	23	15.92	19.35	34.30	37.74	49.89		9.18	151.72	24.65
6年	11	19.81	19.12	34.18	38.23	50.06		8.89	164.90	28.59
	12	19.87	19.86	34.25	39.57	52.10		8.88	165.15	29.10
	13	19.83	20.34	35.02	40.68	55.17		8.86	165.15	29.02
	14	19.89	20.30	35.26	39.51	54.62		8.87	162.45	28.83
	15	19.37	20.82	35.46	42.21	56.39		8.89	165.73	29.44
	16	19.22	20.80	36.19	41.67	55.44		8.86	165.73	27.21
	17	19.10	20.74	34.34	41.16	54.28		8.93	163.36	28.33
	18	19.53	21.01	35.37	39.83	57.32		8.91	162.83	28.74
	19	19.34	21.11	36.43	41.41	55.58		8.88	161.29	29.01
	20	19.36	20.73	35.97	40.79	56.10		8.84	163.51	28.58
	21	18.95	21.19	35.59	41.62	58.12		8.83	160.40	28.65
	22	18.82	21.32	35.22	41.89	59.51		8.81	160.83	29.10
	23	18.74	21.38	36.26	42.06	61.08		8.85	161.37	28.13

< 小学校(女子) >

学年	年度	握力 (kg)	上体起こし (回)	長座体前屈 (cm)	反復横とび (点)	20mシャトルラン (折り返し数)	持久走 (秒)	50m走 (秒)	立ち幅とび (cm)	ボール投げ (m)
1 年	11	7.78	9.26	26.76	23.96	12.75		12.11	103.87	5.80
	12	9.16	11.62	26.97	23.32	12.77		12.12	102.80	5.68
	13	7.93	9.66	26.58	23.09	13.04		12.13	104.07	5.35
	14	8.34	11.54	27.47	22.24	12.42		12.17	103.38	5.46
	15	8.08	10.38	27.45	23.48	12.32		12.00	102.44	5.23
	16	7.79	10.22	28.55	22.58	12.13		12.12	102.68	5.46
	17	7.89	10.49	26.99	23.67	13.02		12.13	105.65	6.09
	18	8.40	10.51	26.59	22.23	12.09		12.02	104.35	5.50
	19	8.02	10.59	28.42	22.77	11.62		12.11	104.61	5.66
	20	7.96	10.43	27.02	22.69	12.10		12.06	103.29	5.56
	21	7.68	11.15	28.50	23.39	13.07		12.19	99.69	5.47
	22	7.68	10.10	27.15	22.77	12.23		12.13	101.61	5.63
	23	7.07	10.14	27.05	24.46	13.57		12.05	101.05	5.50
2 年	11	9.55	11.24	28.49	24.66	16.32		11.46	115.83	7.14
	12	10.49	13.24	28.49	26.41	18.09		11.06	115.71	7.54
	13	10.12	11.94	28.41	25.63	18.40		11.19	114.74	7.25
	14	9.34	12.38	29.39	26.29	17.24		11.14	115.37	7.37
	15	9.56	12.05	29.09	26.82	18.98		11.12	118.22	7.45
	16	9.28	12.83	30.35	24.92	16.82		11.06	114.56	7.65
	17	9.60	12.33	28.75	26.34	16.93		11.12	114.53	7.46
	18	10.04	12.23	28.84	26.22	17.21		11.15	113.52	7.50
	19	9.69	12.77	30.22	25.26	16.47		11.13	112.73	7.67
	20	9.74	12.32	29.28	25.92	17.07		11.12	113.49	7.71
	21	9.24	12.65	29.39	26.66	17.75		11.05	113.13	7.52
	22	9.55	12.70	28.97	25.92	18.00		11.05	113.90	7.38
	23	9.06	12.70	28.55	26.66	19.49		10.97	112.08	7.72
3 年	11	11.20	13.07	30.28	26.58	21.15		10.41	125.08	9.33
	12	11.71	13.43	32.14	28.69	23.44		10.45	125.83	9.97
	13	11.35	13.41	32.10	28.61	23.18		10.50	124.65	9.54
	14	11.21	13.11	31.46	28.35	21.25		10.56	124.88	9.29
	15	11.25	13.61	33.04	27.36	22.84		10.50	126.23	9.56
	16	11.02	14.22	31.57	28.56	21.30		10.56	125.58	10.39
	17	11.35	14.02	31.65	28.36	21.71		10.47	125.37	10.34
	18	11.54	14.08	29.45	28.68	22.69		10.53	124.88	10.20
	19	11.24	14.71	32.53	27.85	21.27		10.52	123.89	9.93
	20	11.71	13.99	31.95	29.54	22.25		10.39	124.47	10.27
	21	11.16	14.40	33.15	29.29	22.96		10.43	122.98	9.95
	22	11.32	14.58	31.57	29.73	24.62		10.44	125.08	9.96
	23	11.00	14.65	32.14	29.17	22.81		10.38	123.02	9.65
4 年	11	13.39	14.63	34.00	28.91	27.25		9.98	135.47	12.51
	12	13.68	14.67	33.49	31.24	26.61		9.92	136.41	11.64
	13	12.86	14.99	33.06	32.03	27.59		10.05	132.85	11.85
	14	13.19	14.93	33.18	30.77	28.13		10.01	133.69	11.35
	15	12.94	15.46	33.88	32.12	28.49		10.00	136.79	12.36
	16	13.09	15.32	34.07	32.11	29.40		10.00	132.58	11.56
	17	13.17	15.30	33.38	31.54	28.12		10.01	135.67	12.72
	18	13.70	15.91	32.97	32.38	29.60		9.95	133.41	12.80
	19	13.12	15.90	34.33	30.71	27.35		10.06	132.91	12.62
	20	13.52	15.62	34.61	31.67	29.32		9.98	134.81	12.16
	21	13.15	15.98	33.45	32.44	28.74		9.99	132.62	12.18
	22	12.84	15.73	34.79	32.05	31.38		9.96	132.51	12.07
	23	12.95	15.75	34.99	32.60	29.10		9.93	130.79	12.22
5 年	11	15.76	15.41	35.01	33.43	33.54		9.58	145.41	14.53
	12	16.17	15.72	34.92	33.73	33.30		9.55	143.75	15.04
	13	15.70	15.76	35.35	33.74	35.79		9.50	142.30	14.01
	14	15.29	16.18	35.71	33.85	35.83		9.53	142.55	14.15
	15	15.28	16.46	35.88	34.81	37.51		9.57	143.22	13.70
	16	15.59	17.02	36.38	35.23	35.55		9.56	143.86	14.50
	17	15.18	16.65	33.82	33.99	36.79		9.53	141.87	14.54
	18	15.99	17.22	36.07	34.90	35.93		9.54	143.08	15.22
	19	15.57	17.60	37.62	35.07	35.61		9.57	144.76	15.18
	20	16.13	16.74	37.55	35.23	35.43		9.50	143.36	14.95
	21	15.57	17.27	37.14	34.94	36.21		9.53	144.65	14.82
	22	15.53	17.17	37.14	35.52	36.09		9.53	142.47	14.51
	23	15.43	17.12	37.92	34.81	37.54		9.51	141.27	14.57
6 年	11	19.01	16.01	37.13	35.05	38.28		9.25	151.68	16.21
	12	18.90	16.56	37.21	36.12	39.86		9.16	151.40	16.15
	13	18.60	17.25	37.78	37.09	42.25		9.18	151.06	16.62
	14	18.72	17.12	37.79	36.01	42.21		9.16	149.77	16.00
	15	18.91	17.53	38.31	37.96	43.28		9.19	151.54	16.58
	16	18.50	18.07	39.03	38.08	44.92		9.16	150.52	15.56
	17	18.86	18.30	37.88	38.49	42.94		9.22	147.27	16.33
	18	18.74	18.75	38.44	36.73	45.46		9.20	150.13	17.12
	19	18.64	18.98	39.47	39.00	43.63		9.17	150.77	17.44
	20	18.76	18.38	39.44	37.50	42.19		9.16	151.23	16.85
	21	18.35	18.85	38.95	38.77	45.55		9.15	148.39	16.69
	22	18.47	19.10	39.33	38.85	46.16		9.15	148.08	16.51
	23	18.22	19.02	40.10	39.23	46.94		9.20	149.19	16.82

＜中学校（男子）＞

学年	年度	握力 (kg)	上体起こし (回)	長座体前屈 (cm)	反復横とび (点)	20mシャトルラン (折り返し数)	持久走 (秒)	50m走 (秒)	立ち幅とび (cm)	ボール投げ (m)
1年	11	22.70	20.79	39.62	42.13	57.02	435.05	8.69	179.19	18.54
	12	23.54	21.29	37.79	41.89	58.69	454.62	8.57	176.57	18.43
	13	22.72	21.12	38.90	42.23	59.17	419.66	8.61	177.29	18.44
	14	22.92	21.90	38.03	43.33	62.95	441.86	8.53	176.53	18.38
	15	23.52	22.28	40.30	44.32	61.48	424.93	8.68	175.83	18.82
	16	23.38	22.32	37.44	44.19	62.09	—	8.57	177.91	18.67
	17	23.47	22.60	38.23	43.87	64.61	—	8.57	178.16	18.05
	18	23.62	22.83	38.64	44.16	67.44	—	8.54	178.03	18.82
	19	23.49	22.93	38.84	44.69	63.02	—	8.51	176.25	18.94
	20	23.76	22.31	38.79	44.47	67.00	—	8.48	176.56	18.74
	21	23.46	23.14	39.28	44.97	69.39	—	8.48	176.39	18.73
2年	22	23.14	23.37	40.43	45.56	71.13	—	8.48	178.65	18.82
	23	22.73	23.35	39.35	45.57	72.08	—	8.42	179.80	19.19
	11	28.37	23.48	39.76	44.81	71.54	415.78	8.19	193.72	21.03
	12	29.03	23.74	40.78	45.05	68.34	431.37	8.14	188.47	20.83
	13	28.70	24.63	41.44	46.55	73.63	401.08	8.12	192.55	20.96
	14	28.39	24.33	42.43	46.53	75.80	419.05	8.03	191.25	21.03
	15	29.99	25.83	42.25	49.00	80.46	379.77	7.99	193.54	21.66
	16	28.81	25.59	41.95	47.70	79.13	—	8.02	191.92	21.12
	17	28.47	26.73	42.26	48.61	79.84	—	8.10	193.98	21.04
	18	29.20	26.76	43.51	48.79	83.78	—	7.98	194.57	21.91
	19	29.43	26.30	41.52	48.45	80.89	—	7.99	189.69	21.45
3年	20	29.59	26.47	43.95	48.89	85.23	—	7.89	195.31	21.73
	21	28.60	26.34	42.84	48.34	84.97	—	7.99	192.79	21.60
	22	28.00	26.07	43.51	49.12	79.89	—	8.02	190.04	21.27
	23	27.40	26.66	43.64	49.93	85.48	—	7.93	192.31	21.52
	11	33.41	23.95	43.34	47.40	77.09	406.93	7.65	205.72	23.33
	12	35.09	25.51	43.94	47.08	81.13	414.68	7.68	204.37	23.32
	13	33.49	26.05	45.13	49.46	80.15	389.15	7.68	207.26	23.62
	14	34.13	27.13	44.65	50.62	86.37	445.16	7.60	206.77	23.55
	15	34.94	27.73	47.33	51.78	84.64	388.86	7.69	204.95	23.90
	16	34.52	27.94	45.83	51.03	87.67	—	7.57	206.57	23.98
	17	33.36	27.62	45.15	51.14	87.32	—	7.69	206.39	23.66
3年	18	34.46	29.03	46.25	51.94	91.63	—	7.62	207.57	24.14
	19	34.48	28.29	45.65	51.26	89.63	—	7.60	207.02	23.93
	20	34.12	28.66	44.90	51.66	91.78	—	7.56	205.14	23.98
	21	33.94	28.68	45.22	52.09	93.39	—	7.55	204.66	24.15
	22	34.01	28.68	46.91	51.66	93.12	—	7.55	208.52	24.30
	23	33.57	28.77	47.42	52.17	91.88	—	7.57	205.63	24.52

＜中学校（女子）＞

学年	年度	握力 (kg)	上体起こし (回)	長座体前屈 (cm)	反復横とび (点)	20mシャトルラン (折り返し数)	持久走 (秒)	50m走 (秒)	立ち幅とび (cm)	ボール投げ (m)
1年	11	20.06	15.92	42.42	36.72	37.78	323.84	9.10	158.25	11.99
	12	21.01	16.04	42.40	36.70	40.47	317.87	9.08	157.05	12.18
	13	20.72	16.95	41.77	37.84	42.13	305.27	8.99	164.66	12.30
	14	20.50	17.61	40.85	39.01	44.87	375.84	9.05	156.13	12.39
	15	21.08	17.04	43.10	40.11	44.34	301.96	9.00	160.73	12.04
	16	21.07	17.36	41.36	39.28	43.26	—	8.99	160.06	12.24
	17	20.81	18.40	41.61	39.25	46.61	—	9.03	160.48	12.92
	18	21.30	19.01	42.31	39.53	49.50	—	8.98	157.84	12.50
	19	21.20	19.42	42.12	39.08	47.73	—	8.99	157.85	12.46
	20	21.55	18.75	42.38	40.26	47.83	—	8.99	159.66	12.28
	21	21.23	19.20	40.66	41.53	47.80	—	9.02	158.76	12.70
2年	22	20.97	19.38	42.92	41.23	51.52	—	9.05	156.57	12.38
	23	20.83	19.70	42.77	41.20	51.60	—	8.99	159.97	12.54
	11	22.28	17.84	43.38	38.65	45.58	313.91	9.01	163.45	12.89
	12	23.51	18.51	45.28	39.17	46.28	320.68	8.97	159.78	12.83
	13	22.46	18.58	44.59	41.51	51.60	304.56	8.84	163.04	13.56
	14	23.45	19.65	43.12	40.73	52.14	330.26	8.81	161.26	13.38
	15	23.28	20.56	44.76	43.47	54.32	—	8.81	164.74	13.28
	16	22.83	20.56	43.05	42.25	52.09	—	8.81	163.49	13.89
	17	22.59	21.04	43.11	42.74	54.58	—	8.76	164.99	13.95
	18	23.16	21.61	43.19	42.19	56.46	—	8.85	163.58	13.46
	19	23.36	21.57	43.93	42.58	54.18	—	8.93	160.40	13.32
3年	20	23.93	21.95	43.28	43.27	59.49	—	8.77	165.50	13.72
	21	22.86	21.46	43.33	42.94	56.21	—	8.90	162.11	13.40
	22	22.66	21.70	44.65	43.89	56.78	—	8.86	163.81	13.74
	23	22.71	21.49	44.56	43.61	59.23	—	8.81	163.37	13.53
	11	23.38	17.60	45.34	40.77	47.41	334.26	9.00	164.88	13.81
	12	24.31	18.25	45.25	39.50	47.18	329.92	8.94	165.01	13.44
	13	23.85	18.85	45.16	42.33	51.27	320.97	8.85	165.44	13.82
	14	24.42	20.33	45.26	42.59	53.02	339.36	8.84	164.44	14.27
	15	25.39	21.32	45.79	43.48	53.53	—	8.86	164.90	14.36
	16	24.67	21.26	45.91	43.18	51.44	—	8.86	165.53	14.16
	17	24.20	21.60	44.33	43.54	56.93	—	8.79	165.97	14.30
3年	18	24.57	22.90	46.90	43.94	56.64	—	8.83	163.31	14.32
	19	24.62	22.12	44.18	43.30	57.04	—	8.85	162.96	14.10
	20	24.99	23.30	45.88	44.06	57.98	—	8.80	166.43	14.47
	21	24.74	22.80	44.69	44.45	56.79	—	8.78	165.64	14.28
	22	24.43	22.69	45.17	43.83	57.59	—	8.91	166.02	14.36
	23	24.20	22.73	46.54	44.45	56.50	—	8.76	167.61	14.56

<高等学校（男子）>

学年	年度	握力 (kg)	上体起こし (回)	長座体前屈 (cm)	反復横とび (点)	20mシャトルラン (折り返し数)	持久走 (秒)	50m走 (秒)	立ち幅とび (cm)	ボール投げ (m)
1年	11	36.02	26.02	43.45	49.90	81.76	404.04	7.58	203.38	24.13
	12	38.68	25.02	44.14	51.00	—	400.92	7.63	209.68	24.96
	13	35.76	28.80	49.51	49.01	90.93	379.26	7.56	219.84	24.19
	14	37.07	29.44	46.13	51.92	93.22	407.02	7.61	220.61	24.71
	15	35.72	27.99	49.93	53.11	84.64	—	7.61	209.21	24.19
	16	35.39	29.94	47.97	52.43	78.66	—	7.52	209.97	23.92
	17	35.30	28.94	47.56	55.54	86.77	414.13	7.33	221.18	24.63
	18	36.71	28.48	46.59	53.23	80.82	—	7.38	211.47	24.55
	19	36.78	32.05	47.90	55.66	90.93	378.02	7.25	217.53	25.50
	20	36.52	30.72	49.41	55.51	91.03	—	7.35	218.05	27.17
	21	37.86	33.24	50.13	57.62	93.08	—	7.09	220.50	26.50
	22	37.55	31.36	49.32	55.74	85.30	427.15	7.21	218.81	26.79
2年	23	35.53	31.34	47.12	56.14	91.68	430.95	7.48	218.26	24.98
	11	41.09	27.90	41.65	51.29	89.88	383.90	7.24	216.30	26.75
	12	39.59	27.94	47.88	51.72	—	373.64	7.34	218.32	25.94
	13	38.62	28.05	50.21	52.33	89.83	377.44	7.40	222.32	25.31
	14	40.21	29.10	47.02	49.84	—	368.88	7.44	215.00	26.62
	15	38.48	31.43	44.94	54.15	97.66	—	7.03	226.65	26.53
	16	38.00	30.04	49.68	56.50	84.91	—	7.37	219.51	25.15
	17	38.34	32.89	49.41	54.52	94.15	388.02	7.25	220.07	26.01
	18	39.27	32.72	48.56	56.73	95.24	—	7.09	215.42	25.09
	19	38.64	32.39	49.79	56.57	96.94	384.15	7.07	225.08	25.89
	20	37.45	32.29	47.72	57.43	101.60	375.23	7.02	227.37	26.82
	21	38.99	33.53	52.08	56.61	98.63	358.53	7.16	226.18	26.38
	22	38.19	32.37	49.62	54.95	94.07	376.92	7.01	218.74	27.22
3年	23	37.42	29.70	43.58	51.68	101.25	411.96	7.32	226.05	25.60
	11	42.18	26.16	44.24	50.66	84.84	395.77	7.29	220.55	27.09
	12	42.91	27.76	44.86	50.96	—	364.92	7.26	222.18	26.02
	13	40.86	29.61	48.66	53.62	91.24	387.88	7.36	222.69	27.14
	14	40.20	29.03	44.72	52.24	89.07	390.60	7.38	223.53	25.86
	15	39.83	32.54	47.67	54.61	99.45	—	7.26	225.12	26.92
	16	41.69	32.94	49.33	54.91	92.61	—	7.25	227.60	28.55
	17	38.86	30.49	50.74	58.03	92.21	381.69	7.27	220.07	26.01
	18	40.16	32.49	49.18	56.94	97.65	—	7.02	215.24	26.31
	19	40.12	34.62	52.29	58.32	98.23	—	6.98	229.33	25.36
	20	38.69	32.60	47.71	56.57	100.20	—	7.15	230.87	24.96
	21	33.94	28.68	45.22	52.09	96.73	400.00	7.18	218.60	27.41
	22	39.59	26.26	48.30	52.10	82.56	435.89	7.27	213.04	25.49
	23	38.17	31.94	47.22	57.49	108.31	400.03	7.12	225.23	26.50

<高等学校（女子）>

学年	年度	握力 (kg)	上体起こし (回)	長座体前屈 (cm)	反復横とび (点)	20mシャトルラン (折り返し数)	持久走 (秒)	50m走 (秒)	立ち幅とび (cm)	ボール投げ (m)
1年	11	24.79	17.37	41.35	41.43	46.18	339.59	9.03	165.49	14.92
	12	24.68	16.92	44.20	44.96	—	366.55	9.44	167.47	14.92
	13	23.78	17.31	43.80	38.98	—	344.41	9.36	160.16	12.69
	14	24.38	19.16	44.76	40.81	47.27	319.74	9.41	167.41	13.39
	15	24.13	21.82	46.57	43.78	53.27	—	8.66	170.55	14.03
	16	24.63	20.90	44.74	43.95	48.74	—	8.87	168.75	14.66
	17	23.87	22.92	45.18	46.37	58.20	336.86	8.89	170.15	14.18
	18	25.19	23.51	48.85	44.85	49.84	—	8.65	172.08	14.25
	19	25.39	24.90	48.90	47.42	65.12	311.91	8.74	171.04	14.65
	20	23.81	22.67	45.01	44.98	52.11	—	8.63	165.29	13.98
	21	25.22	23.54	48.02	46.38	51.90	—	8.74	172.42	14.86
	22	23.45	22.20	43.19	43.61	44.97	359.00	8.59	162.16	14.80
2年	23	23.76	25.24	47.71	48.97	58.61	323.67	8.57	175.09	14.39
	11	25.16	17.10	44.83	41.04	41.59	323.23	9.22	162.55	14.34
	12	25.14	18.39	43.80	40.98	42.52	318.92	9.37	162.74	14.66
	13	25.47	19.64	45.92	39.95	44.61	342.08	9.36	165.14	14.15
	14	25.02	21.60	43.94	40.98	—	345.28	9.67	159.42	14.10
	15	25.98	22.43	46.23	43.18	48.60	—	8.83	167.89	14.12
	16	25.48	23.49	47.38	45.25	50.24	—	8.91	169.76	14.13
	17	25.53	23.65	43.78	46.39	56.02	307.38	8.65	170.15	14.18
	18	24.30	24.31	45.56	44.04	52.08	—	8.72	164.53	13.93
	19	26.15	24.62	48.98	46.23	59.62	313.24	8.94	171.12	13.95
	20	26.22	25.47	49.34	49.86	60.77	—	8.64	169.70	15.34
	21	25.47	23.95	46.16	46.32	55.77	—	8.70	166.54	13.58
	22	24.23	23.72	47.68	44.88	50.31	376.75	8.93	164.13	14.54
3年	23	24.80	24.94	47.36	47.62	58.42	413.03	8.82	172.38	15.01
	11	25.87	17.02	40.87	41.97	42.90	331.03	9.40	161.71	14.58
	12	24.63	18.10	48.20	38.13	49.80	335.40	9.22	168.70	13.67
	13	25.79	20.30	45.95	42.22	46.13	313.02	9.17	161.33	14.76
	14	24.36	19.95	46.03	42.89	42.76	311.67	9.33	168.65	14.93
	15	24.96	21.52	46.88	45.18	51.32	—	9.10	172.95	14.17
	16	26.07	24.11	45.57	42.88	52.16	—	9.20	166.90	14.66
	17	26.36	25.64	48.56	48.81	58.93	296.38	8.72	172.71	14.87
	18	26.18	25.46	45.53	46.03	52.56	—	8.66	171.61	13.05
	19	27.04	28.61	52.74	50.36	60.63	—	8.45	181.13	15.49
	20	26.48	25.30	48.08	48.90	52.78	—	8.64	172.04	13.20
	21	26.48	27.27	49.86	50.54	70.00	—	8.43	172.96	15.72
	22	23.77	21.90	43.51	45.02	51.38	352.13	8.79	161.48	13.84
	23	25.35	25.86	48.53	48.80	57.88	530.00	8.84	170.98	14.81