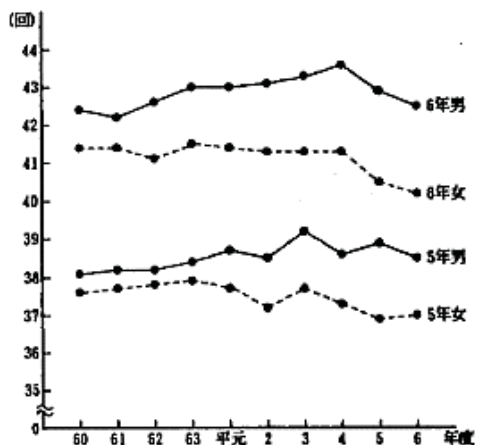


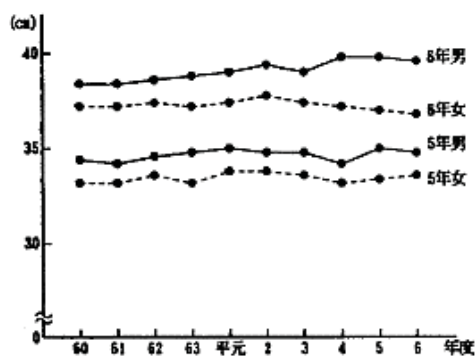
7 茨城県児童生徒の10年間の体力・運動能力の推移

(1) 小学校

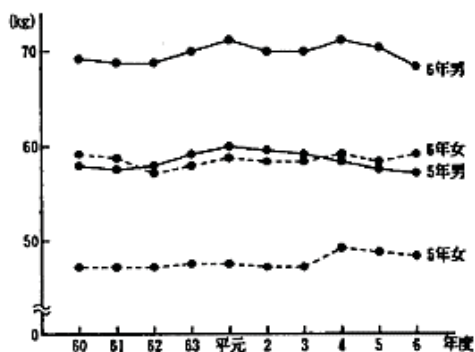
反復横とび (小学生)



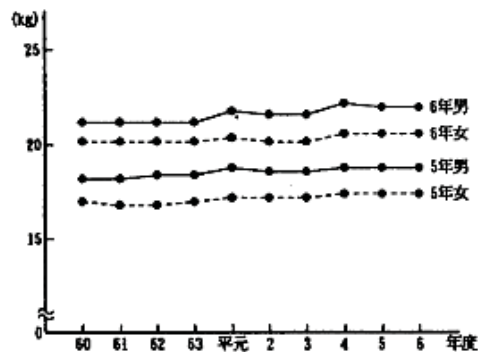
垂直とび (小学生)



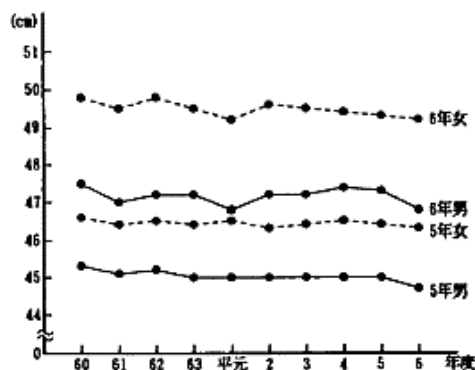
背筋力 (小学生)



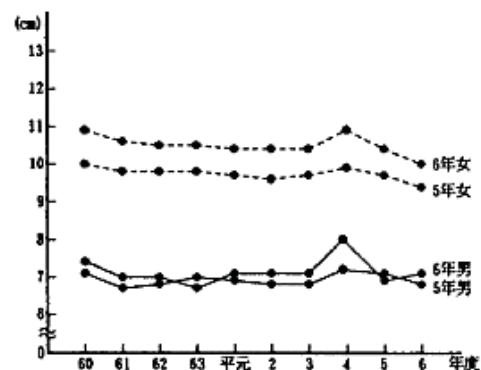
握力 (小学生)



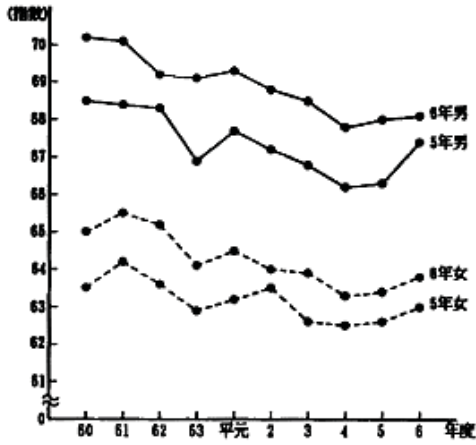
伏臥上体そらし (小学生)



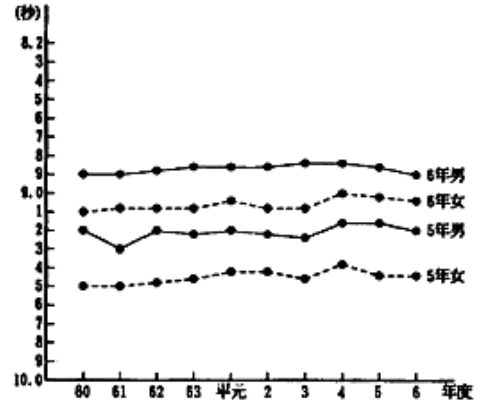
立位体前屈 (小学生)



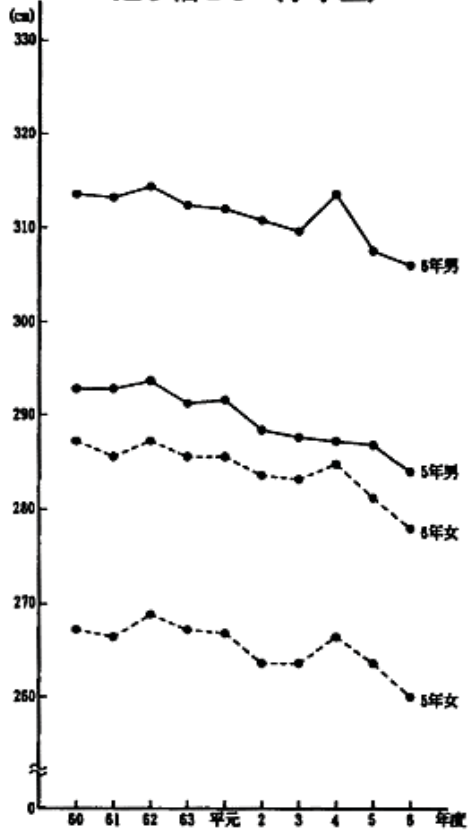
踏み台昇降運動 (小学生)



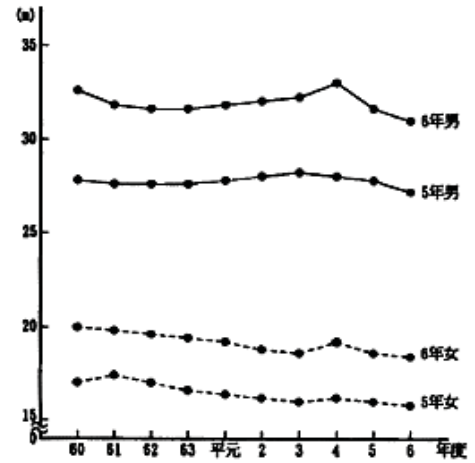
50m走 (小学生)



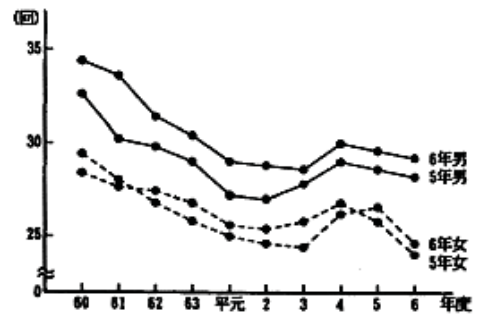
走り幅とび (小学生)



ソフトボール投げ (小学生)

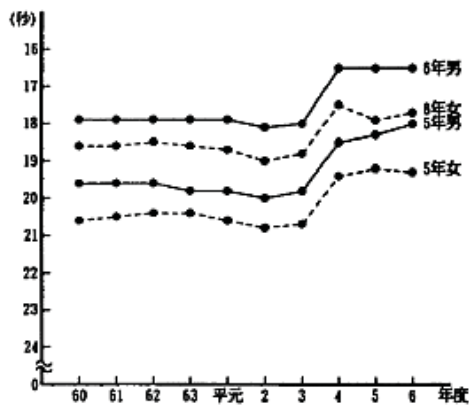


斜懸垂 (小学生)

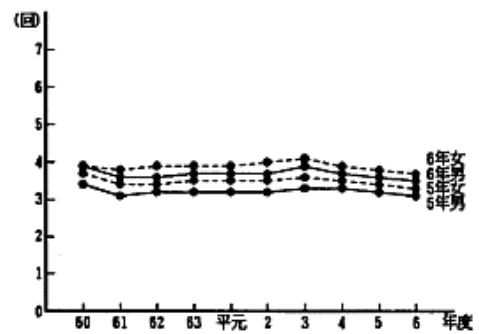


茨城県児童生徒の10年間の体力・運動能力の推移

ジグザグドブル (小学生)



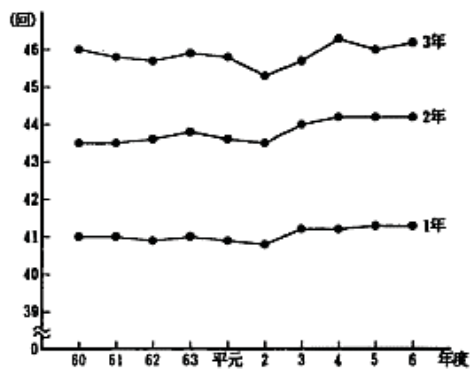
連続さか上がり (小学生)



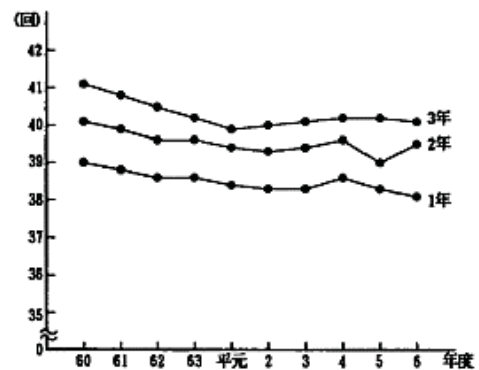
(2) 中学校

反復横とび (中学生)

(男)

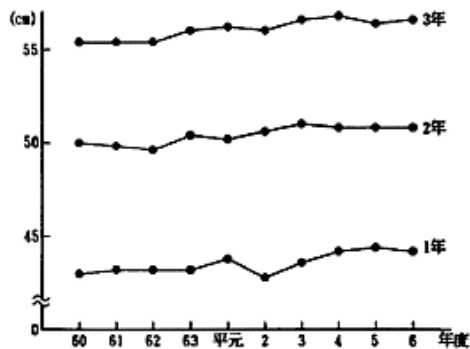


(女)

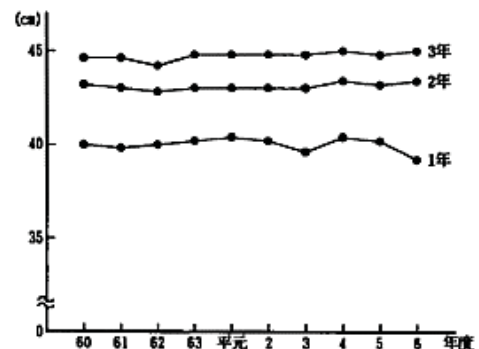


垂直とび (中学生)

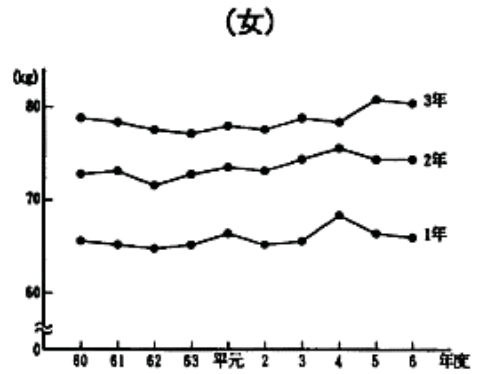
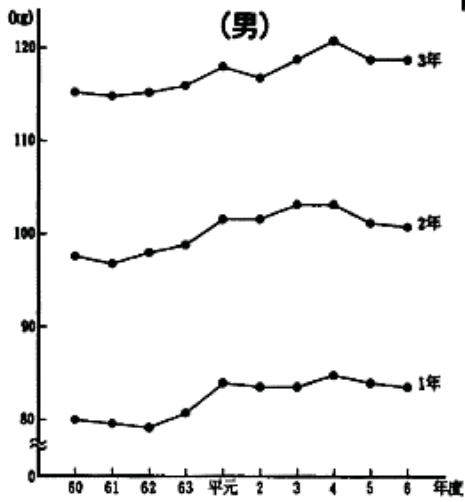
(男)



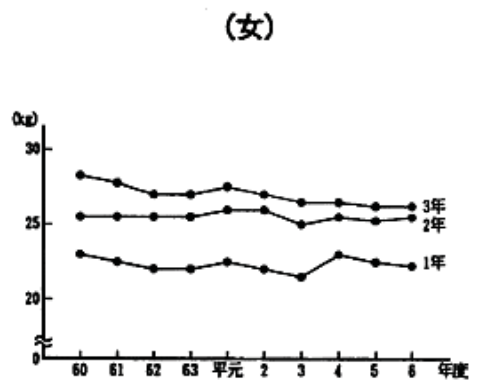
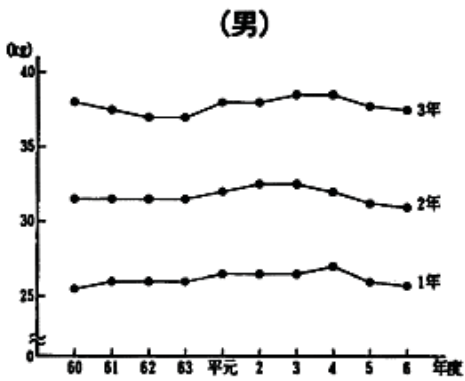
(女)



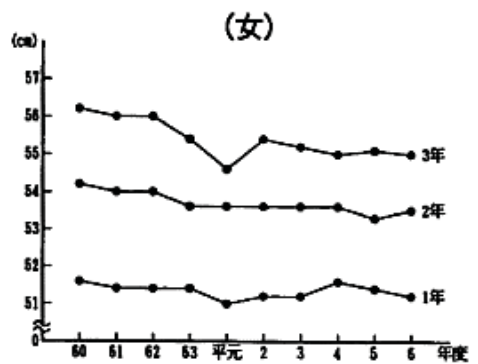
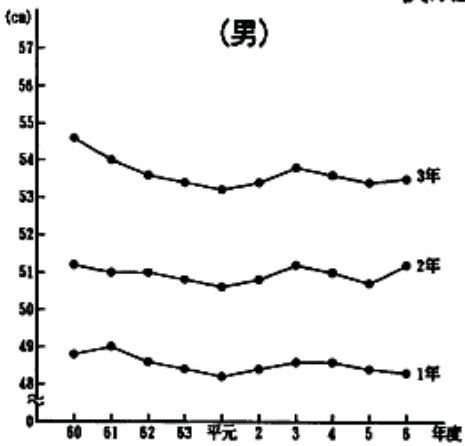
背筋力 (中学生)



握力 (中学生)

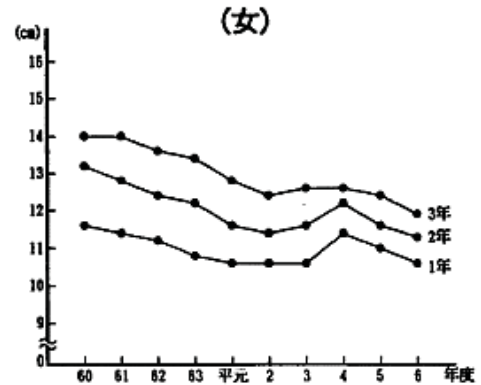
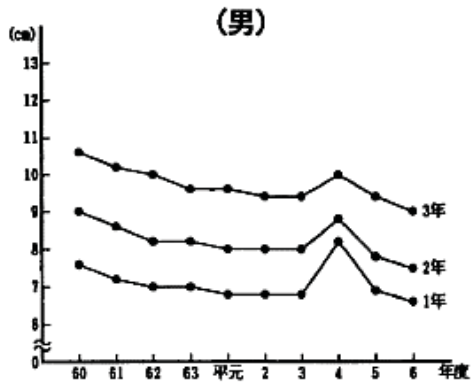


伏臥上体そらし (中学生)

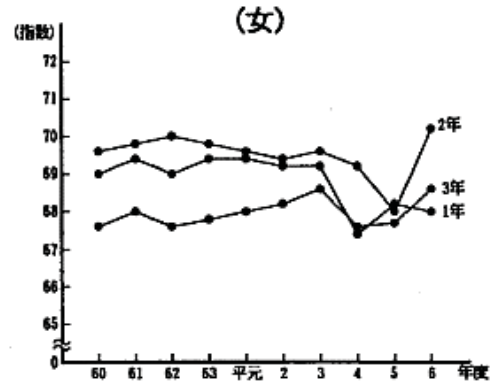
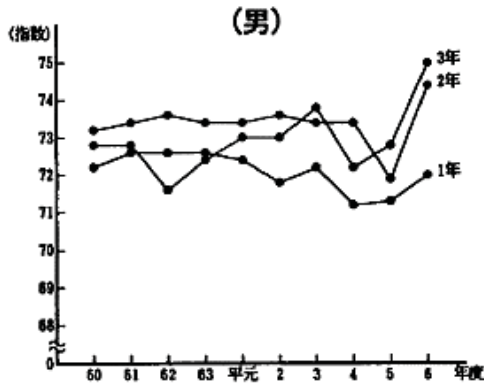


茨城県児童生徒の10年間の体力・運動能力の推移

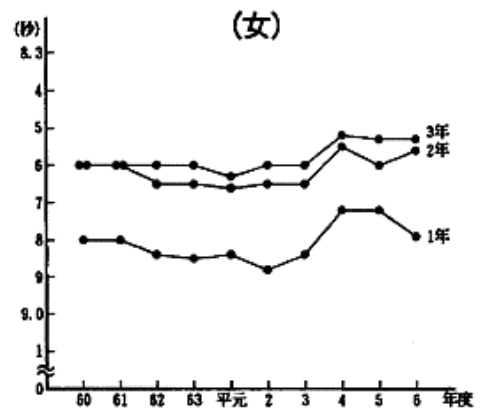
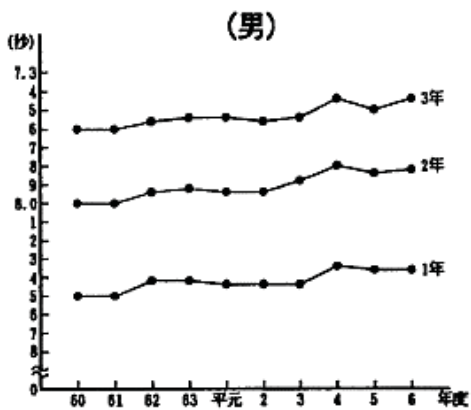
立位体前屈（中学生）



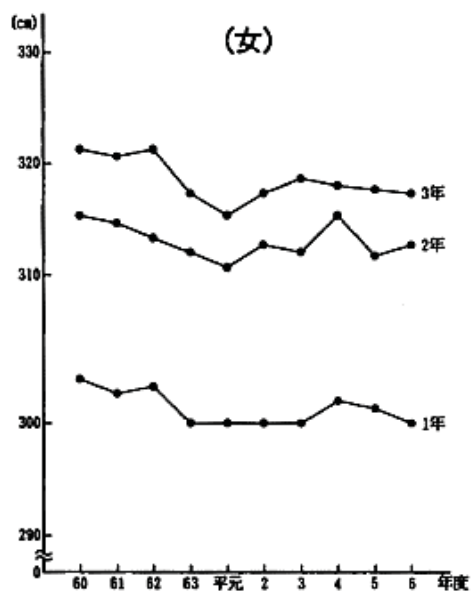
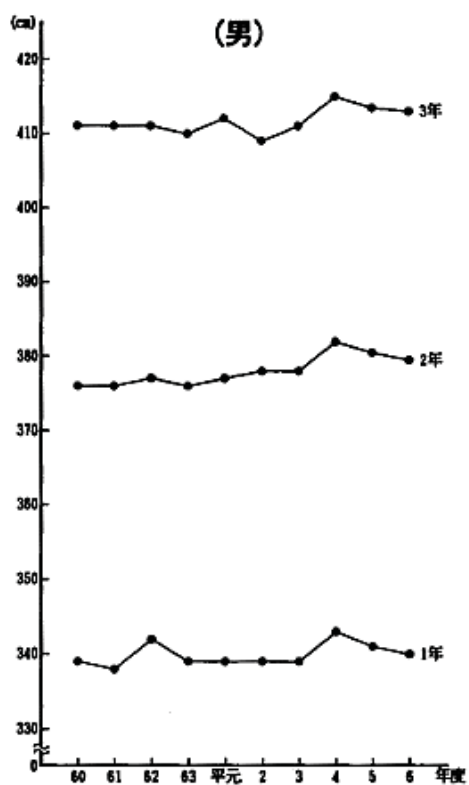
踏み台昇降運動（中学生）



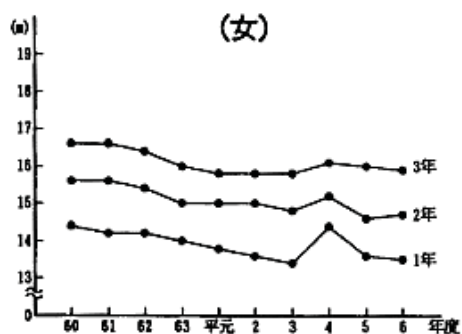
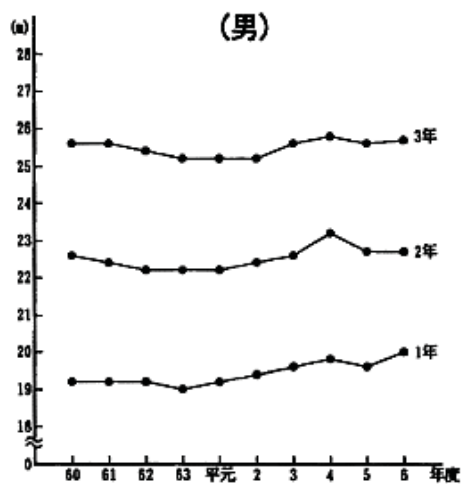
50M走（中学生）



走り幅とび (中学生)

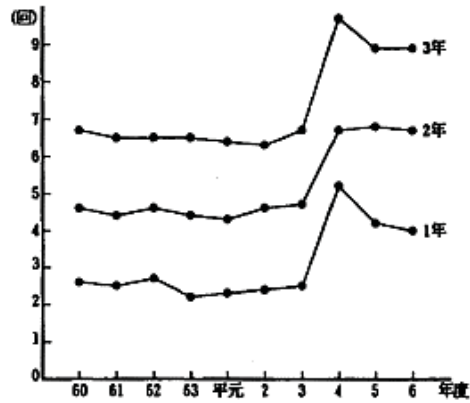


ハンドボール投げ (中学生)

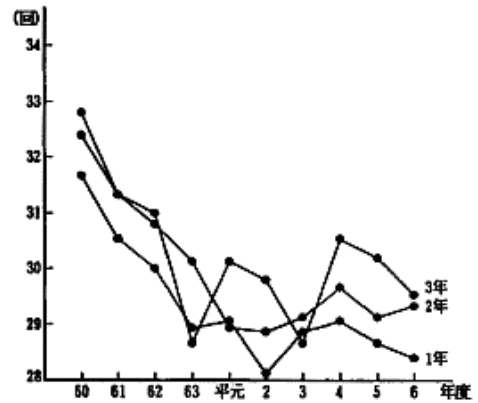


茨城県児童生徒の10年間の体力・運動能力の推移

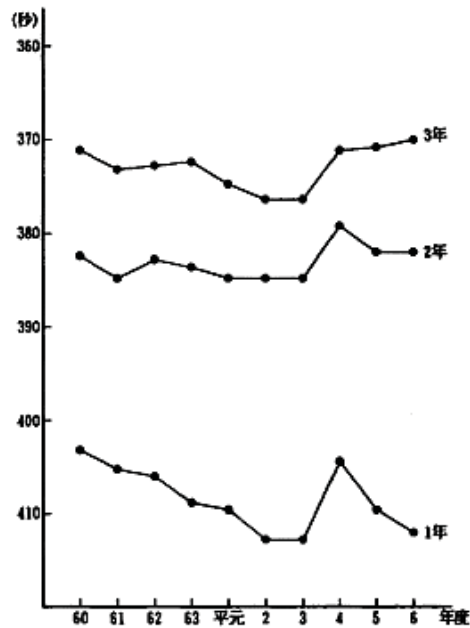
懸垂 (中学生)
(男)



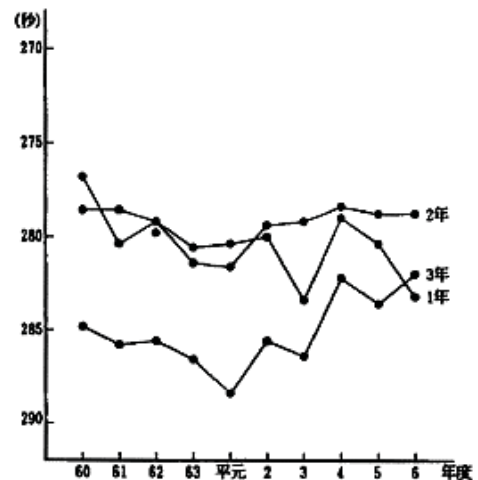
斜懸垂 (中学生)
(女)



持久走 (1500m) (中学生)
(男)



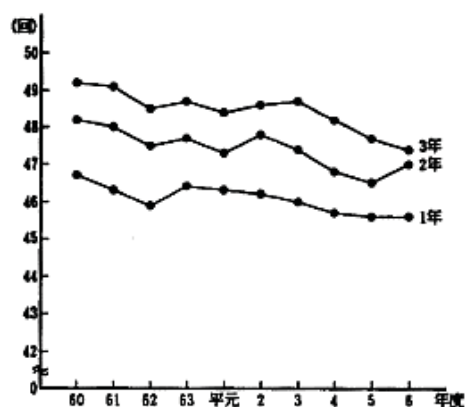
持久走 (1000m) (中学生)
(女)



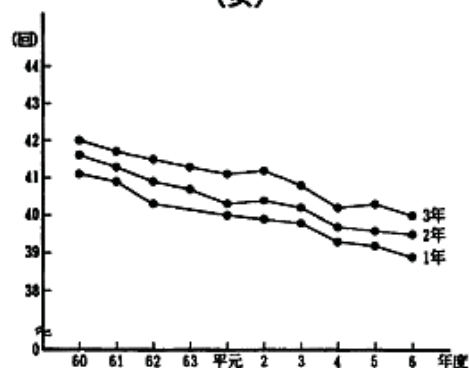
(3) 高等学校

反復横とび (高校生)

(男)

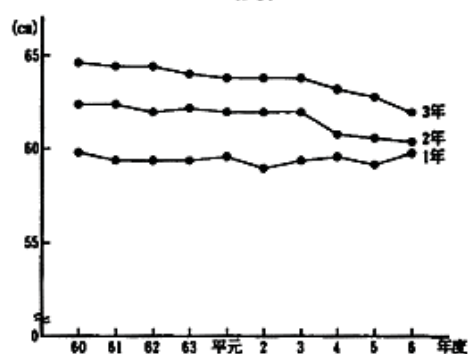


(女)

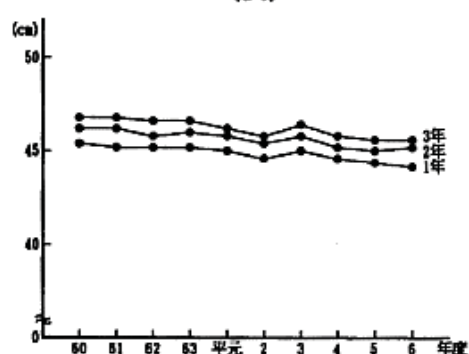


垂直とび (高校生)

(男)

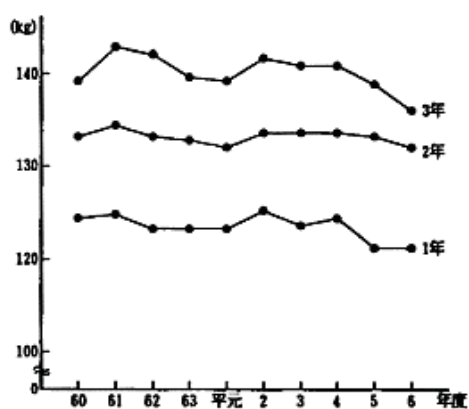


(女)

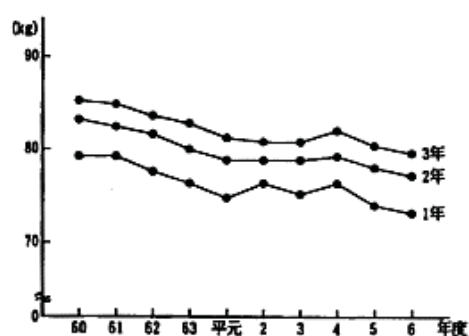


背筋力 (高校生)

(男)

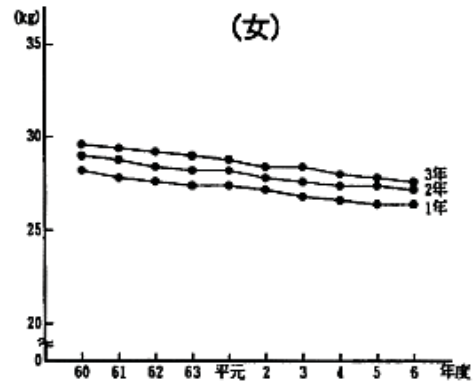
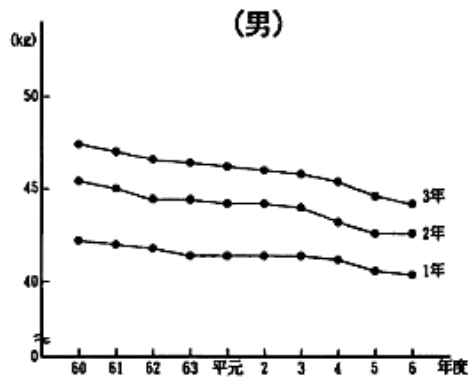


(女)

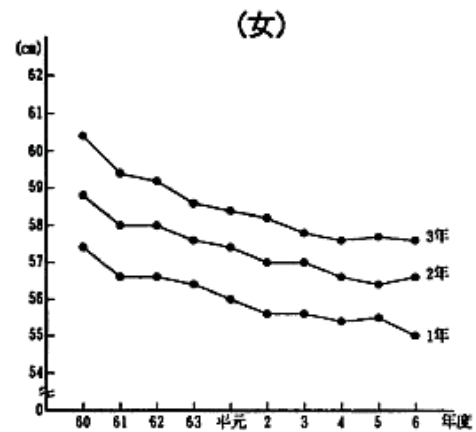
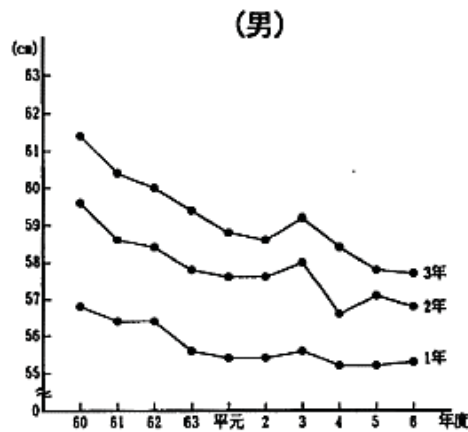


茨城県児童生徒の10年間の体力・運動能力の推移

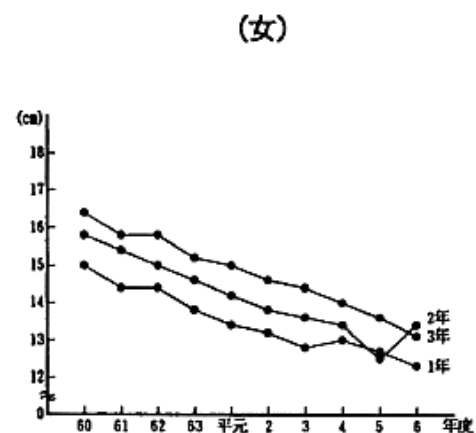
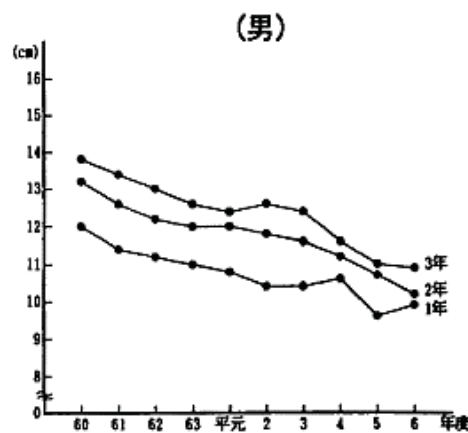
握力（高校生）



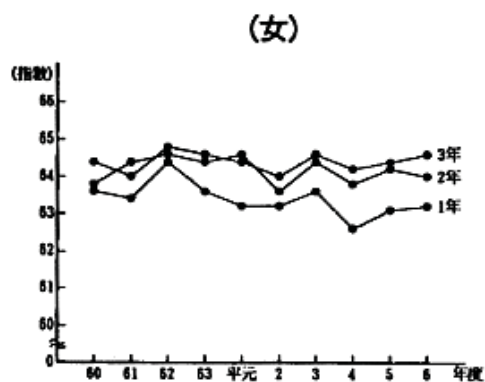
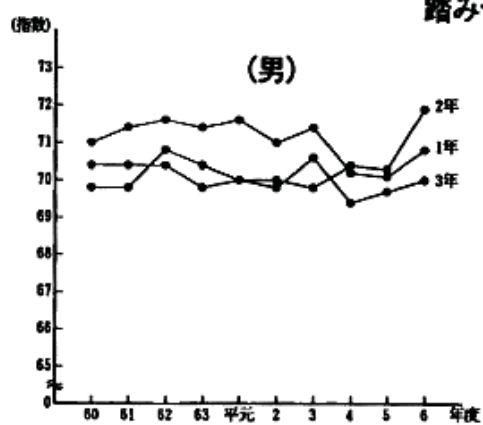
伏臥上体そらし（高校生）



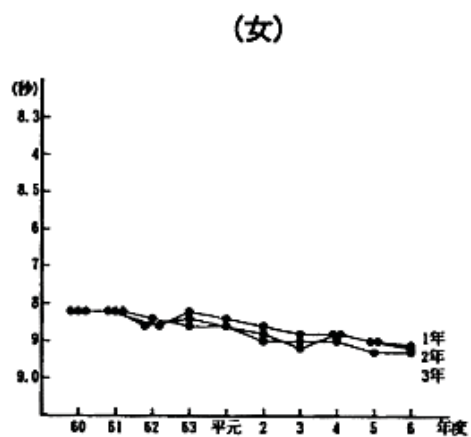
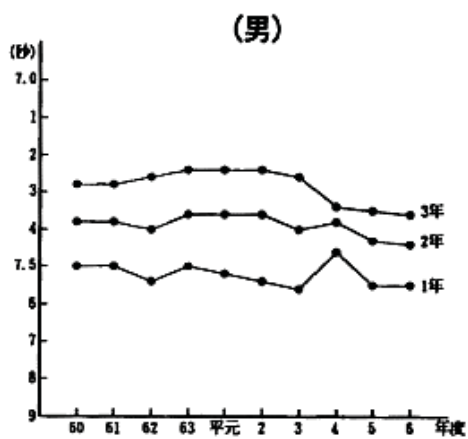
立位体前屈（高校生）



踏み台昇降 (高校生)

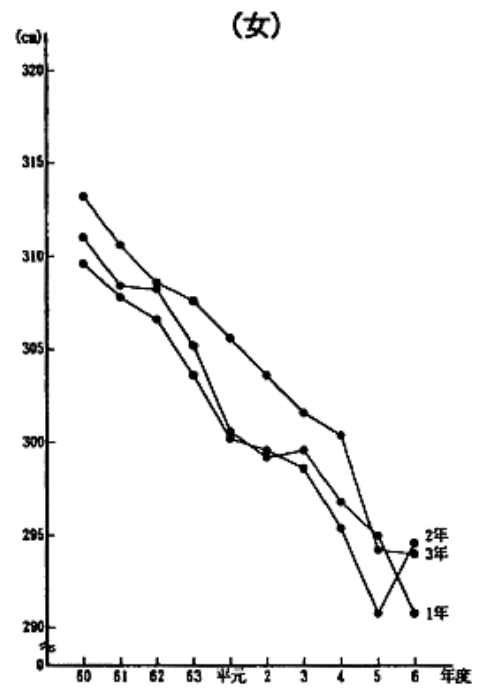
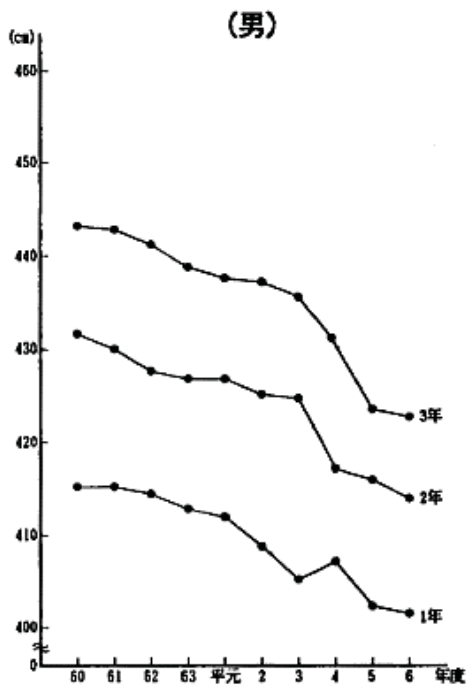


50M走 (高校生)

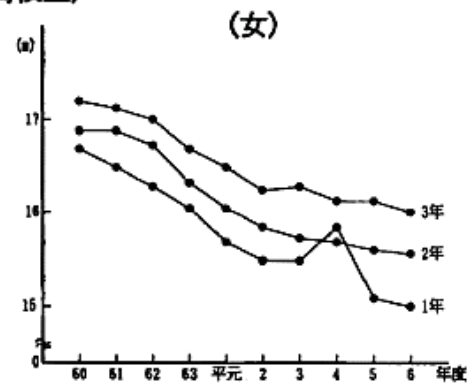
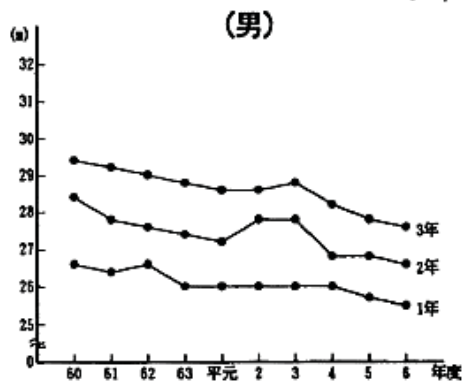


茨城県児童生徒の10年間の体力・運動能力の推移

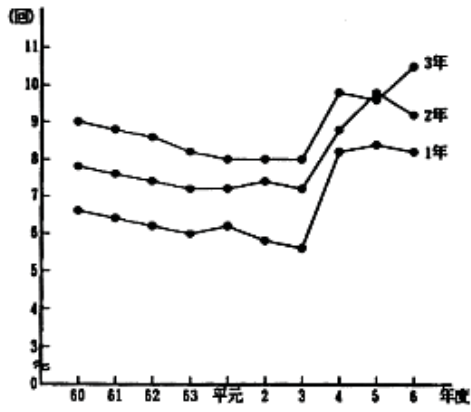
走り幅とび (高校生)



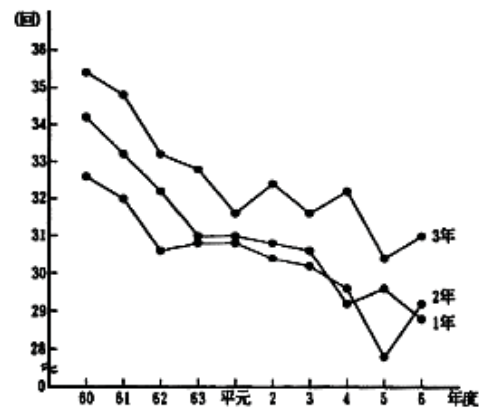
ハンドボール投げ (高校生)



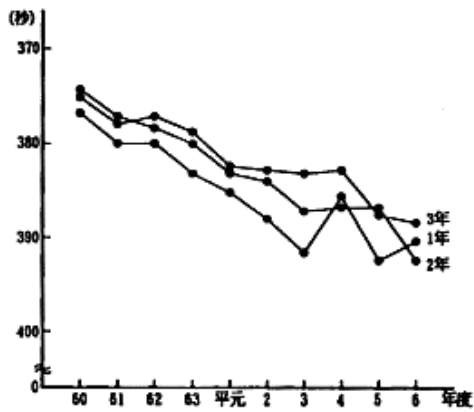
懸垂 (高校生)
(男)



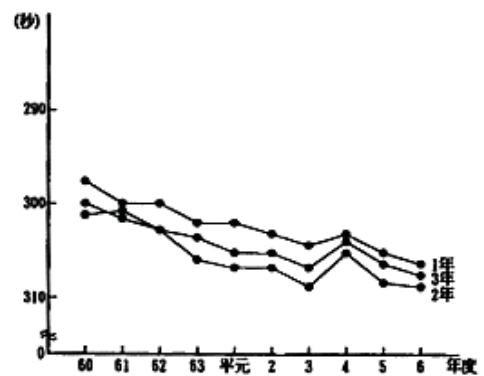
斜懸垂 (高校生)
(女)



持久走 (1,500m)
(高校生男)



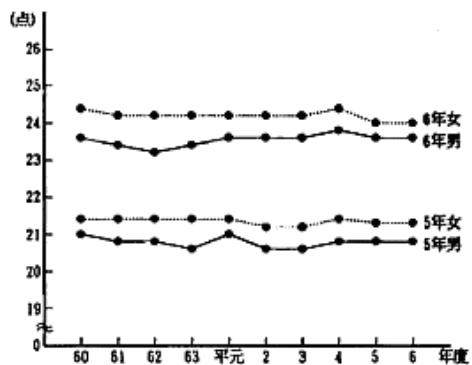
持久走 (1,000m)
(高校生女)



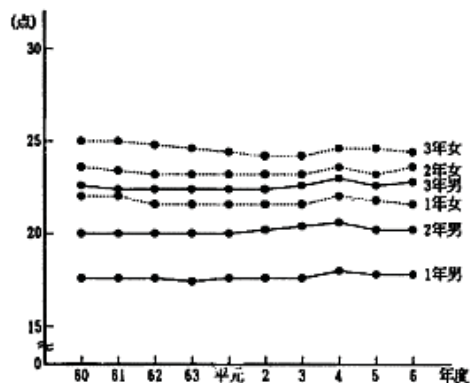
茨城県児童生徒の10年間の体力・運動能力の推移

(4) 体力診断テスト合計点

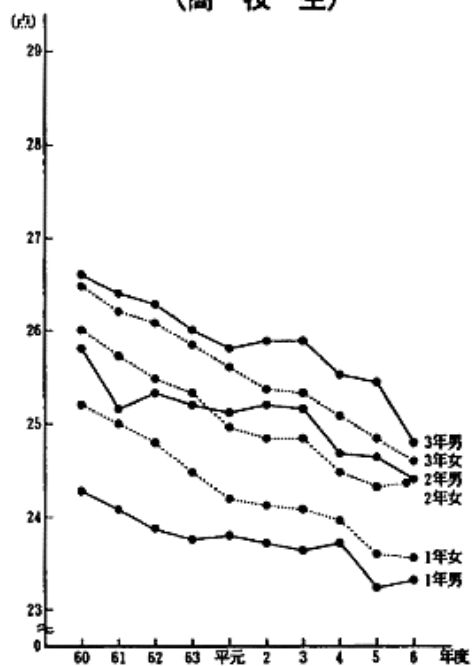
(小学生)



(中学生)

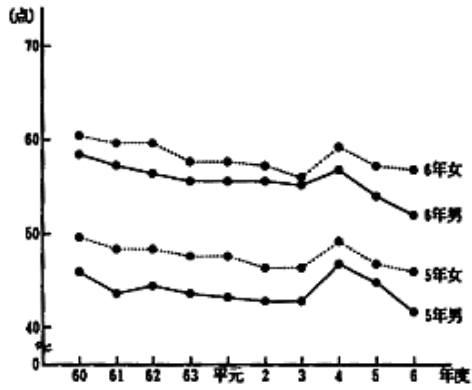


(高校生)

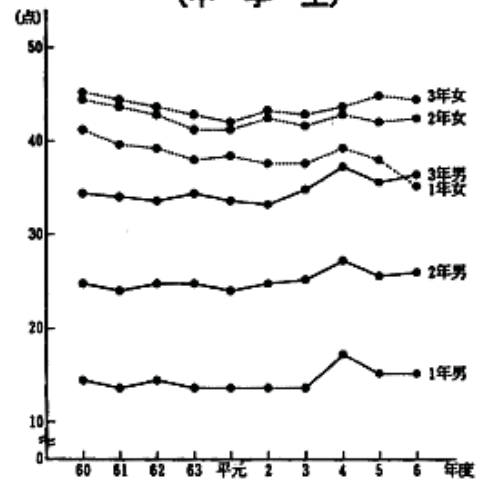


(5) 運動能力テスト合計点

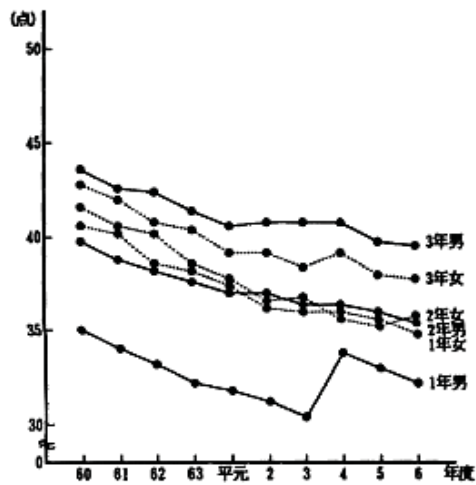
(小学生)



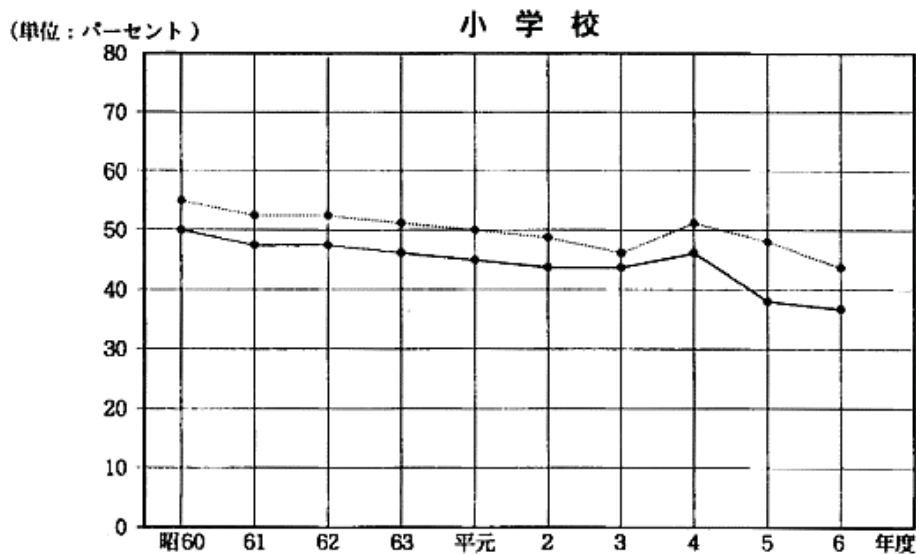
(中学生)



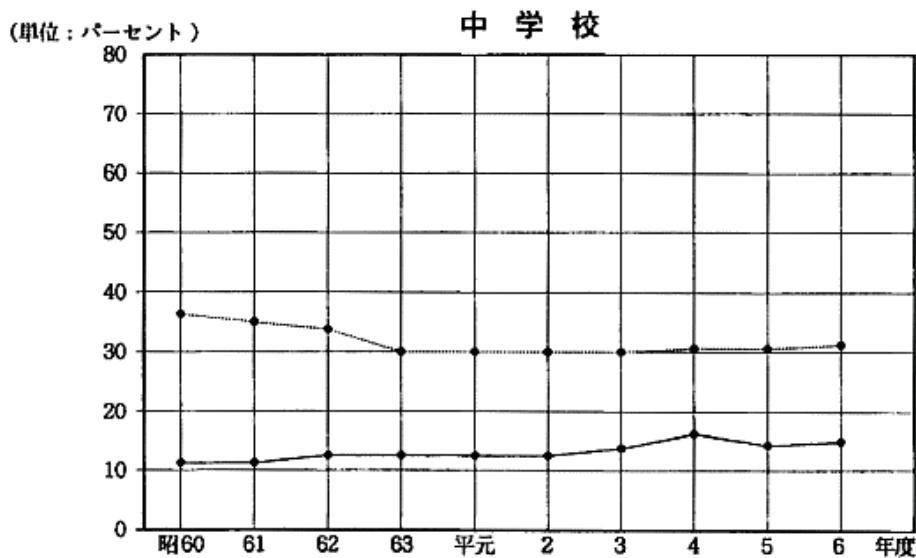
(高校生)



(6) 1級～3級までの児童生徒の割合の10年間の推移



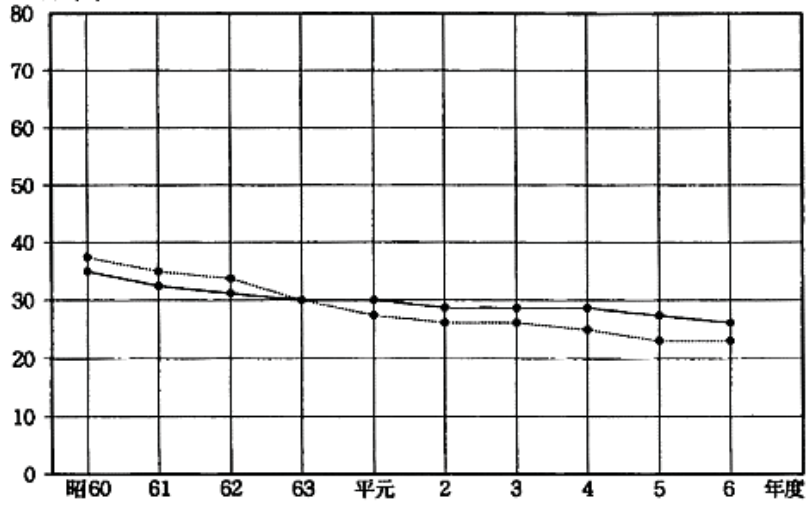
性別	年度	昭60	昭61	昭62	昭63	平元	平2	平3	平4	平5	平6
—	5・6年男子	49.6	46.2	46.2	44.7	43.5	42.8	42.9	42.8	39.0	37.2
.....	5・6年女子	55.1	53.2	53.4	50.7	49.6	47.6	46.8	52.6	48.8	44.2



性別	年度	昭60	昭61	昭62	昭63	平元	平2	平3	平4	平5	平6
—	1・2・3年男子	11.9	11.5	12.2	12.0	12.3	12.3	13.6	16.7	14.7	15.3
.....	1・2・3年女子	35.4	33.9	33.0	30.0	29.6	30.1	29.4	30.3	30.2	30.3

(単位：パーセント)

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性別	年度	昭60	昭61	昭62	昭63	平元	平2	平3	平4	平5	平6
——	1・2・3年男子	35.5	33.2	31.8	30.3	29.2	29.4	29.0	28.8	27.2	25.5
——	1・2・3年女子	37.3	34.3	33.2	30.2	27.7	26.2	25.8	24.1	23.6	23.4