

(4) 本県の体力の現状を示す各種比較資料

①本県における過去10年間の種目別平均値比較 (H25~R5) ※R2年度はコロナウイルス感染の感染拡大により中止



女子握力

Table showing girls' grip strength data from 2013 to 2025 across elementary, middle, and high schools.

女子上体起こし

Table showing girls' sit-up data from 2013 to 2025 across elementary, middle, and high schools.

女子長座体前屈

Table showing girls' sit-and-reach data from 2013 to 2025 across elementary, middle, and high schools.

女子反復横とび

Table showing girls' shuttle run data from 2013 to 2025 across elementary, middle, and high schools.

女子20mシャトル

Table showing girls' 20m shuttle run data from 2013 to 2025 across elementary, middle, and high schools.

女子持久走(1000m)

Table showing girls' 1000m endurance run data from 2013 to 2025 across middle and high schools.

女子50m走

Table showing girls' 50m sprint data from 2013 to 2025 across elementary, middle, and high schools.

女子立ち幅とび

Table showing girls' standing long jump data from 2013 to 2025 across elementary, middle, and high schools.

女子ソフトボール投げ

Table showing girls' softball throw data from 2013 to 2025 across elementary, middle, and high schools.

女子ハードボール投げ

Table showing girls' hardball throw data from 2013 to 2025 across middle and high schools.