

# 第 7 章

## 參考資料

## 令和4年度年齢別男女別体格

(埼玉県総務部統計課)

区分		身長(cm)					体重(kg)						
		埼玉県 平均値	標準偏差 (県)	全 国 平均値	標準偏差 (全国)	差	埼玉県 平均値	標準偏差 (県)	全 国 平均値	標準偏差 (全国)	差		
男	幼稚園	5	110.8	4.87	111.1	4.88	△ 0.3	19.3	2.79	19.3	2.85	0.0	
	小学校	6	116.9	4.82	117.0	4.94	△ 0.1	21.8	3.58	21.8	3.57	0.0	
		7	123.3	5.68	122.9	5.27	0.4	24.8	4.66	24.6	4.39	0.2	
		8	129.4	5.56	128.5	5.42	0.9	28.4	5.78	28.0	5.60	0.4	
		9	133.6	5.72	133.9	5.77	△ 0.3	31.1	6.72	31.5	6.85	△ 0.4	
		10	140.0	6.02	139.7	6.37	0.3	35.2	7.26	35.7	8.12	△ 0.5	
		11	146.6	7.60	146.1	7.37	0.5	40.1	9.09	40.0	9.22	0.1	
	中学校	12	154.1	8.26	154.0	7.93	0.1	45.4	10.07	45.7	10.31	△ 0.3	
		13	161.1	6.95	160.9	7.32	0.2	51.2	10.69	50.6	10.60	0.6	
		14	165.7	6.26	165.8	6.43	△ 0.1	54.6	10.44	55.0	10.57	△ 0.4	
	高等学校	15	168.6	6.18	168.6	5.96	0.0	58.1	10.60	59.1	11.35	△ 1.0	
		16	169.9	5.75	169.9	5.82	0.0	60.5	10.75	60.7	10.98	△ 0.2	
		17	171.0	6.11	170.7	5.80	0.3	62.2	11.09	62.5	10.88	△ 0.3	
	女	幼稚園	5	110.0	4.77	110.2	4.84	△ 0.2	18.9	2.56	19.0	2.75	△ 0.1
		小学校	6	116.1	5.04	116.0	4.96	0.1	21.3	3.53	21.3	3.45	0.0
			7	122.0	5.59	122.0	5.24	0.0	24.1	4.26	24.0	4.19	0.1
			8	128.4	5.80	128.1	5.68	0.3	27.8	5.48	27.3	5.18	0.5
9			134.8	6.51	134.5	6.44	0.3	31.5	6.16	31.1	6.32	0.4	
10			141.5	6.92	141.4	6.86	0.1	35.5	7.46	35.5	7.41	0.0	
11			147.7	6.20	147.9	6.41	△ 0.2	40.3	7.83	40.5	8.06	△ 0.2	
中学校		12	152.4	5.67	152.2	5.73	0.2	44.4	7.91	44.5	8.04	△ 0.1	
		13	155.1	5.08	154.9	5.43	0.2	47.7	7.62	47.7	7.84	0.0	
		14	156.1	5.21	156.5	5.32	△ 0.4	49.1	7.10	49.9	7.69	△ 0.8	
高等学校		15	157.6	5.37	157.2	5.37	0.4	52.4	8.80	51.2	7.92	1.2	
		16	157.8	5.61	157.7	5.45	0.1	52.5	8.35	52.1	7.82	0.4	
		17	158.3	5.18	158.0	5.42	0.3	53.3	8.04	52.5	7.93	0.8	

注1 差は、県平均—全国平均、△はマイナスを表し、全国平均値よりも低いことを表す。  
 注2 「標準偏差」は、データの分布の広がり幅を示す。

埼玉県年齢別男女別体格平均値(平成11・21・29・30・令和元・2・3・4年度)

(埼玉県総務部統計課資料から作表)

区分		身長(cm)								体重(kg)									
		11年	21年	29年	30年	元年	2年	3年	4年	11年	21年	29年	30年	元年	2年	3年	4年		
男	幼稚園	5	110.8	110.5	110.4	110.4	110.3	111.4	110.5	110.8	19.2	18.8	18.9	19.1	19.1	19.5	19.1	19.3	
	小学校	6	116.8	116.8	116.5	116.6	116.9	118.3	116.7	116.9	21.8	21.4	21.4	21.6	21.6	22.3	21.9	21.8	
		7	122.5	123.0	122.9	122.3	122.6	124.1	122.6	123.3	24.2	24.4	24.3	23.8	24.2	25.4	24.6	24.8	
		8	128.0	128.4	128.6	127.9	128.4	129.8	128.7	129.4	27.8	27.4	27.1	26.7	27.2	29.1	27.8	28.4	
		9	133.7	133.8	133.4	133.8	133.2	135.1	134.2	133.6	31.4	31.0	30.5	30.9	30.7	32.8	31.5	31.1	
		10	139.3	138.7	138.9	139.7	139.5	140.8	139.5	140.0	35.3	33.9	34.2	34.5	34.8	36.8	35.0	35.2	
		11	144.8	145.7	145.5	144.6	144.8	146.7	146.7	146.6	38.7	38.4	38.7	37.4	38.2	40.4	39.8	40.1	
	中学校	12	152.6	152.3	152.5	152.8	152.5	153.9	154.0	154.1	45.1	43.7	43.8	44.4	43.7	45.8	45.8	45.4	
		13	159.8	159.6	159.7	159.6	159.5	161.2	160.6	161.1	49.8	48.6	48.6	48.6	48.7	50.7	50.3	51.2	
		14	165.7	165.3	165.3	165.5	165.2	166.3	165.6	165.7	55.3	54.1	53.5	53.3	53.8	55.4	54.6	54.6	
	高等学校	15	168.8	167.9	168.0	168.5	168.3	168.7	168.8	168.6	59.5	58.7	59.4	58.6	58.9	58.8	58.9	58.1	
		16	170.9	170.1	170.2	169.2	170.2	170.3	170.3	169.9	61.1	60.6	61.2	58.9	60.9	61.0	60.6	60.5	
		17	170.7	170.6	170.2	170.8	170.6	171.1	171.2	171.0	61.7	62.1	62.1	62.4	62.1	62.8	62.4	62.2	
	女	幼稚園	5	109.9	109.7	109.2	109.4	109.4	110.7	109.9	110.0	18.7	18.5	18.4	18.5	18.8	19.0	19.0	18.9
		小学校	6	115.8	116.1	115.7	116.2	115.6	117.3	116.5	116.1	21.2	21.1	20.9	21.3	20.8	21.8	21.5	21.3
			7	121.5	121.6	122.1	121.6	121.4	122.9	121.9	122.0	23.6	23.5	23.7	23.5	23.5	24.6	23.8	24.1
			8	127.8	127.7	127.8	127.2	127.3	129.1	127.9	128.4	27.5	26.7	26.6	26.3	26.5	27.7	26.9	27.8
9			133.5	133.4	133.4	133.0	133.7	135.2	134.5	134.8	30.6	29.9	30.0	29.5	30.4	31.1	31.0	31.5	
10			140.6	140.7	139.8	140.1	140.7	142.3	140.8	141.5	35.1	34.9	33.8	34.0	34.4	36.3	34.8	35.5	
11			146.9	145.9	147.1	146.5	146.7	148.0	147.3	147.7	39.8	38.0	38.8	38.8	39.0	40.8	40.0	40.3	
中学校		12	151.8	151.9	151.6	151.9	152.1	152.7	152.4	152.4	44.8	43.5	43.2	43.6	44.3	44.4	44.3	44.4	
		13	155.4	154.9	154.9	154.9	154.8	155.7	154.8	155.1	48.6	47.0	46.7	47.1	47.0	48.7	48.2	47.7	
		14	156.7	156.7	156.7	156.6	156.6	156.8	156.5	156.1	50.8	49.9	49.6	50.0	50.2	50.2	50.3	49.1	
高等学校		15	157.7	157.0	157.4	157.2	157.6	157.8	157.3	157.6	53.3	51.8	52.4	51.4	51.9	51.6	51.5	52.4	
		16	157.6	157.9	157.3	158.1	157.7	157.7	158.3	157.8	53.7	52.9	52.5	53.2	52.6	51.4	53.0	52.5	
		17	158.2	158.2	158.4	157.8	158.2	158.1	158.4	158.3	53.8	53.2	53.4	53.3	53.5	52.4	53.0	53.3	

昭和48年度～平成10年度までの「運動能力テスト」県平均値一覧表（男）

種目	学年	S 48	49	50	51	52	53	54	55	56	57	58	59	60	
50m走	1												11.30	11.17	
	2												10.43	10.36	
	3	10.03	9.92	10.04	9.98	9.96	9.91	9.94	9.89	9.89	9.90	9.92	9.91	9.85	
	4	9.58	9.58	9.54	9.55	9.51	9.49	9.48	9.44	9.43	9.45	9.44	9.46	9.45	
	5	9.27	9.28	9.24	9.24	9.22	9.18	9.16	9.12	9.10	9.10	9.12	9.12	9.12	
	6	8.94	8.92	8.93	8.92	8.89	8.87	8.81	8.81	8.78	8.77	8.77	8.77	8.78	8.77
	1	8.58	8.56	8.54	8.60	8.54	8.52	8.55	8.51	8.50	8.51	8.50	8.51	8.51	8.53
	2	8.14	8.11	8.11	8.12	8.08	8.06	8.06	8.07	8.04	8.05	8.03	8.00	8.00	8.00
	3	7.77	7.74	7.72	7.74	7.70	7.69	7.69	7.66	7.67	7.65	7.64	7.65	7.65	7.65
	1	7.52	7.51	7.48	7.49	7.47	7.50	7.50	7.49	7.46	7.48	7.49	7.48	7.48	7.46
	2	7.43	7.40	7.36	7.37	7.34	7.33	7.34	7.34	7.33	7.32	7.33	7.30	7.30	7.28
	3	7.30	7.26	7.27	7.27	7.26	7.22	7.22	7.23	7.25	7.22	7.21	7.21	7.21	7.18
立ち幅とび	1												121.5	122.6	
	2												134.3	135.8	
	3												145.1	145.8	
	4												155.4	156.0	
走り幅とび	5	301.4	300.9	301.1	301.7	299.6	302.1	301.0	301.2	302.3	300.7	299.5	298.6	299.0	
	6	323.4	321.0	322.6	321.3	322.2	321.4	322.4	321.6	322.4	322.1	320.6	319.7	320.5	
	1	344.5	344.1	347.0	344.6	342.8	345.0	343.3	346.7	344.9	344.5	344.3	345.0	346.1	
	2	378.9	379.0	388.9	378.0	378.7	378.9	381.0	378.1	380.5	379.8	380.7	381.0	383.1	
	3	414.9	411.0	411.4	410.7	411.1	409.8	411.7	413.1	410.3	411.7	411.6	412.3	413.0	
	1	433.2	428.3	433.0	433.3	434.4	430.6	428.2	427.6	428.8	424.2	426.0	423.1	428.6	
	2	447.7	448.9	447.5	446.1	450.8	446.1	445.9	442.9	445.4	444.3	441.9	443.8	442.3	
	3	459.7	457.9	458.2	456.4	462.1	462.1	459.1	452.7	452.9	453.5	455.2	452.6	455.1	
	ボール投げ	1												11.0	10.7
2													15.3	15.0	
3													20.1	19.5	
4													24.9	24.0	
5		29.4	29.0	29.2	30.0	30.6	30.8	30.6	30.1	29.7	29.5	29.1	29.0	28.2	
6		33.5	33.3	33.2	34.1	34.9	34.6	35.1	34.5	34.1	33.6	33.2	33.0	32.2	
1		19.0	19.0	19.1	19.4	19.4	19.7	19.7	19.9	19.7	19.9	19.8	19.8	19.7	
2		22.1	22.0	22.1	21.6	22.0	22.2	22.5	22.5	22.6	22.5	22.5	22.6	22.4	
3		24.7	24.4	24.8	24.7	24.3	24.7	24.8	25.3	25.1	25.3	25.1	25.3	25.1	
1		26.0	26.5	26.3	26.3	26.8	26.4	26.4	26.9	27.0	27.0	27.2	26.8	26.8	
2		27.4	27.6	27.3	27.7	27.8	27.7	27.6	27.8	28.2	28.6	28.2	28.5	28.3	
3		28.2	28.7	28.4	28.4	29.0	28.6	28.9	29.0	28.9	29.3	29.3	29.2	29.2	
懸垂	5	38.1	35.7	35.3	34.4	35.2	35.3	35.2	35.3	35.4	33.8	34.7	33.8	33.1	
	6	38.4	37.3	37.2	35.5	36.8	36.3	36.6	36.0	36.5	34.8	34.4	35.4	33.8	
	1	3.0	3.0	3.0	2.7	2.9	2.9	3.0	2.9	2.8	2.8	2.8	2.7	2.4	
	2	4.7	4.6	4.5	4.6	4.7	4.7	5.0	4.9	5.5	4.8	4.3	4.8	4.6	
	3	6.1	6.0	6.4	6.2	6.3	6.3	6.4	6.5	6.5	6.4	6.4	6.3	6.2	
	1	6.6	6.9	6.5	6.8	6.7	6.8	7.0	7.2	7.1	6.6	6.8	6.6	6.5	
	2	7.8	8.0	7.9	7.9	8.0	8.0	8.8	8.5	8.6	8.5	8.4	8.2	8.0	
	3	8.3	8.8	8.3	8.6	9.0	9.0	9.3	9.5	9.1	9.3	9.4	9.3	9.0	
	とびぐり	1												15.0	14.6
2													13.2	12.8	
3													12.2	11.8	
4													11.3	11.1	
持久走	1	397.2	398.1	394.4	397.3	390.3	391.9	394.0	394.0	392.0	394.0	392.0	389.0	392.0	
	2	378.4	378.1	377.8	376.6	374.6	373.8	371.0	371.0	370.0	372.0	370.0	365.0	367.0	
	3	372.7	368.6	367.7	369.9	364.5	362.4	363.0	362.0	361.0	365.0	362.0	358.0	359.0	
	1	361.4	364.3	361.3	358.5	357.3	359.4	356.0	357.0	358.0	359.0	358.0	359.0	357.0	
	2	359.9	362.6	358.2	357.1	355.7	357.6	355.0	356.0	353.0	356.0	353.0	351.0	353.0	
	3	361.0	363.3	358.8	357.1	355.6	357.2	355.0	355.0	355.0	355.0	353.0	353.0	352.0	
持ち運びドリッグブルグ	1												16.4	16.1	
	2												15.3	15.1	
	3												14.7	14.4	
	4												14.1	14.0	
	5	21.8	21.7	21.6	20.8	20.7	20.7	19.8	19.5	19.1	18.8	18.8	18.4	18.1	
	6	19.0	19.2	19.0	18.6	18.4	18.1	17.7	17.4	17.2	17.0	16.9	16.7	16.6	
が逆連り上続	5	4.0	3.9	3.8	3.7	3.9	3.9	3.9	3.9	3.9	3.8	3.8	3.8	3.7	
	6	4.3	4.3	4.2	4.1	4.1	4.2	4.2	4.1	4.2	4.1	4.1	4.1	4.0	

S 61	62	63	H 1	2	3	4	5	6	7	8	9	10	学年	種目	
11.16	11.27	11.30	11.25	11.31	11.31	11.41	11.44	11.43	11.50	11.54	11.61	11.61	1	50 m 走	
10.36	10.44	10.42	10.41	10.47	10.51	10.49	10.60	10.58	10.63	10.63	10.70	10.74	2		
9.89	9.88	9.90	9.89	9.94	9.94	9.93	9.99	10.02	10.07	10.09	10.14	10.17	3		
9.45	9.43	9.44	9.43	9.50	9.48	9.47	9.52	9.57	9.59	9.62	9.67	9.69	4		
9.12	9.11	9.11	9.10	9.25	9.13	9.11	9.17	9.19	9.22	9.25	9.28	9.29	5		
8.77	8.77	8.76	8.74	8.78	8.77	8.75	8.78	8.82	8.83	8.87	8.88	8.91	6		
8.47	8.46	8.46	8.44	8.47	8.43	8.42	8.43	8.43	8.44	8.47	8.49	8.47	1		
7.98	7.96	7.93	7.92	7.94	7.87	7.87	7.88	7.90	7.88	7.88	7.92	7.89	2		
7.62	7.60	7.58	7.57	7.58	7.53	7.53	7.52	7.54	7.54	7.53	7.56	7.55	3		
7.42	7.48	7.46	7.45	7.45	7.45	7.42	7.48	7.47	7.47	7.48	7.49	7.51	1		
7.27	7.29	7.27	7.25	7.26	7.24	7.24	7.26	7.29	7.29	7.33	7.34	7.33	2		
7.18	7.19	7.17	7.15	7.16	7.13	7.15	7.18	7.19	7.20	7.22	7.25	7.24	3		
122.4	122.4	123.1	123.8	121.4	122.6	119.5	120.3	119.7	118.6	118.7	117.1	117.4	1		立ち幅 とび
136.8	135.8	135.5	135.8	134.9	135.0	134.0	132.9	133.4	132.9	132.8	130.4	131.0	2		
145.9	146.2	145.2	145.4	144.8	145.4	144.5	144.6	142.9	143.4	142.6	141.5	140.9	3		
155.3	155.5	154.8	155.0	154.3	154.7	154.4	153.5	152.5	152.4	151.5	151.1	150.1	4	走り幅 とび	
296.4	298.4	296.8	297.0	294.8	290.8	294.0	292.0	290.1	289.3	287.5	285.9	285.0	5		
318.8	319.7	317.7	318.9	316.9	315.5	317.0	315.1	312.5	311.7	309.7	309.0	307.6	6		
344.5	344.3	343.4	343.6	342.4	342.7	343.0	342.7	341.9	340.8	338.3	339.0	339.6	1		
382.2	382.3	381.4	380.8	382.6	381.9	383.3	381.3	381.6	382.1	378.6	378.3	379.2	2		
413.1	413.9	413.2	412.7	411.8	411.9	413.4	412.2	410.9	412.0	409.4	407.2	408.4	3		
427.2	423.5	426.5	424.1	422.5	418.2	422.8	421.8	418.8	417.3	412.5	412.3	410.6	1		
443.9	441.9	442.1	442.8	441.5	437.1	440.9	439.5	436.3	433.0	429.8	428.8	428.9	2		
454.5	451.0	453.5	454.0	454.0	449.7	448.4	447.8	447.4	445.1	439.8	438.7	438.5	3		
10.9	10.6	10.8	10.7	10.5	10.5	10.4	10.0	9.9	9.7	9.4	9.5	9.7	1		ボール 投げ
14.6	14.6	14.6	14.7	14.6	14.6	14.5	14.1	13.9	13.0	13.0	12.9	13.1	2		
19.0	18.9	19.1	19.2	19.3	19.1	18.9	18.5	17.7	17.0	16.9	16.9	16.8	3		
23.5	23.4	23.5	23.8	23.5	23.6	23.6	22.8	22.0	21.2	21.0	20.8	20.9	4		
27.5	27.3	27.4	27.7	27.6	27.5	27.4	26.8	25.9	25.1	24.7	24.5	24.5	5		
32.0	31.4	31.3	31.5	31.6	31.5	31.3	30.8	30.0	29.1	28.8	28.3	28.2	6		
19.4	20.2	19.4	19.5	19.7	19.8	19.8	19.8	19.6	19.5	19.2	19.2	19.0	1		
22.5	22.5	22.2	22.4	22.6	22.6	22.7	22.8	22.8	22.6	22.5	22.3	22.3	2		
25.0	25.2	25.0	24.9	25.0	25.4	25.1	25.4	25.3	25.2	25.1	24.9	24.9	3		
26.6	26.5	26.5	26.4	25.9	26.2	26.3	26.2	26.1	25.6	25.8	25.9	25.5	1		
28.1	28.1	28.0	27.6	27.7	27.8	27.5	27.3	27.1	27.1	27.1	27.0	26.9	2		
29.3	29.2	29.1	28.6	28.8	28.9	28.6	28.4	28.3	27.7	28.0	28.1	27.7	3		
31.5	30.5	29.9	29.7	28.9	28.0	27.3	26.2	26.1	25.7	26.7	25.1	24.7	5		
32.9	31.0	31.2	31.1	29.8	29.3	28.7	27.3	26.7	26.7	27.6	26.3	25.7	6		
2.4	2.6	2.4	2.4	2.4	2.4	2.3	2.3	2.1	1.9	2.0	2.0	2.0	1	懸 垂	
4.5	4.6	4.4	4.4	4.5	4.6	4.5	4.2	4.1	3.8	3.8	3.8	3.8	2		
6.2	6.2	6.0	5.9	6.0	6.1	6.2	5.9	5.6	5.5	5.3	5.3	5.3	3		
6.4	6.2	6.0	5.9	5.9	5.8	5.8	5.7	5.6	5.2	5.1	5.0	5.0	1		
7.9	7.8	7.6	7.5	7.4	7.5	7.4	7.3	7.1	6.7	6.7	6.6	6.5	2		
8.5	8.4	8.6	8.4	8.1	8.0	8.2	7.9	7.8	7.6	7.5	7.3	7.2	3		
14.6	14.6	14.4	14.3	14.4	14.6	14.5	14.4	14.4	14.4	14.6	14.7	14.7	1	とび くぐり	
12.8	12.7	12.7	12.6	12.6	12.8	12.7	12.7	12.6	12.7	12.7	12.9	12.8	2		
11.8	11.7	11.7	11.6	11.7	11.7	11.6	11.6	11.7	11.7	11.7	11.8	11.9	3		
10.8	10.8	10.8	10.7	10.8	10.7	10.8	10.8	10.9	10.8	10.8	11.0	11.0	4		
393.0	393.0	396.0	396.0	398.0	399.7	397.6	398.9	399.5	402.0	403.2	407.2	408.7	1	持久 走	
368.0	368.0	369.0	371.0	372.0	372.7	371.2	371.9	372.7	373.3	375.3	379.3	381.3	2		
361.0	360.0	362.0	363.0	363.0	365.2	363.8	363.8	364.6	365.3	365.0	369.5	371.6	3		
359.0	362.0	362.0	362.0	364.0	365.9	365.1	367.5	367.9	370.1	371.0	372.5	373.8	1		
354.0	354.0	355.0	356.0	357.0	357.7	357.1	359.5	358.7	363.3	363.3	365.2	364.2	2		
354.0	354.0	354.0	354.0	355.0	355.2	355.9	357.3	357.5	359.6	360.5	362.8	363.2	3		
16.1	16.1	16.0	16.0	16.0	16.1	16.0	15.9	15.9	15.9	16.0	15.9	15.9	1	持ち 運び ドリッグ ザグ	
15.1	15.0	15.0	14.9	15.0	14.9	14.9	14.8	14.8	14.8	14.7	15.0	14.8	2		
14.4	14.4	14.4	14.3	14.4	14.1	14.1	14.1	14.1	14.1	14.2	14.2	14.2	3		
13.9	13.9	13.8	13.8	13.8	13.6	13.6	13.6	13.6	13.5	13.6	13.6	13.6	4		
18.0	17.9	18.1	18.0	18.2	18.0	17.8	17.8	17.4	16.9	17.0	17.3	17.6	5		
16.5	16.5	16.4	16.4	16.5	16.3	16.2	16.1	16.1	15.7	15.6	15.8	16.0	6		
3.5	3.5	3.5	3.5	3.4	3.4	3.4	3.4	3.2	3.2	3.1	3.1	2.9	5	逆連 上	
3.8	3.7	3.7	3.7	3.7	3.6	3.6	3.6	3.5	3.4	3.4	3.3	3.3	6		

昭和48年度～平成10年度までの「運動能力テスト」県平均値一覧表（女）

種目	学年	S 48	49	50	51	52	53	54	55	56	57	58	59	60	
50m走	1												11.64	11.53	
	2												10.72	10.65	
	3	10.42	10.38	10.38	10.34	10.29	10.26	10.25	10.20	10.20	10.20	10.29	10.18	10.13	
	4	9.97	9.92	9.92	9.86	9.78	9.83	9.76	9.72	9.70	9.74	9.71	9.72	9.70	
	5	9.58	9.53	9.55	9.51	9.50	9.45	9.39	9.35	9.32	9.36	9.33	9.27	9.34	
	6	9.22	9.22	9.13	9.17	9.11	9.11	9.01	8.99	8.98	8.99	8.99	8.96	8.96	8.97
	1	8.92	8.94	8.96	8.91	8.88	8.83	8.83	8.80	8.80	8.82	8.79	8.82	8.83	
	2	8.78	8.75	8.79	8.73	8.70	8.68	8.59	8.61	8.60	8.64	8.62	8.58	8.60	
	3	8.73	8.71	8.73	8.70	8.69	8.64	8.61	8.56	8.57	8.60	8.58	8.57	8.58	
立ち幅とび	1												114.0	114.8	
	2												127.2	129.1	
	3												138.4	140.2	
走り幅とび	4												148.7	149.5	
	5	272.1	270.8	273.1	275.2	274.7	276.4	277.5	278.2	279.4	277.4	276.7	276.4	275.4	
	6	293.1	294.5	295.0	274.9	297.2	295.5	299.5	298.8	299.6	298.0	297.0	296.5	296.5	
	1	306.5	306.9	306.6	306.8	309.0	310.8	313.2	314.6	313.1	311.8	311.3	309.4	308.6	
	2	318.9	319.2	319.1	312.1	321.5	323.2	327.2	327.9	326.9	325.1	324.2	313.7	322.3	
	3	319.4	326.8	324.7	322.2	321.9	324.8	328.1	330.9	328.6	328.1	326.9	323.5	324.9	
	1	322.6	327.1	325.5	315	323.1	324.7	326.5	324.0	323.3	320.2	320.3	325.7	318.4	
	2	325.6	325.5	325.9	325.2	326.0	326.8	328.1	325.2	323.3	322.6	321.8	318.2	319.1	
	3	323.6	325.0	325.2	326.3	326.8	327.5	327.6	325.9	323.5	325.0	324.2	318.4	323.0	
ボール投げ	1												7.1	7.1	
	2												9.2	9.3	
	3												11.7	11.7	
	4												14.6	14.5	
	5	16.8	16.8	16.7	17.0	17.0	17.8	18.1	18.0	18.1	18.0	17.6	17.7	17.5	
	6	20.3	19.7	19.7	19.9	20.5	20.6	21.1	20.9	21.0	20.8	20.6	20.6	20.2	
	1	14.3	14.1	14.2	14.3	14.3	14.5	14.7	14.9	14.9	14.8	14.8	14.7	14.8	
	2	15.5	15.6	15.3	15.0	15.3	15.4	15.8	15.8	16.0	15.9	15.8	15.9	16.1	
	3	16.3	16.2	16.1	15.8	15.9	16.0	16.3	16.6	16.6	16.8	16.8	16.7	16.7	
懸垂	1	16.8	16.9	16.8	16.6	16.5	16.5	16.7	16.7	17.1	17.0	17.0	16.9	17.1	
	2	17.0	17.3	17.0	17.2	17.1	16.9	16.9	16.9	17.0	17.1	17.4	17.4	17.3	
	3	16.9	17.4	17.3	17.2	17.4	17.3	17.4	17.3	17.1	17.2	17.5	17.5	17.5	
	5	30.5	30.8	30.3	29.1	30.3	29.4	29.9	29.6	29.9	28.9	29.7	28.7	28.8	
	6	28.9	30.1	29.7	28.5	28.6	29.0	28.6	28.4	28.4	27.5	27.4	28.2	27.2	
	1	35.5	34.7	35.8	34.1	33.6	33.5	34.0	34.7	35.2	35.0	35.3	34.5	34.1	
	2	32.9	34.5	34.3	34.0	33.0	33.5	34.6	35.1	35.6	36.1	36.2	36.6	35.5	
	3	32.0	32.7	34.4	32.5	33.2	33.9	32.3	34.4	35.2	35.1	34.6	34.3	34.2	
	1	31.9	29.4	28.1	30.6	30.4	31.8	31.6	31.6	32.4	32.5	32.6	33.4	32.9	
2	33.5	28.7	28.5	30.9	26.9	30.8	31.8	32.2	31.7	33.3	32.6	33.7	33.0		
3	33.6	27.5	28.5	31.0	30.5	31.8	32.0	33.3	33.3	34.0	33.3	34.3	33.8		
とび越しくぐり	1												16.0	15.6	
	2												13.9	13.5	
	3												12.7	12.3	
	4												11.8	11.5	
持久走	1	278.3	278.7	277.6	276.8	275.2	272.0	273.0	271.0	270.0	271.0	270.0	269.0	270.0	
	2	277.5	275.5	274.9	275.4	273.5	269.8	269.0	268.0	268.0	270.0	268.0	265.0	267.0	
	3	283.6	282.0	280.8	282.4	280.4	275.8	276.0	274.0	274.0	276.0	276.0	273.0	273.0	
	1	284.5	288.7	285.9	286.1	284.8	282.2	281.0	283.0	282.0	283.0	283.0	283.0	283.0	
	2	284.0	288.8	286.6	284.8	283.4	282.9	282.0	282.0	283.0	285.0	283.0	284.0	284.0	
	3	287.8	289.6	286.8	287.0	284.6	283.8	284.0	283.0	284.0	284.0	284.0	283.0	283.0	
持ち運び走 ドリッグ ブルグ	1												17.0	16.7	
	2												15.7	15.5	
	3												15.0	14.8	
	4												14.4	14.3	
	5	22.9	23.1	23.0	22.1	21.8	21.4	21.0	20.6	20.3	20.0	20.0	19.7	19.3	
	6	20.2	20.5	20.3	19.9	19.6	19.1	18.8	18.5	18.3	18.1	18.0	17.7	17.7	
が逆連 り上続	5	4.0	3.9	3.8	3.8	4.0	4.1	4.0	4.0	4.1	4.0	4.0	4.2	4.0	
	6	4.2	4.1	4.1	4.0	4.1	4.2	4.3	4.2	4.3	4.3	4.2	4.1	4.2	

S 61	62	63	H 1	2	3	4	5	6	7	8	9	10	学年	種目	
11.58	11.62	11.64	11.54	11.63	11.49	11.66	11.70	11.68	11.79	11.79	11.87	11.87	1	50 m 走	
10.66	10.72	10.68	10.67	10.72	10.69	10.73	10.83	10.78	10.87	10.82	10.92	10.94	2		
10.16	10.17	10.17	10.15	10.19	10.18	10.16	10.23	10.25	10.31	10.35	10.37	10.41	3		
9.71	9.72	9.71	9.67	9.75	9.72	9.71	9.75	9.80	9.82	9.86	9.89	9.92	4		
9.34	9.36	9.35	9.31	9.37	9.34	9.34	9.39	9.41	9.43	9.45	9.49	9.53	5		
8.99	8.99	8.99	8.97	9.00	8.96	8.96	9.00	9.04	9.06	9.09	9.11	9.15	6		
8.82	8.84	8.84	8.82	8.83	8.80	8.80	8.81	8.84	8.85	8.90	8.93	8.93	1		
8.60	8.60	8.61	8.59	8.61	8.57	8.55	8.57	8.59	8.59	8.64	8.68	8.68	2		
8.59	8.59	8.61	8.61	8.58	8.55	8.54	8.55	8.57	8.56	8.58	8.64	8.65	3		
8.68	8.73	8.74	8.73	8.76	8.69	8.71	8.76	8.76	8.76	8.79	8.82	8.84	1		
8.66	8.72	8.70	8.71	8.71	8.68	8.65	8.73	8.72	8.72	8.81	8.84	8.83	2		
8.67	8.71	8.69	8.69	8.68	8.65	8.68	8.70	8.73	8.72	8.79	8.84	8.84	3		
115.1	114.8	114.9	114.5	112.7	114.1	111.8	112.3	111.8	110.5	110.4	109.3	108.3	1		立ち幅 とび
129.4	128.7	128.7	128.4	126.8	127.4	126.9	126.0	125.5	124.1	125.0	122.5	123.1	2		
140.2	139.4	138.9	138.2	137.0	138.0	137.6	137.4	136.1	134.9	134.7	133.8	133.8	3		
149.2	148.9	148.2	148.3	147.0	147.7	147.6	146.7	145.7	146.0	144.8	144.5	143.3	4		
272.1	272.3	272.0	271.7	269.6	268.8	269.7	267.0	264.9	264.1	263.4	260.5	258.6	5	走り幅 とび	
293.1	293.3	291.0	292.3	290.2	289.4	290.0	288.6	284.9	284.1	282.3	280.5	278.2	6		
308.0	307.9	303.7	303.3	303.8	303.3	302.9	302.1	299.6	299.2	296.2	294.2	292.9	1		
323.2	320.4	318.2	316.3	316.7	318.4	317.1	315.8	315.8	315.6	312.2	308.6	307.7	2		
324.1	324.8	320.1	318.0	319.5	319.7	320.0	319.2	317.6	319.2	315.3	313.3	311.0	3		
316.4	314.0	314.2	312.1	311.9	309.1	310.4	307.8	307.1	306.3	304.0	300.8	299.5	1		
316.1	315.0	315.2	313.0	313.0	312.2	311.5	308.7	308.6	308.1	303.4	302.6	301.7	2		
319.0	316.7	316.7	317.0	316.3	314.4	314.5	311.5	309.9	309.5	306.6	303.7	303.9	3		
7.3	6.9	7.1	6.9	6.7	6.7	6.7	6.8	6.7	6.4	6.5	6.6	6.4	1		ボール 投げ
9.2	9.1	8.9	8.8	8.8	8.8	8.9	8.8	9.1	8.4	8.4	8.4	8.4	2		
11.7	11.5	11.4	11.3	11.1	11.0	11.1	12.3	10.8	10.5	10.4	10.5	10.5	3		
14.5	14.3	14.1	14.0	13.7	13.6	13.7	13.5	13.3	12.9	12.7	12.7	12.8	4		
17.2	17.1	16.8	16.4	16.3	16.1	16.2	16.0	15.7	15.3	15.1	15.0	15.0	5		
20.0	19.6	19.4	19.1	18.7	18.6	18.5	18.4	18.1	17.6	17.4	17.3	17.1	6		
14.6	14.4	14.1	13.9	13.8	13.6	13.5	13.6	13.5	13.2	12.9	12.8	12.7	1		
15.9	15.7	15.3	15.3	15.0	15.1	14.8	14.8	14.9	14.7	14.5	14.2	14.0	2		
16.7	16.6	16.1	16.0	16.0	15.8	15.7	15.6	15.7	15.5	15.3	15.1	14.9	3		
17.0	16.7	16.5	16.3	15.9	15.8	15.7	15.8	15.5	15.4	15.3	15.1	14.8	1		
17.1	17.0	17.1	16.8	16.3	16.1	15.9	16.2	15.8	15.8	15.6	15.4	15.2	2		
17.5	17.3	17.4	17.1	16.8	16.8	16.5	16.3	16.4	16.0	15.9	15.7	15.6	3		
27.9	27.3	27.2	27.6	26.5	25.6	25.1	24.0	23.8	24.1	24.6	23.1	22.3	5	懸 垂	
26.9	26.0	26.2	26.2	25.1	24.6	24.3	23.1	22.7	22.7	23.7	22.0	21.1	6		
34.8	33.6	33.3	32.7	33.9	32.4	32.2	31.1	30.6	30.0	30.4	29.5	28.5	1		
36.5	34.9	34.4	33.9	33.5	34.0	33.6	33.2	32.3	32.0	33.1	31.6	30.4	2		
34.2	33.3	32.2	32.4	33.1	33.1	32.5	31.1	31.1	30.6	31.5	30.4	30.1	3		
32.4	31.7	30.9	29.8	29.9	29.8	29.4	28.9	28.8	27.7	27.7	26.8	26.5	1		
33.4	32.8	31.4	31.6	30.0	30.6	30.1	29.8	29.8	28.9	27.5	27.2	27.3	2		
33.4	33.5	32.7	32.6	31.9	30.5	30.8	30.5	30.3	29.8	28.6	27.5	28.0	3		
15.7	15.7	15.6	15.5	15.5	15.8	15.6	15.5	15.6	15.6	15.7	16.1	16.0	1		とび くぐり
13.7	13.6	13.7	13.5	13.7	13.6	13.6	13.7	13.5	13.7	13.7	13.9	13.9	2		
12.4	12.4	12.4	12.4	12.4	12.4	12.4	12.4	12.4	12.5	12.6	12.7	12.8	3		
11.3	11.4	11.4	11.3	11.4	11.4	11.4	11.5	11.5	11.5	11.6	11.7	11.8	4		
270.0	271.0	273.0	273.0	273.0	274.3	273.1	275.3	277.6	280.1	281.6	285.5	287.3	1	持 久 走	
266.0	266.0	268.0	268.0	268.0	268.4	267.3	268.8	269.4	270.7	272.9	275.3	279.0	2		
275.0	273.0	275.0	275.0	273.0	274.8	274.1	274.3	275.3	275.5	276.8	279.7	282.8	3		
283.0	285.0	285.0	285.0	286.0	285.1	285.0	287.5	286.2	287.1	287.5	290.8	292.1	1		
283.0	285.0	285.0	284.0	284.0	283.6	282.7	286.4	286.7	285.3	287.6	289.4	289.9	2		
284.0	284.0	285.0	284.0	284.0	282.5	282.1	285.0	286.4	287.4	286.8	289.7	289.4	3		
16.8	16.8	16.7	16.7	16.7	16.6	16.6	16.5	16.5	16.6	16.6	16.5	16.5	1	持ち 運び 走	
15.6	15.5	15.6	15.5	15.6	15.4	15.5	15.6	15.4	15.5	15.4	15.6	15.5	2		
14.8	14.8	14.8	14.8	14.8	14.8	14.7	14.7	14.7	14.8	14.7	14.8	14.8	3		
14.2	14.2	14.2	14.2	14.2	14.2	14.2	14.2	14.2	14.2	14.3	14.3	14.2	4		
19.2	19.1	19.2	19.2	19.4	19.2	19.2	19.2	19.2	19.1	19.3	19.6	19.8	5		
17.5	17.5	17.4	17.5	17.6	17.4	17.4	17.4	17.6	17.5	17.6	17.8	18.0	6		
3.8	3.8	3.7	3.8	3.7	3.7	3.6	3.6	3.6	3.4	3.3	3.2	3.0	5	が逆 連 上	
4.0	3.9	3.9	3.9	3.9	3.8	3.8	3.7	3.7	3.6	3.5	3.4	3.2	6		

昭和48年度～平成10年度までの「体力診断テスト」県平均値一覧表（男）

種目	学年	S 48	49	50	51	52	53	54	55	56	57	58	59	60
反復横とび	5	34.3	36.5	35.4	36.1	36.4	36.3	37.6	38.7	37.9	37.5	36.9	38.6	37.8
	6	38.2	39.8	38.3	38.2	39.1	39.2	40.2	41.0	40.5	40.3	39.5	40.7	40.9
	1	36.1	37.9	36.9	37.2	36.9	38.1	37.0	38.3	38.8	38.0	38.7	38.1	38.2
	2	37.4	39.8	38.9	40.1	39.3	40.1	39.6	41.2	40.8	41.1	40.9	41.0	41.4
	3	41.7	42.4	40.8	42.1	41.0	42.1	41.6	43.3	42.7	42.9	42.4	43.0	43.1
	1	43.0	43.2	43.6	41.6	43.2	44.1	44.1	44.2	43.8	43.9	44.0	45.4	45.5
	2	43.8	44.1	44.1	43.8	44.4	44.2	46.0	45.7	44.2	45.4	45.5	46.2	46.7
	3	45.2	44.6	44.7	44.3	45.0	45.1	45.9	46.5	44.9	46.6	46.0	46.9	48.2
	垂直とび	5	33.0	32.5	32.7	33.1	33.0	33.3	33.8	33.7	34.0	34.3	33.5	34.5
6		37.0	36.3	36.5	36.5	36.5	36.9	37.2	37.5	37.3	38.1	37.6	36.8	37.3
1		41.4	43.9	41.4	41.3	40.6	43.4	42.3	42.9	39.9	42.7	42.3	42.3	42.3
2		48.8	48.9	47.9	48.1	48.2	48.8	48.7	48.9	49.1	50.0	48.4	48.9	49.1
3		53.9	54.2	53.4	53.8	54.1	54.1	53.7	54.5	54.7	55.0	54.1	53.9	54.5
1		57.7	57.7	57.7	56.2	57.1	57.9	59.3	58.1	58.7	57.8	57.7	57.6	58.2
2		59.8	59.2	59.7	58.2	60.4	61.7	62.2	60.3	61.0	61.0	61.3	60.6	61.6
3		61.4	60.9	61.2	59.1	62.0	63.4	63.5	62.5	62.4	62.5	62.8	61.8	62.6
握力		5	18.4	17.9	17.3	18.7	18.6	18.5	18.8	18.5	18.5	18.5	18.4	18.9
	6	22.2	20.8	19.7	22.1	21.7	20.9	22.1	21.4	21.6	21.3	21.3	21.9	21.0
	1	25.0	25.6	25.4	24.9	25.2	26.4	25.5	25.9	25.7	25.4	25.8	25.8	24.5
	2	31.2	31.3	31.2	31.0	30.4	31.6	31.3	31.4	31.4	31.2	31.7	31.5	30.8
	3	35.8	37.6	37.3	37.0	36.4	35.2	36.5	38.1	37.4	37.2	37.6	37.6	37.1
	1	41.7	41.9	41.2	41.5	42.2	40.3	40.5	41.7	41.6	41.3	41.3	41.9	40.0
	2	44.0	44.3	43.8	44.3	45.2	43.1	42.9	44.3	44.6	44.0	43.1	44.5	43.7
	3	46.0	44.8	44.7	45.9	46.1	44.5	44.4	44.8	46.2	46.2	45.8	45.7	44.7
	背筋力	5	59.1	58.5	59.8	56.8	57.8	56.7	57.1	57.8	61.3	56.0	58.5	57.3
6		71.0	68.8	67.8	64.4	67.9	64.9	69.0	67.7	68.1	66.4	66.3	67.7	64.8
1		80.4	81.5	77.4	77.8	80.2	79.8	80.3	80.5	76.5	79.1	78.8	79.0	75.2
2		94.3	96.4	94.3	92.5	96.2	94.3	95.3	93.8	94.3	96.1	95.5	97.4	93.4
3		112.3	114.8	108.4	110.3	115.4	111.0	108.5	109.1	111.0	113.5	109.2	110.6	111.9
1		119.3	124.4	121.2	121.3	118.3	119.1	120.1	123.0	121.9	122.2	120.9	125.8	125.6
2		130.7	131.3	130.8	128.5	127.8	128.2	126.7	132.2	131.2	129.9	129.8	134.2	133.5
3		136.5	135.0	134.6	136.5	134.2	131.3	134.7	137.0	135.4	134.6	136.7	139.7	139.3
伏臥上体そらし		5	43.3	44.7	44.5	44.0	43.9	43.9	44.5	45.1	45.2	44.6	44.9	44.7
	6	44.9	46.4	45.9	46.4	46.0	45.8	46.0	47.0	46.9	47.1	47.0	46.3	46.0
	1	48.5	48.4	48.0	48.5	47.8	47.5	46.8	48.0	48.8	48.1	49.0	48.3	47.5
	2	51.4	51.8	50.0	50.7	50.6	50.4	50.1	51.9	51.2	51.8	50.8	50.8	50.8
	3	54.2	55.0	54.2	53.4	53.7	52.3	52.4	53.4	53.4	54.3	53.6	53.6	53.2
	1	58.3	54.6	55.4	53.0	54.8	54.6	56.7	54.3	56.1	55.8	56.1	53.1	55.4
	2	60.0	57.5	57.7	55.6	58.3	56.5	58.1	56.5	57.3	56.8	58.1	57.5	55.6
	3	60.3	59.6	59.2	55.4	60.6	57.9	59.2	58.1	58.9	58.3	58.3	58.5	57.2
	立位体前屈	5	8.1	8.8	7.7	7.0	7.0	7.8	7.5	7.8	7.5	7.3	7.1	7.1
6		9.1	9.3	8.2	7.0	7.6	7.8	8.2	8.1	7.8	7.6	7.4	6.9	7.0
1		9.3	8.5	8.7	8.6	8.0	8.5	8.3	8.2	7.8	8.6	7.7	7.7	6.4
2		10.9	11.7	10.9	10.2	9.5	9.3	9.6	9.5	9.6	8.6	9.6	9.0	8.1
3		12.1	12.8	12.2	12.3	11.6	10.8	11.1	10.3	9.9	10.3	9.8	10.4	9.4
1		14.6	14.3	14.2	12.6	13.1	13.2	13.6	12.2	12.2	11.5	11.6	11.5	11.5
2		15.6	14.7	15.0	13.4	14.8	14.4	14.7	13.9	13.7	13.2	13.6	13.1	12.5
3		16.5	14.9	15.4	13.8	15.7	14.9	14.5	15.1	14.1	13.4	13.1	13.0	13.1
踏み台昇降運動		5	68.9	69.0	71.4	69.7	70.1	72.2	70.2	70.6	69.9	71.9	72.5	72.1
	6	68.9	69.1	68.2	67.8	70.0	70.2	70.0	70.5	69.8	71.0	72.3	73.4	72.8
	1	65.7	68.2	69.3	67.8	70.0	68.1	68.9	68.8	68.7	69.7	69.4	71.7	71.2
	2	66.3	67.9	69.1	65.9	70.6	69.6	70.0	69.2	70.6	71.4	70.8	72.8	72.1
	3	65.2	70.1	67.5	65.6	69.0	68.3	68.3	68.8	70.1	69.7	68.4	72.3	71.7
	1	68.4	66.3	64.1	66.2	68.2	68.8	68.9	68.9	69.2	71.7	70.5	69.3	72.0
	2	70.1	66.1	64.5	66.4	65.4	68.3	69.5	68.8	71.1	72.3	70.7	71.0	71.5
	3	68.3	67.0	65.0	65.0	66.9	65.8	69.3	67.3	68.9	69.5	68.0	69.6	71.2



S	61	62	63	H	1	2	3	4	5	6	7	8	9	10	学 年	種 目
38.4	38.2	38.4	38.8	38.7	38.6	38.0	37.5	37.6	38.0	37.6	37.6	37.9	5	反復横とび		
40.6	40.7	41.1	41.4	41.2	40.5	40.4	40.3	40.6	40.4	40.5	41.0	40.5	6			
38.3	39.3	39.1	39.2	38.7	38.5	39.0	38.7	38.1	39.2	38.8	38.5	39.0	1			
41.2	41.2	41.9	41.5	41.2	41.2	41.5	41.3	41.3	42.3	42.2	41.7	42.8	2			
42.6	42.9	43.1	43.1	43.4	43.0	43.2	43.2	43.7	43.9	44.0	43.4	44.7	3			
44.9	44.3	44.5	45.0	44.6	43.4	43.6	44.2	44.8	44.6	43.5	44.6	45.0	1			
45.5	46.2	46.1	46.7	45.1	44.2	44.6	44.2	45.6	45.2	43.9	45.1	46.0	2			
47.0	46.3	45.9	46.9	46.2	45.2	46.1	45.5	46.1	45.8	44.5	46.4	46.2	3			
33.8	33.9	33.9	34.2	34.0	33.1	33.3	33.0	34.1	33.6	34.0	33.3	33.3	5			
37.4	37.9	37.6	38.1	37.5	37.3	37.4	36.9	37.8	37.2	37.1	37.4	37.1	6			
42.4	42.6	42.8	42.2	42.3	42.2	43.0	42.2	42.0	42.5	42.5	42.5	42.8	1			
48.9	49.2	49.7	49.0	49.3	48.9	49.8	49.1	49.4	49.5	49.0	48.9	49.7	2			
54.2	54.5	55.0	54.4	55.1	54.5	54.8	54.4	54.8	55.0	54.2	54.6	55.1	3			
58.7	57.4	58.4	58.8	58.7	58.2	57.1	57.7	57.7	56.9	57.6	56.3	56.9	1			
59.6	60.0	61.0	61.7	60.8	59.8	59.6	59.6	58.4	59.3	58.2	58.7	59.6	2			
61.4	61.5	62.1	63.0	62.2	64.4	61.8	61.5	61.5	61.4	60.0	60.7	61.1	3			
18.2	18.1	18.0	18.6	18.3	17.5	18.1	18.3	17.8	17.2	17.0	17.3	17.1	5			
21.3	20.9	21.3	21.4	21.8	20.5	21.4	20.7	21.0	20.3	20.4	20.2	20.1	6			
24.9	25.7	25.7	25.9	26.0	25.5	25.1	24.7	24.2	25.2	24.6	24.0	24.3	1			
31.0	31.0	31.5	32.0	32.5	31.5	31.4	30.5	30.3	31.4	30.5	30.4	30.6	2			
36.1	37.3	36.8	37.5	37.7	37.0	36.4	36.4	35.9	36.5	35.7	35.6	36.1	3			
41.7	41.4	41.2	41.8	40.9	40.4	40.2	39.8	39.9	38.4	38.2	39.0	38.6	1			
44.1	44.3	43.8	44.2	43.3	42.3	42.8	42.0	42.3	40.8	40.3	41.3	41.2	2			
46.2	46.3	45.8	45.7	44.9	44.2	44.8	44.1	43.2	42.5	42.0	42.9	42.3	3			
56.1	56.0	56.2	57.9	57.2	56.6	56.4	56.3	55.8	54.7	54.3	55.8	54.5	5			
64.9	64.8	65.8	66.8	66.0	66.2	66.2	65.2	65.4	64.0	63.7	64.5	63.8	6			
79.7	77.8	78.0	82.3	80.6	80.9	79.4	77.0	78.7	78.7	77.9	77.1	78.2	1			
98.5	93.7	97.1	97.7	98.8	99.2	100.3	97.9	97.0	97.1	97.5	98.6	99.5	2			
112.4	115.3	112.7	115.6	115.1	113.6	116.5	113.6	112.1	114.2	111.7	114.2	115.2	3			
121.2	121.4	121.0	124.8	119.9	124.0	122.3	121.0	121.9	117.5	116.0	117.5	116.7	1			
129.7	130.9	130.2	133.5	131.1	131.6	133.2	129.3	129.7	127.5	126.1	126.5	127.2	2			
138.8	136.5	138.3	137.4	136.0	139.0	137.5	135.7	133.3	132.0	132.0	133.9	131.9	3			
44.0	44.2	43.9	44.1	43.8	44.4	44.0	43.7	43.5	43.8	43.3	43.4	43.3	5			
45.7	45.8	45.5	45.5	45.8	45.6	45.6	45.4	45.5	45.6	45.1	45.7	45.4	6			
47.6	47.3	47.5	47.2	47.5	47.4	47.1	47.5	46.2	47.0	47.0	46.7	47.1	1			
49.9	50.2	48.9	49.5	49.7	49.5	49.9	49.7	49.0	49.6	49.2	49.5	50.6	2			
52.1	52.1	52.6	52.0	52.4	52.1	52.3	52.3	51.6	52.3	52.1	52.1	53.3	3			
53.6	53.9	55.0	52.8	53.4	53.7	53.6	54.1	53.3	51.9	52.2	52.5	53.0	1			
56.0	57.0	56.5	55.2	55.1	55.0	55.4	55.2	56.4	53.8	53.2	54.1	54.8	2			
56.7	57.1	56.5	56.2	56.2	56.3	56.2	57.0	56.1	55.0	54.6	55.0	55.8	3			
6.5	6.6	6.3	6.6	6.2	6.0	5.7	5.8	6.0	6.2	5.7	5.9	6.1	5			
6.8	6.8	6.8	6.2	6.5	5.7	6.1	5.7	5.6	5.7	5.7	6.0	6.0	6			
6.0	6.4	6.4	6.4	6.1	5.6	5.6	5.5	5.5	5.7	5.8	5.9	5.9	1			
7.4	7.8	7.6	7.4	7.3	6.7	6.8	6.4	6.6	6.3	6.7	6.7	7.2	2			
8.7	8.6	8.3	8.3	8.1	8.0	7.9	7.5	7.6	7.4	7.6	7.9	8.0	3			
10.0	10.2	9.5	10.0	10.1	8.9	9.2	9.3	9.1	8.5	8.1	7.7	9.0	1			
11.5	11.9	11.1	11.9	10.8	10.3	10.2	10.3	9.7	9.6	9.4	8.8	9.8	2			
12.0	12.6	10.7	11.9	11.5	10.4	10.4	10.6	10.6	10.1	9.7	8.5	10.2	3			
74.3	72.1	72.2	73.0	73.1	72.2	72.0	71.0	72.3	72.3	71.2	72.1	70.6	5			
72.8	72.7	73.8	72.4	73.4	73.6	72.4	71.4	72.9	71.6	70.1	72.1	71.5	6			
70.3	70.5	72.0	70.8	70.1	70.3	72.4	72.3	73.0	70.9	70.9	70.0	70.0	1			
72.2	72.1	71.9	73.4	72.5	74.2	73.4	74.3	76.2	74.3	74.8	75.0	73.8	2			
72.4	72.7	72.2	72.3	72.9	72.3	73.8	73.3	76.5	74.7	74.9	76.1	75.3	3			
70.9	71.5	70.7	69.7	69.7	69.5	71.7	72.2	71.7	71.4	71.5	72.4	71.1	1			
73.1	71.1	71.2	72.3	72.0	72.2	74.0	73.7	72.3	72.3	72.8	75.1	74.0	2			
71.2	72.3	72.4	70.3	69.8	71.7	74.0	72.9	72.3	73.1	75.2	74.4	74.5	3			

昭和48年度～平成10年度までの「体力診断テスト」県平均値一覧表（女）

種目	学年	S 48	49	50	51	52	53	54	55	56	57	58	59	60
反復横とび	5	33.4	34.7	33.8	35.0	35.4	35.3	36.3	37.0	37.3	36.5	36.1	37.5	37.3
	6	36.8	37.3	36.0	37.0	37.3	38.3	38.8	39.4	39.4	39.1	38.6	39.9	40.1
	1	34.9	35.3	34.4	35.7	35.2	36.0	36.0	36.8	36.5	36.6	37.1	37.0	37.1
	2	35.8	37.0	35.8	36.6	36.7	37.2	37.4	38.2	37.9	38.8	37.9	38.2	39.7
	3	38.2	37.7	36.4	37.9	37.7	37.8	38.0	38.5	38.0	38.7	38.7	38.5	39.0
	1	39.5	38.7	39.3	37.7	38.8	38.4	39.3	39.1	38.4	39.9	39.3	39.7	39.7
	2	39.6	38.9	39.2	39.2	39.3	38.7	39.7	40.3	36.4	40.3	40.0	40.7	40.9
	3	39.7	38.5	38.5	38.5	39.7	39.8	40.0	40.1	38.8	40.4	41.1	40.8	40.9
	垂直とび	5	31.0	31.1	30.7	31.4	31.8	31.4	32.3	31.9	32.3	32.9	32.3	32.6
6		34.8	34.7	34.2	34.5	35.4	35.0	35.5	35.8	35.8	36.1	36.0	35.5	36.1
1		37.9	38.7	36.8	37.2	38.2	39.0	38.9	39.8	39.0	39.3	38.6	39.1	39.2
2		40.6	40.7	39.8	40.1	40.6	41.9	42.0	42.6	42.6	42.7	41.6	42.2	42.6
3		41.2	41.9	40.4	42.0	40.9	42.7	43.0	44.1	44.0	44.0	43.2	43.2	43.6
1		42.2	44.4	45.6	42.1	43.7	43.5	44.2	43.8	45.0	44.8	44.0	44.4	43.7
2		43.3	43.7	43.0	42.9	44.7	43.3	44.5	43.9	44.8	46.0	45.0	44.8	44.8
3		43.2	42.8	42.1	42.5	44.6	44.0	44.7	44.0	45.1	45.6	45.2	44.2	44.9
握力		5	17.1	16.2	15.6	17.2	17.1	16.9	17.5	17.0	17.3	17.2	17.3	17.5
	6	20.6	19.5	18.6	20.8	20.5	19.8	21.0	20.4	20.3	20.3	20.3	20.7	20.2
	1	22.8	23.1	23.0	22.7	22.6	23.9	23.2	23.4	23.6	22.8	23.3	23.6	22.7
	2	25.7	25.9	25.7	25.1	25.8	26.4	25.9	26.6	25.9	25.8	26.3	26.2	26.1
	3	27.2	27.5	27.4	27.2	27.2	30.9	27.7	28.1	28.1	28.1	27.9	28.6	27.0
	1	27.7	27.6	28.6	29.5	29.7	27.7	28.2	29.3	28.3	29.2	26.6	28.9	27.9
	2	28.3	28.4	30.2	30.6	31.0	28.3	28.4	30.6	28.8	29.8	27.8	29.6	28.8
	3	28.1	28.2	30.5	30.5	30.4	29.0	28.6	31.1	28.8	30.2	29.0	29.5	29.5
	背筋力	5	47.2	45.7	46.8	44.2	46.4	45.6	48.4	46.4	49.5	46.5	47.6	47.6
6		55.1	52.4	54.2	51.6	53.5	53.2	55.8	56.5	57.3	54.8	54.4	57.4	56.1
1		62.0	61.3	62.1	58.2	63.2	63.1	64.3	62.8	62.6	64.4	64.0	64.2	61.5
2		72.8	69.0	69.4	66.5	70.4	72.3	74.0	70.6	73.1	74.1	74.2	73.9	71.3
3		75.3	76.4	75.8	73.4	75.7	74.8	74.9	75.3	78.0	78.6	79.8	79.4	74.7
1		88.5	79.4	77.7	77.2	78.7	75.2	74.5	78.2	78.7	78.1	76.1	73.1	81.6
2		92.0	81.7	82.4	84.5	83.0	79.0	75.5	80.6	83.1	81.3	79.7	87.5	82.7
3		92.0	84.2	83.7	84.6	83.5	80.3	79.5	81.7	88.2	83.7	81.9	87.1	86.0
伏臥上体そらし		5	45.2	46.2	46.5	45.8	45.6	45.1	46.4	46.6	46.9	46.1	45.9	46.0
	6	47.3	48.9	47.8	48.8	48.6	48.6	49.0	49.3	49.4	48.5	48.6	48.5	48.1
	1	50.9	51.8	50.5	51.3	52.5	51.4	50.8	51.1	52.0	51.6	50.8	50.4	50.5
	2	53.0	54.4	53.3	54.2	54.0	53.9	54.0	53.6	54.5	54.0	52.8	53.2	53.6
	3	56.6	57.1	55.7	55.8	56.2	54.3	55.1	55.4	55.7	55.5	55.6	55.5	54.7
	1	58.2	59.0	57.6	56.8	56.5	56.2	57.4	55.1	57.7	55.9	56.5	55.9	54.5
	2	56.5	60.2	59.2	55.9	57.7	57.1	58.7	57.5	57.7	57.6	57.2	56.9	55.5
	3	59.7	59.8	58.7	58.8	58.5	59.1	58.8	58.2	58.4	58.6	57.9	56.5	56.7
	立位体前屈	5	10.6	11.8	10.4	9.8	10.3	10.2	10.5	10.4	10.3	10.2	9.7	10.1
6		11.9	12.0	11.4	10.4	11.4	11.2	11.4	11.6	11.1	11.2	10.8	11.0	10.9
1		14.0	12.7	12.6	12.7	11.6	12.9	12.6	12.6	12.4	12.8	12.3	12.7	12.4
2		14.6	14.5	14.1	16.0	13.2	13.5	13.9	14.2	14.2	14.1	13.6	13.5	13.6
3		15.5	15.6	15.0	15.0	14.2	14.9	14.4	14.4	14.7	14.9	15.4	14.7	14.5
1		16.2	16.4	15.4	16.0	16.7	15.5	15.5	15.4	15.8	16.1	15.0	15.3	15.2
2		17.2	16.5	16.8	16.4	17.4	15.9	16.2	16.3	16.5	16.7	15.8	16.2	15.8
3		16.7	16.8	16.5	17.0	17.9	16.9	16.0	16.5	16.7	17.2	14.5	16.1	15.8
踏み台昇降運動		5	65.4	66.6	66.0	66.0	66.0	67.4	67.0	68.2	66.7	68.5	68.9	68.6
	6	64.6	67.4	64.0	63.9	65.1	65.1	65.8	67.3	65.9	67.3	68.2	68.4	68.3
	1	63.5	65.2	65.2	65.0	66.7	67.2	65.5	67.0	66.1	68.5	66.2	67.9	68.5
	2	64.0	66.0	65.9	64.4	66.2	67.4	65.0	66.0	69.4	69.6	68.7	70.4	70.2
	3	62.2	61.8	63.1	61.8	66.1	65.4	64.4	65.9	67.5	66.3	66.0	67.5	67.2
	1	60.1	63.2	60.2	58.8	61.4	59.7	63.8	62.3	63.2	66.1	65.6	65.2	66.0
	2	61.2	62.4	60.7	61.2	60.6	61.5	62.5	64.2	63.3	65.7	64.8	67.5	65.8
	3	59.3	61.4	60.1	60.3	60.5	59.9	63.0	64.6	63.8	67.9	65.3	67.8	66.4

S 61	62	63	H 1	2	3	4	5	6	7	8	9	10	学年	種目
37.3	37.1	37.5	37.1	37.4	36.8	36.5	36.7	36.2	36.0	35.7	35.2	35.8	5	反復横とび
40.1	39.7	39.2	39.8	39.4	38.9	38.1	38.1	38.3	37.9	38.1	37.7	37.4	6	
36.8	37.5	37.2	36.7	36.5	35.7	36.3	35.8	35.2	35.5	35.2	34.4	35.0	1	
37.7	38.6	38.3	37.7	37.7	37.1	36.8	37.3	36.8	37.7	37.3	36.6	37.4	2	
37.9	38.5	38.7	38.1	38.3	38.3	38.2	37.6	38.6	38.3	38.2	37.4	38.1	3	
40.3	39.2	38.6	39.4	38.2	37.3	37.3	40.0	38.7	37.7	36.3	37.8	37.6	1	
39.8	40.1	38.8	40.0	38.5	38.7	38.3	39.5	38.8	37.9	36.8	38.3	37.9	2	
39.5	40.1	39.5	40.1	38.7	38.0	38.8	39.6	38.9	38.4	37.2	38.7	38.3	3	
32.5	32.6	32.6	33.0	32.8	31.5	32.0	31.7	32.7	31.8	32.1	32.1	31.6	5	
36.0	36.3	35.9	36.6	35.7	34.9	35.3	34.9	35.7	34.7	34.8	35.1	34.7	6	
39.1	39.6	39.2	38.6	38.8	38.5	38.3	37.8	37.4	37.8	37.3	37.4	37.3	1	
42.0	42.3	42.2	41.0	41.6	41.2	41.3	41.0	40.8	40.5	40.4	40.3	40.7	2	
43.0	43.9	43.5	42.9	43.3	42.8	42.9	42.5	42.1	42.5	41.6	42.2	42.4	3	
43.6	43.7	43.1	43.3	43.6	43.2	42.7	42.5	42.7	41.5	41.7	41.7	41.2	1	
43.1	44.1	43.5	43.7	44.2	45.5	43.0	42.9	43.4	41.6	42.1	42.3	41.8	2	
45.7	44.6	43.7	43.9	43.8	45.1	44.3	42.8	43.6	43.3	42.3	42.6	42.4	3	
17.2	16.9	17.0	17.5	17.1	16.8	16.9	17.0	17.0	16.7	16.3	16.2	16.5	5	
20.4	19.6	20.2	20.4	20.7	19.5	20.3	19.7	20.1	19.5	19.7	19.5	19.6	6	
22.9	22.9	22.5	23.1	23.1	22.4	22.1	22.1	21.7	22.6	22.0	21.5	21.8	1	
25.2	25.2	25.2	25.5	25.6	24.9	24.4	24.4	24.2	25.0	24.3	24.2	24.5	2	
26.7	26.9	26.6	26.9	27.1	25.9	25.6	25.8	25.5	26.0	25.8	25.3	25.7	3	
28.1	27.6	27.1	27.4	26.6	26.1	26.4	26.8	26.5	25.6	25.3	26.6	25.9	1	
28.5	28.8	27.9	29.0	27.6	28.2	27.0	27.0	27.0	25.8	25.7	27.1	26.8	2	
29.2	29.0	28.5	29.4	28.3	27.7	27.8	27.4	27.3	26.5	25.9	27.6	27.2	3	
46.5	46.9	47.1	48.0	48.0	47.9	47.3	46.9	47.9	46.1	46.0	47.7	47.1	5	
55.3	54.6	54.6	56.9	55.9	55.8	55.0	55.2	55.5	54.0	54.1	55.1	55.4	6	
66.8	61.9	62.8	65.2	63.0	64.6	63.2	61.0	61.8	60.5	61.8	60.4	60.8	1	
74.9	70.3	72.1	72.1	73.3	72.7	71.2	72.4	69.7	71.7	68.7	69.5	70.6	2	
77.2	79.4	74.9	75.7	75.5	76.6	75.4	75.8	75.3	75.2	73.7	74.3	74.6	3	
74.6	75.6	79.7	76.4	73.1	74.7	76.7	75.5	76.8	68.2	71.4	74.4	71.0	1	
79.5	79.1	82.2	81.5	76.4	79.8	77.6	79.1	79.7	75.0	74.6	78.4	75.1	2	
81.4	81.7	80.9	80.7	77.8	78.5	80.8	80.7	82.6	75.4	77.1	80.2	77.1	3	
45.5	45.8	45.6	45.5	45.5	45.5	46.0	45.3	45.3	45.5	44.9	45.5	45.5	5	
47.5	48.1	47.8	47.5	48.1	47.7	47.8	47.4	47.7	47.3	47.3	47.9	47.9	6	
50.2	50.6	49.4	49.7	49.4	49.2	49.6	49.3	48.9	49.1	48.9	49.7	49.9	1	
52.0	52.0	51.3	51.2	51.3	51.3	51.8	50.6	50.9	51.0	50.8	51.9	52.9	2	
52.6	54.1	53.2	53.0	52.7	53.1	52.8	50.7	52.6	52.5	52.2	52.5	54.5	3	
55.9	55.3	54.2	53.5	52.4	53.2	53.2	53.1	53.2	51.5	52.0	52.3	52.2	1	
56.2	55.6	54.8	54.8	53.3	55.4	53.6	53.3	53.8	52.3	53.0	53.1	53.3	2	
57.4	56.3	55.8	55.9	53.8	55.2	54.9	52.8	54.3	53.2	53.8	53.5	54.2	3	
9.8	9.6	9.6	9.6	9.7	9.4	9.0	9.1	9.2	9.3	9.0	8.9	9.1	5	
10.5	10.8	10.6	10.0	10.3	9.6	10.0	9.9	9.4	9.7	9.7	9.8	10.1	6	
11.3	11.8	11.2	10.8	10.6	10.5	10.5	9.9	9.9	10.0	10.7	10.6	10.4	1	
13.2	12.7	12.0	12.1	11.8	11.2	11.6	10.8	10.8	11.0	11.1	11.6	11.9	2	
12.5	12.9	13.0	12.8	12.2	12.2	11.8	11.6	11.6	11.5	11.5	11.7	12.3	3	
14.5	14.6	13.5	13.8	12.3	12.1	11.9	12.2	12.3	11.3	11.2	11.2	11.9	1	
14.7	15.2	14.7	14.8	12.9	12.9	12.3	12.1	12.9	11.8	12.0	11.1	12.4	2	
15.5	15.6	14.3	15.2	14.1	13.5	12.7	12.8	13.3	12.2	12.4	11.8	12.8	3	
70.7	69.1	68.3	69.7	70.1	69.1	68.7	67.2	68.0	67.0	67.9	69.1	68.2	5	
68.3	68.0	69.8	68.5	68.3	69.1	69.1	67.4	66.9	65.5	65.8	67.5	66.9	6	
67.7	66.6	68.8	67.0	66.2	66.4	67.8	65.7	68.5	65.3	64.7	64.6	65.0	1	
68.7	70.3	70.0	68.4	69.1	69.5	69.0	68.8	70.0	68.1	68.6	68.0	67.0	2	
66.1	68.0	68.5	67.4	67.5	68.3	68.0	67.9	69.2	68.1	66.9	67.7	66.6	3	
64.2	66.6	64.7	65.5	62.9	66.7	65.7	64.2	64.9	65.2	64.2	64.6	63.6	1	
65.5	67.2	67.5	66.7	64.9	70.1	67.8	66.4	66.4	66.7	67.6	68.7	66.8	2	
66.0	67.8	66.5	67.9	65.3	68.7	68.6	66.8	67.6	68.4	67.0	68.0	68.5	3	

昭和47年度～平成9年度までの「運動能力テスト」全国平均値一覧表（男）

種目	学年	S 47	48	49	50	51	52	53	54	55	56	57	58	59	
50m	1													11.02	11.17
	2													10.25	10.31
	3													9.75	9.84
	4													9.36	9.41
	5	9.10	9.20	9.10	9.10	9.10	9.00	9.10	9.20	9.10	9.10	9.00	9.00	9.00	9.10
	6	8.80	8.80	8.80	8.80	8.80	8.80	8.70	8.80	8.90	8.80	8.80	8.70	8.70	8.80
走	1	8.40	8.50	8.50	8.30	8.40	8.40	8.50	8.60	8.40	8.50	8.50	8.42	8.55	
	2	8.10	8.10	8.00	7.90	7.90	8.00	8.10	8.10	8.00	7.90	8.00	8.02	8.13	
	3	7.70	7.70	7.70	7.50	7.50	7.60	7.70	7.80	7.60	7.60	7.60	7.80	7.59	7.75
	1	7.50	7.50	7.50	7.40	7.30	7.40	7.40	7.60	7.50	7.50	7.40	7.48	7.49	
	2	7.40	7.30	7.40	7.20	7.20	7.20	7.30	7.40	7.30	7.30	7.30	7.26	7.37	
	3	7.30	7.26	7.20	7.10	7.10	7.20	7.20	7.30	7.20	7.20	7.20	7.20	7.17	7.23
立ち幅	1													126.2	125.5
	2													138.8	138.8
	3													150.8	148.0
	4													160.6	159.1
走り幅とび	5	312.4	307.4	302.0	309.0	303.6	305.7	306.8	300.0	304.7	303.0	304.1	302.0	304.6	
	6	330.8	330.9	324.7	324.1	323.2	329.4	327.1	318.1	325.1	325.1	328.0	327.9	323.8	
	1	352.8	351.1	344.1	357.9	351.7	353.0	355.8	337.8	348.5	344.4	347.8	348.3	343.4	
	2	384.5	384.7	385.7	391.6	384.2	379.3	381.4	378.3	377.5	384.1	386.3	378.4	373.4	
	3	417.1	417.9	406.2	423.6	418.4	419.0	414.2	408.1	412.6	414.1	414.9	412.0	403.1	
	1	435.2	436.0	437.3	446.9	441.3	433.6	435.3	428.0	433.6	424.6	428.8	425.3	426.7	
ボール投げ	1	26.6	26.6	26.6	27.5	27.6	25.8	26.8	26.6	27.1	27.0	27.0	26.9	27.3	
	2	27.8	27.9	28.6	28.6	28.6	27.3	28.5	28.2	28.2	28.5	28.2	28.7	28.2	
	3	29.0	29.0	29.5	29.3	29.1	29.5	29.6	29.2	29.2	29.6	29.1	28.5	29.4	
懸垂	5	32.1	30.9	31.8	31.4	30.8	32.8	30.8	30.9	29.0	30.6	28.9	29.2	28.8	
	6	33.9	33.5	29.6	32.9	33.9	34.2	30.5	29.9	32.6	33.9	31.4	31.8	31.0	
	1	4.2	4.3	3.0	3.8	3.5	3.4	4.2	4.5	4.1	4.1	3.9	3.9	3.6	
	2	5.5	5.5	4.7	5.3	5.0	4.7	5.4	5.3	5.5	5.3	5.2	5.5	4.8	
	3	6.7	6.8	6.6	7.7	6.8	6.9	6.8	6.7	7.2	6.7	6.7	7.0	6.3	
	1	7.4	7.4	7.0	7.7	7.4	6.4	7.4	7.0	7.9	7.1	6.8	7.9	6.8	
とび越し	1													14.3	14.9
	2													12.9	12.9
	3													11.9	12.1
	4													11.1	11.4
持久走	1	390.2	394.8	397.1	385.0	390.3	382.4	389.7	392.6	386.2	390.7	390.5	389.1	395.1	
	2	374.0	378.6	372.7	370.7	374.6	368.9	375.1	372.6	368.5	381.8	367.9	389.8	376.6	
	3	360.3	365.5	363.7	359.6	362.9	354.0	360.8	365.2	358.5	364.1	362.7	360.3	367.4	
	1	359.9	361.1	359.9	350.3	355.1	359.0	358.5	362.7	354.6	381.5	357.8	355.2	366.7	
	2	357.6	356.6	359.7	348.3	352.2	353.4	355.1	358.9	352.0	358.7	352.5	353.0	358.4	
	3	361.3	356.9	356.0	350.3	356.0	351.6	355.9	361.4	354.3	362.7	354.2	356.3	360.0	
ドリッグザグ	1													15.9	16.5
	2													15.1	15.4
	3													14.3	14.9
	4													13.8	14.3
	5	20.1	20.7	20.1	20.4	20.7	20.4	20.1	20.7	20.5	19.9	19.5	18.8	19.3	
	6	18.4	18.7	19.6	18.5	18.7	18.2	18.2	18.9	18.5	18.2	17.8	16.7	17.4	
逆連続	5	5.0	4.8	4.2	3.9	3.7	4.1	4.6	4.4	4.5	4.4	4.3	4.4	4.3	
	6	5.3	5.0	4.3	4.3	4.3	4.4	5.0	4.6	4.7	4.9	4.6	4.7	4.4	

S	60	61	62	63	H	1	2	3	4	5	6	7	8	9	学年	種目
11.09	11.08	11.09	11.04	11.23	11.24	11.15	11.22	11.26	11.44	11.52	11.41	11.47	1	1	50m走	
10.30	10.27	10.26	10.25	10.35	10.44	10.36	10.46	10.52	10.58	10.67	10.61	10.61	2	2		
9.83	9.80	9.67	9.74	9.84	9.92	9.86	9.84	9.89	10.03	10.05	10.08	10.00	3	3		
9.40	9.41	9.28	9.39	9.46	9.43	9.49	9.43	9.48	9.59	9.57	9.69	9.63	4	4		
9.05	9.15	8.93	9.01	9.20	9.14	9.12	9.03	9.17	9.21	9.25	9.35	9.27	5	5		
8.75	8.74	8.60	8.85	8.79	8.79	8.89	8.89	8.76	8.93	8.88	8.89	8.86	6	6		
8.40	8.37	8.36	8.37	8.40	8.37	8.37	8.43	8.45	8.48	8.41	8.46	8.45	1	1		
7.90	7.88	7.95	7.92	7.96	7.94	7.87	7.92	8.01	8.01	7.95	7.94	7.89	2	2		
7.57	7.57	7.63	7.58	7.62	7.56	7.52	7.52	7.62	7.63	7.60	7.55	7.52	3	3		
7.45	7.40	7.45	7.43	7.46	7.39	7.44	7.43	7.46	7.53	7.54	7.57	7.48	1	1		
7.26	7.26	7.30	7.25	7.32	7.23	7.23	7.27	7.26	7.39	7.36	7.37	7.30	2	2		
7.18	7.14	7.15	7.15	7.19	7.15	7.14	7.12	7.14	7.27	7.23	7.27	7.21	3	3		
127.2	123.9	125.2	126.5	123.3	122.3	123.4	121.0	122.1	119.4	116.7	118.61	120.13	1	1	立ち幅とび	
138.7	137.3	138.8	138.5	138.9	133.9	135.1	136.0	136.4	132.1	130.6	131.82	132.10	2	2		
149.2	147.3	149.8	149.4	148.9	143.5	145.7	144.7	145.3	142.4	141.5	143.79	144.60	3	3		
158.5	155.3	160.4	158.5	156.4	152.6	153.5	155.7	155.5	152.4	152.7	149.31	149.60	4	4		
305.7	297.7	306.8	301.8	293.8	298.9	296.2	300.8	295.0	289.6	290.3	282.84	286.82	5	5	走り幅とび	
329.3	323.3	327.4	323.6	317.5	319.2	319.2	322.3	321.2	312.5	309.6	308.58	309.71	6	6		
347.2	348.7	351.3	349.1	346.5	338.9	343.5	349.2	339.3	339.9	342.3	336.89	342.12	1	1		
383.8	385.5	381.3	382.1	379.0	375.2	382.6	382.6	370.6	374.4	377.7	373.89	379.87	2	2		
411.9	414.0	411.9	411.0	410.0	403.4	414.1	417.1	404.8	404.3	407.3	404.18	408.90	3	3		
428.5	427.6	422.2	427.4	421.5	418.3	420.2	422.3	421.0	411.0	407.9	414.93	416.59	1	1		
445.6	443.5	436.5	441.8	434.7	432.7	439.9	438.1	437.5	426.9	426.3	433.77	430.40	2	2		
454.8	455.3	451.5	453.0	446.6	445.9	450.4	456.2	444.6	437.5	434.4	439.29	441.88	3	3		
10.9	10.9	10.9	10.8	10.8	10.4	10.6	10.3	10.1	9.9	9.6	9.87	9.29	1	1		ボール投げ
15.4	15.1	14.7	15.0	15.0	14.6	15.1	14.6	14.0	13.7	13.3	13.71	12.97	2	2		
20.4	19.9	19.4	19.7	19.5	19.6	19.4	18.9	18.1	18.4	17.7	17.83	17.29	3	3		
25.1	24.7	24.5	24.2	24.2	24.0	24.1	23.9	22.5	22.8	22.1	21.86	21.14	4	4		
29.9	28.5	28.7	28.3	28.4	28.7	28.1	28.7	27.1	26.7	26.6	25.58	25.34	5	5		
34.0	33.7	33.4	33.0	33.0	32.8	33.0	32.7	31.7	31.3	30.4	30.38	29.08	6	6		
19.3	19.4	19.6	19.5	19.9	19.3	20.0	19.6	19.2	19.6	19.4	19.38	19.25	1	1		
22.1	22.6	22.4	21.6	22.3	22.1	22.8	22.3	22.1	22.2	21.9	22.25	22.49	2	2		
24.4	25.1	24.8	24.1	24.9	24.1	25.7	24.5	24.6	24.6	24.7	24.70	24.82	3	3		
26.6	27.1	26.5	26.6	26.1	26.3	26.8	25.7	26.6	26.2	24.9	25.82	25.47	1	1		
28.3	28.4	28.0	28.2	27.6	27.6	28.2	27.5	28.1	27.6	26.7	27.50	27.05	2	2		
29.4	29.6	29.4	29.5	28.9	28.8	29.0	28.5	29.1	28.9	27.6	27.87	28.11	3	3		
30.2	30.7	29.8	28.4	28.4	26.7	28.6	27.7	24.9	24.4	25.0	28.51	26.26	5	5		
32.0	32.2	33.3	30.5	28.4	28.7	29.3	28.8	26.4	26.2	26.9	30.18	28.34	6	6		
3.9	3.9	4.1	4.3	4.0	3.8	4.0	3.8	3.7	4.2	3.9	3.77	3.86	1	1	懸垂	
5.6	5.5	5.1	5.1	5.1	5.0	5.1	5.5	4.8	4.4	4.8	4.86	5.38	2	2		
6.9	6.8	6.6	6.1	6.0	6.4	6.7	6.7	6.4	5.4	5.9	6.09	6.37	3	3		
7.1	6.7	6.5	7.0	6.0	6.7	6.6	5.8	6.0	5.9	5.6	5.69	5.65	1	1		
8.9	8.2	7.8	8.5	7.7	7.6	7.9	8.0	7.7	7.3	7.0	7.44	7.11	2	2		
9.7	8.8	8.9	9.4	8.9	8.4	8.4	8.7	8.4	8.0	7.7	7.58	7.76	3	3		
14.5	14.9	14.7	14.4	14.9	15.1	14.8	14.7	14.8	15.0	15.3	14.91	14.85	1	1	とび越しくぐり	
12.9	13.1	12.8	12.8	13.1	13.4	13.1	13.1	13.2	13.4	13.7	13.20	13.35	2	2		
12.0	12.1	11.9	11.9	12.3	12.4	12.3	12.3	12.1	12.3	12.6	12.53	12.24	3	3		
11.3	11.5	11.0	11.2	11.4	11.6	11.4	11.3	11.4	11.6	11.9	11.74	11.63	4	4		
386.4	393.4	389.7	392.0	396.9	392.4	400.1	398.5	401.1	405.1	403.1	401.83	403.80	1	1	持久走	
366.4	371.1	377.2	374.6	377.0	375.1	377.7	373.4	382.0	388.1	379.3	380.71	379.38	2	2		
360.9	363.9	369.0	367.7	369.8	369.8	370.8	363.6	374.4	372.3	371.1	371.48	369.26	3	3		
355.2	359.9	363.1	362.6	373.7	365.4	373.1	368.7	378.2	378.9	377.8	377.28	374.29	1	1		
350.2	354.7	356.4	359.2	366.8	359.6	366.1	360.1	367.0	371.4	371.6	368.25	366.19	2	2		
350.7	358.0	355.0	358.0	365.6	355.2	365.8	355.0	366.9	368.2	371.9	372.16	361.71	3	3		
16.1	16.1	16.1	15.9	16.4	16.1	16.1	16.1	15.9	15.9	16.3	16.12	15.98	1	1	持ち運び走 ドリッグ ブルグ	
15.4	15.2	15.0	14.9	15.3	15.2	14.7	15.0	14.8	14.9	15.3	15.33	14.94	2	2		
14.6	14.5	14.3	14.2	14.5	14.6	14.2	14.4	14.2	14.3	14.4	14.64	14.12	3	3		
14.0	13.9	13.6	13.6	13.9	14.1	13.6	13.6	13.8	13.8	14.0	14.04	13.76	4	4		
18.5	18.9	18.0	18.4	19.1	18.9	18.7	18.4	18.4	18.3	18.0	17.82	17.51	5	5		
17.2	17.2	16.7	16.6	17.4	17.3	16.9	16.8	16.7	17.0	17.0	16.56	16.27	6	6		
4.2	4.1	4.3	4.3	4.1	4.1	4.3	4.0	3.9	4.1	4.0	3.98	4.08	5	5	が逆連 り上続	
4.5	4.5	4.4	4.5	4.2	4.4	4.4	4.3	4.3	4.2	3.9	4.22	4.06	6	6		

昭和47年度～平成9年度までの「運動能力テスト」全国平均値一覧表（女）

種目	学年	S 47	48	49	50	51	52	53	54	55	56	57	58	59	
50m走	1												11.40	11.57	
	2												10.59	10.66	
	3												10.05	10.15	
	4												9.60	9.76	
	5	9.40	9.40	9.50	9.50	9.30	9.30	9.40	9.50	9.40	9.40	9.30	9.35	9.41	
	6	9.10	9.10	9.10	9.10	9.10	8.90	9.10	9.10	9.00	9.00	9.00	8.98	9.03	
	1	8.90	9.00	8.90	8.80	8.90	8.80	8.90	8.90	8.80	8.80	8.80	8.83	8.96	
	2	8.70	8.80	8.80	8.70	8.70	8.60	8.80	8.70	8.60	8.60	8.70	8.67	8.81	
	3	8.70	8.70	8.70	8.60	8.60	8.60	8.70	8.70	8.60	8.60	8.60	8.65	8.80	
	1	8.70	8.80	8.70	8.60	8.60	8.70	8.70	8.80	8.70	8.80	8.70	8.69	8.83	
	2	8.70	8.70	8.70	8.60	8.50	8.70	8.70	8.80	8.70	8.80	8.60	8.71	8.79	
	3	8.70	8.70	8.70	8.60	8.50	8.70	8.60	8.70	8.70	8.70	8.60	8.67	8.78	
立ち幅とび	1												117.2	115.5	
	2												130.6	129.8	
	3												141.6	138.3	
	4												152.6	149.8	
走り幅とび	5	282.5	282.6	276.2	279.2	278.3	279.0	281.8	271.7	276.7	273.6	275.7	276.3	272.4	
	6	301.9	301.7	295.5	299.7	295.3	305.3	302.1	292.6	296.7	297.2	297.7	297.9	294.5	
	1	313.4	310.5	309.5	319.3	310.2	312.4	314.9	304.2	313.8	310.0	310.7	306.5	301.8	
	2	327.1	320.5	318.8	333.8	321.6	323.9	322.5	320.9	324.1	322.4	323.1	316.8	314.6	
	3	330.1	325.6	320.8	336.5	330.3	327.5	328.5	322.5	326.7	326.8	327.5	322.6	315.6	
	1	327.7	328.1	336.2	335.6	328.4	328.0	327.6	322.9	323.3	322.1	323.8	325.1	316.0	
	2	328.0	332.7	334.6	334.4	335.9	332.1	327.7	323.8	326.7	320.9	327.7	325.0	320.1	
	3	330.3	332.8	334.4	334.7	335.7	330.0	332.6	327.4	326.8	321.6	328.8	328.6	321.1	
	ボール投げ	1												7.0	6.6
		2												9.0	8.6
		3												11.5	11.1
		4												14.7	14.2
5		16.9	16.8	16.7	16.8	17.0	17.0	17.6	17.3	17.8	18.4	17.3	17.7	17.0	
6		20.1	19.6	19.8	19.9	20.0	20.7	20.1	20.5	21.3	20.8	20.2	20.5	20.3	
1		14.4	14.0	14.0	14.5	14.7	14.3	14.1	14.6	14.8	14.4	14.6	14.0	14.4	
2		15.6	15.3	14.9	15.4	15.5	15.3	15.1	15.7	15.8	16.0	15.4	15.3	15.4	
3		16.1	16.0	16.1	16.1	16.5	16.2	15.4	16.3	16.3	16.4	16.3	16.0	15.8	
1		16.4	16.2	17.0	16.7	16.8	15.8	16.6	16.2	16.0	16.7	16.6	16.4	16.4	
2		17.0	16.9	16.9	17.2	17.4	16.6	16.7	16.4	16.5	16.8	16.8	16.7	16.7	
3		17.0	16.9	17.6	17.2	17.6	16.7	17.6	17.3	16.6	17.1	17.0	17.2	17.4	
懸垂	5	26.4	26.5	27.8	26.3	26.6	26.5	26.2	26.1	25.1	27.2	25.0	24.9	23.5	
	6	26.0	26.1	23.3	25.4	27.4	26.2	25.5	24.6	24.1	27.9	25.0	26.4	24.2	
	1	31.0	29.7	29.0	30.8	29.7	29.6	27.9	27.8	29.8	31.3	28.7	29.7	29.4	
	2	28.5	29.3	27.6	30.9	28.8	30.4	28.7	27.2	30.3	29.9	31.4	29.9	27.2	
	3	28.7	29.8	28.1	31.0	28.7	30.6	28.5	28.8	28.2	31.2	28.5	30.0	28.9	
	1	28.7	30.5	31.3	28.4	30.2	28.6	28.4	28.2	31.9	31.9	31.4	31.6	27.9	
	2	27.4	31.7	32.7	29.9	31.8	29.9	29.2	29.7	32.5	31.5	31.8	31.9	28.7	
	3	29.7	32.2	32.0	30.3	33.5	29.8	23.2	29.6	32.3	32.2	33.1	34.3	29.2	
	とび越しくぐり	1												15.5	15.9
		2												13.7	13.8
		3												12.6	12.8
		4												11.5	12.0
持久走	1	279.7	285.0	280.7	275.6	282.3	275.1	285.6	280.5	273.4	275.6	275.6	276.9	281.0	
	2	275.4	281.1	278.9	275.8	278.4	273.2	280.0	276.2	270.8	272.2	274.5	276.6	277.9	
	3	280.5	285.0	290.1	278.6	282.6	277.6	284.1	282.8	276.2	277.3	279.9	283.2	288.5	
	1	285.8	284.9	281.4	280.8	282.2	284.4	282.9	287.9	285.5	285.5	284.0	283.8	289.5	
	2	287.8	283.0	287.1	282.4	280.1	283.3	282.0	286.5	282.7	289.2	283.0	285.5	288.1	
	3	289.4	286.6	287.3	283.6	283.5	285.5	285.4	289.0	287.8	287.8	284.1	284.5	290.8	
ドリッグザブルグ 持ち運び走	1												16.6	17.1	
	2												15.8	16.0	
	3												14.9	15.6	
	4												14.5	15.1	
	5	21.9	22.0	21.5	22.0	21.4	21.7	21.1	22.3	21.9	20.9	21.2	20.0	21.1	
	6	19.7	20.0	20.7	19.7	19.5	19.5	19.4	20.1	19.7	19.3	19.3	18.0	19.2	
が逆連続 り上続	5	4.7	4.6	4.1	3.8	3.7	4.0	4.7	4.5	4.6	4.6	4.3	4.5	4.3	
	6	4.8	4.8	4.0	4.3	4.2	4.1	4.9	4.6	4.6	4.7	4.5	4.7	4.5	

S	60	61	62	63	H	1	2	3	4	5	6	7	8	9	学年	種目
11.52	11.47	11.45	11.35	11.64	11.65	11.42	11.60	11.50	11.69	11.80	11.75	11.84	1	1	50 m 走	
10.68	10.60	10.61	10.53	10.69	10.71	10.65	10.74	10.72	10.89	10.92	10.84	10.95	2	2		
10.13	10.13	10.00	10.03	10.18	10.24	10.12	10.13	10.17	10.34	10.40	10.38	10.31	3	3		
9.74	9.74	9.62	9.66	9.75	9.74	9.74	9.69	9.74	9.88	9.91	9.94	9.88	4	4		
9.34	9.37	9.21	9.26	9.41	9.41	9.37	9.28	9.38	9.52	9.50	9.55	9.56	5	5		
9.00	9.04	8.91	8.93	9.06	9.08	8.96	8.99	9.08	9.21	9.16	9.14	9.13	6	6		
8.77	8.80	8.87	8.86	8.89	8.79	8.97	8.86	8.91	8.95	8.95	8.96	8.93	1	1		
8.57	8.70	8.68	8.76	8.72	8.66	8.73	8.62	8.72	8.77	8.76	8.72	8.76	2	2		
8.62	8.62	8.69	8.74	8.73	8.69	8.67	8.59	8.70	8.72	8.73	8.69	8.70	3	3		
8.78	8.71	8.78	8.79	8.84	8.80	8.78	8.77	8.89	8.91	8.92	8.95	8.83	1	1		
8.70	8.67	8.71	8.72	8.88	8.77	8.77	8.66	8.72	8.87	8.95	8.93	8.87	2	2		
8.70	8.71	8.69	8.70	8.85	8.70	8.80	8.80	8.61	8.71	8.86	8.88	8.87	3	3		
117.1	115.6	116.3	116.5	113.5	111.3	113.7	111.2	113.5	111.0	107.2	108.73	108.50	1	1	立ち幅 とび	
129.1	129.0	130.5	129.8	128.9	124.4	126.5	127.0	127.1	122.7	121.4	121.98	121.24	2	2		
140.3	138.9	141.9	141.2	139.8	134.9	137.5	138.4	137.6	134.4	131.3	132.88	133.89	3	3		
147.3	147.0	151.0	151.1	148.6	144.5	145.2	147.3	146.3	142.9	142.6	140.94	141.69	4	4		
276.0	271.8	277.7	273.4	269.1	266.7	266.7	272.7	264.9	258.2	261.2	253.36	254.77	5	5	走り幅 とび	
297.3	290.1	297.0	293.8	286.1	288.7	285.8	288.0	284.0	278.7	277.8	276.48	275.58	6	6		
309.3	307.3	306.6	301.7	300.0	296.8	294.6	302.6	294.1	297.0	293.7	288.36	294.46	1	1		
322.5	315.3	318.1	309.3	308.5	314.3	305.8	318.2	308.1	302.2	303.1	304.91	306.77	2	2		
318.1	325.5	318.5	313.0	311.1	305.0	313.7	323.0	310.3	310.2	307.7	307.73	307.09	3	3		
318.7	318.0	314.0	314.4	304.9	299.2	305.1	309.6	303.9	298.7	296.8	300.09	299.95	1	1		
319.7	322.0	317.3	318.7	305.3	304.9	308.0	312.9	313.1	300.1	292.8	300.21	300.80	2	2		
323.7	320.5	322.1	322.6	308.1	306.8	306.5	314.5	313.5	302.9	298.7	306.96	300.15	3	3		
6.6	7.2	6.7	6.7	6.5	6.0	6.4	6.2	6.3	6.2	6.1	6.23	5.92	1	1		ボール 投げ
8.8	8.8	8.8	8.9	8.5	8.2	8.6	8.1	8.3	8.1	8.1	8.15	7.76	2	2		
11.4	11.5	11.2	11.2	11.1	10.3	10.7	10.7	10.3	10.4	10.1	10.23	10.14	3	3		
14.2	14.1	14.1	13.8	13.9	13.5	13.3	13.3	12.8	13.2	12.6	12.62	12.26	4	4		
17.6	17.7	17.4	16.6	16.5	16.0	16.2	16.5	15.7	15.4	15.1	15.06	14.57	5	5		
20.5	20.1	20.3	19.0	19.1	18.7	18.6	18.7	17.6	18.1	17.5	17.83	17.05	6	6		
14.0	14.5	14.1	13.7	14.1	13.6	13.7	13.5	13.1	13.5	13.4	12.79	13.28	1	1		
15.4	15.5	15.4	14.6	14.9	14.7	14.7	14.6	14.4	14.4	14.4	14.44	14.10	2	2		
15.6	16.1	16.0	15.5	15.5	15.0	15.6	15.3	15.0	15.3	15.0	15.05	14.80	3	3		
16.4	16.6	16.1	16.0	15.7	15.5	15.7	15.3	15.2	15.2	14.6	14.93	14.93	1	1		
16.6	17.0	16.7	16.6	16.2	16.1	15.9	16.3	16.1	15.9	14.8	15.76	15.45	2	2		
17.0	17.2	17.2	16.9	16.3	16.5	16.5	16.4	16.4	16.5	15.3	15.89	15.66	3	3		
26.1	27.2	28.0	26.1	25.9	23.5	25.7	24.6	23.1	21.9	23.0	26.59	23.07	5	5	懸 垂	
25.7	25.7	27.1	24.1	23.8	22.4	24.6	23.6	22.3	21.1	21.9	26.35	23.82	6	6		
29.6	29.3	29.5	26.4	27.4	29.0	28.1	31.4	26.4	28.3	28.8	27.24	28.10	1	1		
28.2	31.5	29.7	27.9	27.7	29.1	27.9	31.2	27.4	28.9	27.9	29.55	28.67	2	2		
28.6	29.3	28.4	26.7	27.4	26.9	27.0	31.3	26.3	26.6	27.5	28.65	28.37	3	3		
28.7	29.5	30.9	28.3	28.5	28.3	29.8	28.9	27.9	28.0	25.9	28.49	28.97	1	1		
30.4	30.8	32.1	30.9	28.6	28.3	29.8	29.9	30.2	30.0	26.3	31.13	27.88	2	2		
32.2	31.1	33.1	33.1	30.4	30.2	29.3	31.3	30.9	30.1	26.4	31.09	29.76	3	3		
15.7	16.1	16.0	15.5	16.4	16.6	15.9	16.2	16.2	16.3	16.8	16.65	16.30	1	1		とび くぐり
14.1	14.2	13.8	13.7	14.3	14.5	14.2	14.4	14.5	14.6	14.9	14.49	14.78	2	2		
12.8	13.0	12.7	12.8	13.3	13.5	13.1	13.3	13.0	13.3	13.7	13.60	13.41	3	3		
12.1	12.4	11.8	12.0	12.2	12.6	12.3	12.2	12.2	12.5	13.0	12.86	12.52	4	4		
272.4	276.7	276.7	277.2	281.0	277.3	283.6	281.3	285.0	291.9	293.8	289.76	292.01	1	1	持久 走	
267.1	277.8	277.3	282.1	278.4	278.1	281.6	276.9	281.7	285.6	289.1	284.76	285.52	2	2		
279.2	281.8	283.4	284.5	284.7	286.1	287.8	279.4	287.9	290.5	292.9	288.79	286.49	3	3		
283.5	285.5	284.8	288.2	296.1	290.2	292.6	287.4	300.0	303.7	303.5	299.33	297.42	1	1		
282.1	285.2	286.1	288.9	300.7	289.6	294.1	284.4	292.7	303.1	306.4	299.51	301.76	2	2		
282.2	289.3	286.1	289.3	301.8	288.3	294.1	283.6	297.0	304.8	306.0	297.25	297.31	3	3		
16.8	16.9	16.7	16.6	17.1	16.8	16.6	16.7	16.4	16.6	17.1	16.77	16.65	1	1	持ち 運び 走	
16.1	15.9	15.7	15.4	16.0	15.9	15.4	15.7	15.6	15.7	16.0	16.10	15.76	2	2		
15.4	15.2	15.0	14.9	15.3	15.4	14.7	15.0	14.9	15.0	15.2	15.43	14.82	3	3		
14.9	14.7	14.4	14.4	14.7	14.9	14.3	14.4	14.5	14.5	15.0	14.78	14.40	4	4		
20.3	19.9	19.5	19.7	20.6	20.8	19.8	20.4	20.5	20.5	20.9	20.07	20.49	5	5		
18.6	18.5	18.0	17.9	19.1	19.0	18.2	18.7	18.8	19.1	19.2	18.53	19.07	6	6		
4.3	4.2	4.4	4.4	4.2	4.0	4.2	4.1	4.0	4.0	3.8	3.96	3.73	5	5	が逆 連上 続	
4.4	4.3	4.2	4.4	4.2	4.1	4.3	4.0	4.2	4.0	3.9	4.00	3.91	6	6		

昭和47年度～平成9年度までの「体力診断テスト」全国平均値一覧表（男）

種目	学年	S 47	48	49	50	51	52	53	54	55	56	57	58	59
反復横とび	5	37.5	37.5	36.6	37.1	36.1	37.5	38.2	37.2	37.9	38.0	38.3	38.3	38.9
	6	40.7	40.2	40.7	39.5	38.2	40.8	41.2	40.4	41.2	41.4	41.7	42.7	41.9
	1	37.6	37.4	35.7	37.7	37.2	38.2	38.8	36.9	38.5	39.5	39.3	39.3	38.9
	2	39.0	39.2	38.5	39.9	40.1	40.9	41.1	40.1	40.8	42.2	42.1	41.9	40.7
	3	40.9	41.4	41.2	42.5	42.1	42.4	43.3	41.5	43.5	43.9	43.8	44.1	42.3
	1	41.6	43.3	42.2	43.7	41.6	43.5	45.1	43.3	44.8	45.1	44.9	44.9	44.1
	2	43.5	44.3	44.1	44.0	43.8	45.6	46.5	45.1	46.2	46.2	46.3	46.6	45.9
	3	43.7	44.8	45.2	46.6	44.3	45.9	47.6	46.2	47.0	46.9	47.2	47.8	46.6
	垂直とび	5	35.1	34.6	33.8	34.3	33.1	33.7	33.9	34.1	34.7	35.2	35.0	35.4
6		38.0	38.3	36.9	37.5	36.5	38.1	37.6	36.9	38.5	39.6	39.0	39.4	38.3
1		42.7	43.2	40.9	43.5	41.3	43.1	43.0	41.5	42.3	43.5	44.1	43.6	43.1
2		49.0	49.2	48.3	49.4	48.1	48.9	48.8	49.2	48.1	50.1	50.9	49.9	49.0
3		53.8	54.3	53.3	55.1	53.8	55.1	54.6	53.6	54.6	55.9	56.1	54.9	54.5
1		56.6	58.4	58.5	57.5	56.2	58.9	58.8	58.0	59.2	58.7	58.8	58.3	58.4
2		58.9	60.5	60.1	60.9	58.2	61.9	61.2	60.5	61.7	61.4	61.3	62.3	60.7
3		60.0	62.6	61.8	62.3	59.1	63.3	63.2	62.9	63.7	63.0	62.5	63.3	62.7
握力		5	18.3	18.7	18.6	19.5	18.7	18.2	18.7	18.8	18.5	18.3	18.7	18.4
	6	21.1	21.5	21.0	21.7	22.1	21.6	21.3	21.9	21.6	21.3	21.8	21.6	21.4
	1	25.5	26.3	25.0	25.4	24.9	26.4	26.5	25.0	25.7	26.4	26.1	25.5	25.8
	2	31.1	32.4	31.6	30.7	31.0	31.8	32.4	31.5	31.2	33.0	32.2	31.6	31.4
	3	36.6	37.8	37.3	36.9	37.0	37.3	37.4	37.0	37.8	38.7	38.2	37.4	37.5
	1	42.3	42.0	41.8	42.1	41.5	42.0	42.2	41.3	42.0	43.1	41.8	41.0	41.8
	2	44.6	44.4	44.9	44.8	44.3	44.7	44.4	44.1	44.7	45.7	44.3	44.1	44.0
	3	46.9	46.2	47.6	46.2	45.9	46.8	46.6	46.3	46.4	47.0	46.7	46.1	46.1
	背筋力	5	61.0	59.5	55.1	61.9	56.8	60.7	58.8	55.7	60.8	58.0	60.4	60.0
6		71.5	70.4	62.8	69.2	64.4	70.6	68.1	65.7	70.0	68.6	68.5	72.0	68.7
1		82.9	84.4	78.3	84.0	77.8	82.8	86.3	77.3	82.1	82.1	81.5	82.3	79.9
2		98.9	102.2	96.0	100.4	92.5	95.0	99.8	85.2	94.9	99.0	99.1	99.1	94.8
3		113.9	117.0	110.5	117.3	110.3	112.7	114.1	110.4	112.7	114.9	114.5	116.4	109.5
1		127.3	123.8	121.3	122.0	121.3	123.1	123.2	121.1	122.5	122.6	124.2	124.5	125.0
2		137.6	134.2	127.5	132.1	128.5	132.9	130.4	130.9	132.0	129.9	133.5	134.9	132.6
3		141.4	139.7	141.5	139.0	136.5	139.4	137.6	139.6	141.0	137.3	137.7	140.2	140.6
伏臥上体そらし		5	45.3	45.8	45.8	45.7	44.0	45.4	45.5	44.4	45.5	45.8	45.5	45.0
	6	47.3	47.8	47.5	47.2	46.4	47.6	46.8	47.6	47.5	47.5	47.1	47.9	47.7
	1	49.4	49.8	48.2	48.9	48.5	48.6	49.6	48.4	49.3	48.2	49.0	48.8	49.4
	2	52.0	52.5	51.1	51.8	50.7	51.1	51.6	51.4	51.0	51.7	52.3	51.5	51.0
	3	55.2	55.0	54.7	55.4	53.4	53.8	54.8	53.6	53.7	54.4	55.4	53.9	53.8
	1	56.0	57.3	57.9	55.6	53.0	55.7	56.3	56.2	55.5	56.2	56.7	56.1	56.7
	2	58.1	9.1	58.9	59.4	55.6	59.1	58.4	58.5	59.1	58.5	58.3	58.2	58.1
	3	59.1	59.9	61.9	59.4	55.4	60.1	60.0	59.4	60.4	59.0	59.8	59.9	59.7
	立位体前屈	5	9.7	9.0	8.1	8.8	7.0	8.0	8.1	7.5	7.8	7.8	7.9	8.2
6		9.9	9.0	9.3	8.9	7.0	9.1	7.9	8.3	8.2	8.0	7.6	8.7	8.6
1		10.8	10.1	8.9	10.2	8.6	9.1	8.6	8.5	8.7	8.4	8.3	8.9	8.7
2		11.8	11.4	10.1	11.8	10.2	10.1	10.0	10.5	9.4	10.0	9.4	9.9	9.6
3		13.6	12.8	12.5	13.7	12.3	12.1	12.0	11.6	11.2	11.4	10.8	11.2	10.9
1		14.6	14.8	14.1	14.8	12.6	13.7	13.7	13.2	13.4	13.0	12.8	12.7	12.6
2		15.9	15.5	15.8	16.2	13.4	15.5	15.1	14.9	14.7	14.2	14.3	13.4	13.7
3		16.4	15.9	16.9	16.3	13.8	15.7	16.0	15.4	15.2	14.8	14.7	13.4	14.3
踏み台昇降運動		5	67.8	67.3	67.3	66.2	69.7	68.7	66.6	69.9	69.0	70.5	69.4	69.2
	6	67.3	66.8	69.8	68.2	67.8	68.7	66.8	69.5	67.6	70.0	71.2	71.0	71.6
	1	66.9	65.5	68.7	65.9	67.8	68.2	68.7	67.5	68.5	67.6	69.5	70.3	68.5
	2	67.7	65.4	66.7	66.1	65.9	66.1	68.9	68.8	70.0	69.9	70.6	70.3	69.9
	3	68.7	67.4	66.0	66.3	65.6	66.0	67.6	66.8	68.2	69.0	71.5	70.6	71.0
	1	67.1	65.1	66.2	67.8	66.2	66.1	67.6	67.1	70.6	69.4	70.4	69.7	68.5
	2	68.0	65.3	67.6	68.7	66.4	68.2	68.3	67.5	69.6	69.1	69.5	71.6	68.3
	3	66.6	65.1	64.0	67.8	65.0	67.0	66.0	66.2	68.2	67.4	70.0	71.0	67.2



S 60	61	62	63	H 1	2	3	4	5	6	7	8	9	学年	種目
39.5	38.6	39.0	39.4	37.7	38.9	39.0	39.4	38.5	38.4	37.96	38.42	38.88	5	反復横とび
42.7	42.4	41.9	42.8	41.5	42.1	42.3	41.1	43.3	41.5	40.53	42.30	41.11	6	
39.8	40.0	39.5	40.3	39.0	39.8	40.2	39.3	39.2	38.9	38.83	40.05	39.10	1	
42.4	43.0	41.1	42.8	41.8	42.0	42.9	41.6	41.4	40.9	41.23	43.34	42.48	2	
44.4	44.7	43.4	44.8	42.9	43.9	44.6	43.6	43.2	42.5	43.13	44.53	44.01	3	
45.0	46.0	44.6	45.5	44.2	44.5	46.0	44.7	43.7	43.9	44.05	45.46	44.65	1	
47.1	47.8	46.4	46.7	45.7	46.6	47.4	46.3	45.8	45.0	45.77	47.08	45.34	2	
47.5	48.8	48.0	48.0	47.0	47.8	48.4	47.4	45.9	45.7	46.93	47.55	46.24	3	
35.2	34.7	35.2	33.9	34.5	34.6	34.7	34.1	35.3	34.6	35.75	34.52	34.67	5	
39.0	39.3	38.8	38.8	38.3	38.5	38.8	38.5	39.2	38.6	38.81	39.49	38.15	6	
42.7	43.9	43.6	43.4	43.0	43.0	44.0	42.9	42.8	43.8	43.45	43.53	43.25	1	
48.9	49.8	49.7	49.3	49.5	49.3	50.5	49.0	49.5	49.2	48.79	49.73	50.00	2	
54.7	55.1	54.9	55.1	54.5	54.6	55.2	54.7	55.3	54.2	54.63	54.42	54.68	3	
58.7	58.8	58.9	58.9	57.7	58.5	59.7	58.7	58.4	57.1	57.16	57.68	57.12	1	
61.3	61.0	61.8	61.5	60.5	61.1	61.6	61.6	60.7	60.0	60.65	61.20	59.19	2	
63.6	63.3	63.2	63.4	62.3	62.9	64.3	63.5	62.4	61.7	61.39	62.79	61.37	3	
18.4	18.3	18.3	17.8	18.2	18.3	18.2	18.5	18.4	17.7	17.92	17.79	17.83	5	
21.1	21.9	21.8	21.4	21.3	21.6	21.5	22.1	21.9	21.0	20.80	21.21	20.26	6	
25.1	25.9	25.9	26.5	25.8	26.0	26.4	26.1	25.5	25.2	24.76	25.45	25.05	1	
31.6	32.0	31.7	31.8	31.3	32.0	32.6	31.5	31.3	30.6	30.44	31.28	31.52	2	
36.9	37.6	37.2	37.4	36.9	36.9	38.1	37.4	37.1	35.4	35.88	36.02	36.32	3	
41.4	41.3	41.6	41.0	41.3	41.3	40.9	40.7	40.8	38.9	39.52	39.09	38.76	1	
44.4	43.8	43.9	43.9	43.2	43.9	43.4	43.4	43.4	42.2	42.57	42.85	41.09	2	
46.1	46.1	45.8	45.4	45.4	45.4	45.1	44.9	44.6	44.3	43.80	43.46	42.95	3	
59.2	58.2	55.7	57.4	57.4	58.8	57.6	58.0	58.3	56.8	56.30	57.83	57.37	5	
70.1	68.4	68.0	69.9	67.6	68.3	69.1	68.8	69.0	66.3	68.06	69.11	66.04	6	
81.8	83.7	83.7	83.9	82.1	83.2	84.1	81.6	80.1	80.3	81.69	84.29	80.19	1	
99.5	101.2	98.9	100.2	96.4	99.4	102.1	99.4	101.3	96.4	99.15	100.50	99.21	2	
113.9	116.2	115.1	117.0	112.6	113.8	117.2	116.6	116.1	111.9	115.36	116.19	114.08	3	
120.0	124.1	121.7	123.0	124.0	121.9	122.8	125.3	123.7	117.7	120.19	117.37	117.49	1	
131.2	134.0	133.9	134.8	132.8	132.1	131.5	136.4	135.2	129.2	130.60	131.33	129.26	2	
136.8	140.0	138.0	139.1	139.9	137.3	139.0	142.0	141.2	137.8	135.62	134.61	135.77	3	
45.7	44.6	44.9	45.2	44.4	44.3	44.8	44.7	45.2	44.7	44.52	43.87	44.45	5	
47.3	46.4	47.4	47.2	46.2	47.1	46.5	46.3	47.0	45.7	45.78	47.23	46.46	6	
48.4	48.8	49.1	48.4	47.7	49.0	48.4	48.0	48.8	48.2	47.72	47.94	48.02	1	
51.0	50.4	50.9	50.9	49.1	50.5	51.7	51.1	51.2	49.6	49.43	51.11	51.04	2	
54.0	53.6	54.1	53.4	51.5	52.8	53.8	54.0	53.1	52.3	52.60	53.31	52.88	3	
55.7	55.8	55.3	54.9	54.0	55.2	55.9	55.0	54.9	54.4	54.27	54.41	54.00	1	
58.0	58.0	57.2	56.8	56.3	56.8	57.4	56.7	56.9	55.8	56.11	57.24	54.98	2	
59.6	59.0	58.3	58.1	57.0	57.7	59.5	57.7	58.2	56.6	57.50	57.76	57.05	3	
8.0	7.9	7.9	6.9	6.7	7.5	7.1	6.3	6.0	7.1	6.95	6.68	6.16	5	
8.1	8.2	8.4	7.7	7.0	7.2	6.9	6.0	6.0	6.6	6.43	6.54	6.49	6	
8.7	8.5	8.7	7.6	7.0	6.2	6.8	6.5	6.0	6.9	6.18	6.77	6.19	1	
10.0	9.9	9.8	8.5	7.6	7.9	8.0	7.1	7.1	6.8	7.04	7.91	7.39	2	
10.8	10.9	11.0	9.8	8.7	8.8	9.2	8.0	8.0	7.9	7.82	8.50	8.25	3	
12.1	11.7	11.5	11.0	10.7	10.8	10.7	10.0	9.4	10.2	9.06	9.15	8.95	1	
13.5	13.2	13.1	12.1	11.7	11.9	11.9	11.2	10.8	10.7	10.65	10.96	10.38	2	
14.0	13.8	13.4	13.3	12.7	12.2	12.7	11.3	11.7	11.9	11.11	11.23	11.25	3	
70.5	69.1	72.2	69.4	70.8	70.1	68.7	71.2	68.8	68.3	68.17	67.94	69.57	5	
71.0	70.9	72.2	70.0	71.0	70.5	68.4	71.3	68.8	71.2	69.20	69.16	70.87	6	
70.1	69.5	71.2	71.1	70.4	70.0	71.2	72.7	70.8	69.2	70.18	69.45	70.71	1	
72.2	71.9	71.0	72.9	71.3	71.0	71.2	74.4	71.8	72.4	71.97	70.84	73.55	2	
69.9	71.3	70.5	72.1	70.4	70.8	68.9	74.2	70.9	73.2	72.62	73.11	72.27	3	
69.5	68.2	72.2	70.6	69.1	69.0	70.7	70.2	68.9	71.3	71.26	71.41	71.31	1	
70.5	70.6	72.4	71.4	71.4	70.6	71.5	73.0	71.1	70.5	71.53	71.31	75.29	2	
70.5	68.3	71.6	70.0	70.5	70.6	70.1	72.4	71.1	72.0	71.13	70.63	73.09	3	

昭和47年度～平成9年度までの「体力診断テスト」全国平均値一覧表（女）

種目	学年	S 47	48	49	50	51	52	53	54	55	56	57	58	59
反復横とび	5	36.3	35.8	34.5	35.4	35.0	36.3	36.8	35.6	36.4	37.0	37.1	37.5	37.4
	6	38.8	38.7	38.2	38.3	37.0	39.0	39.7	38.3	39.6	40.0	39.8	40.5	40.2
	1	35.2	35.0	34.7	35.7	35.7	35.4	36.4	34.8	36.2	37.3	36.5	36.9	36.4
	2	36.4	36.7	35.4	36.6	36.6	37.3	37.5	36.9	37.5	38.5	38.5	38.6	37.8
	3	37.3	37.3	38.1	38.2	37.9	38.1	38.6	37.2	38.4	39.3	39.0	39.3	38.1
	1	37.8	38.3	38.2	38.3	37.7	38.5	39.6	38.1	39.1	39.7	39.2	39.6	38.8
	2	38.3	39.3	38.2	39.2	39.2	39.3	40.2	39.1	39.9	40.2	40.2	40.3	39.2
	3	38.9	39.4	38.7	39.2	38.5	39.4	41.0	39.9	40.5	40.6	40.7	41.6	40.3
	垂直とび	5	32.0	32.7	31.1	31.5	31.4	32.0	32.6	32.3	33.4	33.5	32.8	33.0
6		35.1	35.8	34.1	35.4	34.5	35.4	35.8	34.7	36.7	36.3	36.3	36.8	35.6
1		37.6	37.5	36.7	38.1	37.2	37.9	38.4	38.0	39.3	39.9	38.9	39.1	38.5
2		40.6	40.1	39.4	39.9	40.1	40.6	40.7	40.3	41.5	42.4	42.1	42.7	41.8
3		41.5	41.7	41.4	42.4	42.0	42.5	42.2	41.8	42.7	43.7	43.8	44.2	42.3
1		41.5	42.8	43.8	42.8	42.1	43.1	43.2	42.7	44.1	44.3	44.3	44.2	42.8
2		42.2	43.6	43.4	43.5	42.9	44.1	43.4	43.5	44.6	43.8	44.4	44.4	43.7
3		41.5	43.4	43.2	43.6	42.5	44.1	44.7	43.8	44.7	44.4	44.4	45.1	43.8
握力		5	17.0	17.5	17.0	17.7	17.2	16.7	17.1	17.3	17.3	16.7	16.9	16.9
	6	20.1	20.3	19.4	20.9	20.8	20.4	20.0	20.7	20.6	19.8	20.3	19.8	20.3
	1	23.0	23.0	22.8	22.6	22.7	23.1	23.3	22.9	23.0	23.9	23.0	22.2	22.8
	2	25.8	25.8	25.2	24.3	25.1	25.1	25.7	25.5	25.4	26.5	26.1	24.9	25.4
	3	27.3	27.6	27.7	26.1	27.2	27.3	27.4	26.8	27.9	27.9	27.3	28.0	26.8
	1	29.3	28.6	29.7	29.2	29.5	28.4	29.2	28.0	29.0	29.0	28.5	28.9	27.9
	2	30.0	29.6	30.3	29.7	30.6	29.2	30.0	29.2	29.9	29.9	29.3	29.4	28.7
	3	30.2	29.6	30.1	30.1	30.5	29.7	30.7	29.6	30.4	30.4	29.3	27.6	29.4
	背筋力	5	48.4	47.5	46.3	47.7	44.2	46.8	47.4	44.5	49.3	49.3	47.3	49.9
6		57.5	56.2	54.1	56.7	51.6	57.0	56.6	53.5	57.5	57.5	56.9	58.1	56.7
1		65.8	63.9	60.2	64.4	58.2	63.7	65.1	60.7	64.6	64.6	67.0	64.4	63.0
2		75.5	72.5	68.5	70.8	66.5	69.2	69.9	70.1	72.4	72.4	74.3	72.1	69.1
3		80.6	78.0	76.1	79.4	73.4	76.2	75.3	70.6	76.5	76.5	78.0	78.5	74.3
1		83.6	79.7	80.0	75.7	77.2	76.3	78.1	74.6	77.8	77.8	79.6	78.0	77.2
2		86.0	85.6	83.0	80.6	84.5	81.7	81.4	78.9	79.9	79.9	83.2	82.0	80.9
3		88.1	87.7	85.0	82.4	84.6	83.3	86.2	83.4	82.3	82.3	83.8	84.3	84.4
伏臥上体そらし		5	47.7	47.3	47.4	48.0	45.8	47.1	46.4	45.8	46.8	46.8	46.6	46.3
	6	50.6	50.4	50.8	50.2	48.8	50.2	49.9	49.3	49.6	49.6	49.0	50.1	49.7
	1	52.9	53.0	51.3	52.5	51.3	51.8	53.2	51.0	53.3	53.3	51.3	51.0	50.9
	2	55.7	55.8	54.1	55.4	54.2	54.2	54.4	53.2	54.3	54.3	54.3	53.4	53.6
	3	57.4	57.9	57.4	56.9	55.8	56.5	56.1	55.3	56.3	56.3	56.1	55.1	54.8
	1	58.1	58.7	61.1	58.0	56.8	57.2	56.8	57.1	57.6	57.6	56.6	56.3	55.6
	2	59.0	60.0	60.2	59.6	55.9	59.3	58.8	58.5	57.3	57.3	57.8	58.2	57.5
	3	59.4	60.6	60.0	60.1	58.8	60.2	60.5	58.8	58.2	58.2	58.6	59.7	58.5
	立位体前屈	5	11.6	11.4	10.2	10.9	9.8	10.6	10.6	10.4	10.6	10.4	10.1	10.7
6		12.4	12.3	11.6	12.1	10.4	11.5	11.6	11.1	11.9	11.3	10.9	11.5	11.8
1		13.3	13.3	11.9	13.0	12.7	12.1	12.4	11.7	12.7	12.2	12.0	12.3	12.2
2		14.5	14.2	14.0	14.4	16.0	13.7	13.8	12.9	13.0	13.5	13.3	13.4	13.4
3		15.5	15.4	15.2	15.8	15.0	15.0	14.8	14.0	14.7	14.5	14.3	14.3	14.4
1		17.0	17.0	16.7	16.1	16.0	16.2	15.8	15.4	15.7	15.0	15.5	15.5	14.9
2		17.5	17.4	17.3	16.5	16.4	16.8	16.7	15.9	16.3	16.0	16.4	16.1	15.6
3		17.9	17.9	17.1	17.3	17.0	17.3	17.3	16.6	16.8	16.5	16.5	16.9	16.4
踏み台昇降運動		5	64.5	63.6	65.8	63.1	66.0	65.4	64.2	65.5	65.5	67.2	67.2	64.4
	6	62.5	62.5	63.8	63.9	63.9	66.2	62.7	65.0	64.1	65.5	66.7	65.7	67.2
	1	63.5	62.4	64.0	63.8	65.0	65.3	66.0	63.6	65.8	65.0	65.1	67.2	63.7
	2	64.1	62.3	63.0	62.8	64.4	63.1	63.6	63.3	66.6	66.6	66.9	68.7	67.8
	3	62.0	61.0	62.5	62.7	61.8	62.9	64.6	62.7	63.4	64.2	66.5	65.9	66.1
	1	59.5	60.1	60.8	59.8	58.8	60.8	62.1	62.1	62.2	62.9	64.3	65.8	62.4
	2	60.8	60.3	60.8	61.6	61.2	61.0	62.8	62.6	62.3	62.2	65.4	65.8	63.2
	3	59.8	69.2	60.6	60.2	60.2	63.2	61.8	62.5	62.7	62.5	64.4	65.2	64.2

S 60	61	62	63	H 1	2	3	4	5	6	7	8	9	学年	種目
37.0	38.1	38.2	38.3	36.5	37.1	36.8	36.7	36.4	36.0	35.10	36.04	35.52	5	反復横とび
41.2	40.4	40.5	40.8	39.5	40.3	40.0	38.1	39.0	38.7	37.51	39.73	37.75	6	
37.6	37.8	37.5	37.5	36.3	37.2	36.8	36.5	36.2	36.1	34.58	36.44	35.31	1	
39.0	39.0	38.2	38.7	37.5	38.0	37.8	37.0	38.0	37.0	37.04	38.72	36.43	2	
39.6	39.5	38.4	39.0	37.8	38.4	38.5	37.8	38.2	37.8	37.73	38.85	37.58	3	
39.8	40.1	39.1	39.4	38.3	38.7	39.5	38.5	37.9	37.6	38.28	38.77	37.82	1	
40.5	41.3	40.2	40.3	38.6	39.6	40.0	39.5	38.8	38.2	38.42	39.63	38.12	2	
40.9	41.4	40.7	40.8	39.1	40.3	40.7	40.2	39.3	38.4	39.03	39.86	37.93	3	
33.6	33.7	34.0	32.8	33.2	33.0	33.0	32.2	32.8	32.3	33.18	32.71	32.32	5	
37.3	37.2	36.3	36.6	36.1	36.5	36.5	35.8	36.6	36.2	36.32	37.00	35.37	6	
38.8	39.6	39.0	38.8	38.7	39.5	38.7	38.1	38.6	38.8	37.83	38.56	38.05	1	
42.0	41.3	41.8	41.4	41.2	41.4	41.2	41.0	41.9	40.5	40.75	40.86	40.72	2	
42.8	43.6	42.9	43.2	42.2	42.8	42.9	42.4	42.3	41.9	42.43	42.73	41.36	3	
44.4	44.1	43.9	43.9	42.6	43.4	43.6	43.5	42.6	42.5	41.57	42.38	41.74	1	
45.0	45.2	44.5	44.5	43.5	43.9	45.0	44.8	43.6	43.7	42.61	43.28	42.00	2	
45.0	45.0	45.5	45.0	43.7	44.5	44.9	44.9	44.2	43.6	43.04	44.13	42.32	3	
16.9	17.5	17.0	16.7	17.0	16.9	16.6	17.2	17.2	16.6	16.82	16.61	16.48	5	
20.5	20.7	20.3	19.8	19.6	20.0	19.9	20.6	20.2	19.9	19.86	20.10	19.40	6	
23.1	22.8	22.2	22.3	22.3	21.7	22.0	22.5	22.3	22.2	21.78	22.37	22.05	1	
25.6	25.0	24.6	24.2	25.6	24.4	24.0	24.3	24.8	24.1	23.69	24.42	24.21	2	
26.9	26.2	26.1	26.0	25.8	25.7	25.5	25.9	26.3	25.6	24.88	25.79	25.34	3	
28.0	27.8	27.3	27.1	26.5	26.3	26.6	26.5	26.0	25.5	26.03	25.87	25.33	1	
29.3	28.6	28.3	28.0	27.3	27.7	27.3	27.1	27.5	26.8	26.87	26.77	26.18	2	
29.5	28.9	29.3	29.1	27.8	27.7	27.7	27.9	27.6	27.0	27.34	26.95	26.22	3	
48.5	48.4	48.2	48.7	47.7	48.1	47.9	48.4	49.3	47.6	46.99	48.13	46.91	5	
59.2	56.5	57.1	56.9	55.9	56.9	58.4	55.5	57.3	56.6	56.34	57.85	54.90	6	
65.0	65.5	64.5	64.5	62.3	63.2	65.5	65.1	62.0	62.6	62.36	63.34	59.22	1	
72.8	73.3	72.7	71.1	67.6	70.2	72.0	73.2	72.1	68.6	69.79	72.22	67.67	2	
75.2	77.7	76.0	75.9	71.8	73.3	76.5	77.8	75.3	73.4	73.71	75.53	71.61	3	
79.5	78.1	74.4	77.3	75.1	73.1	75.2	79.1	75.4	71.6	71.79	71.50	71.38	1	
82.5	82.3	80.9	78.8	77.2	79.0	78.9	82.7	81.0	75.7	73.90	76.02	73.52	2	
84.1	83.2	83.2	82.5	80.5	80.6	80.8	83.5	81.5	78.3	76.46	76.85	77.38	3	
46.0	45.9	47.1	47.0	45.4	45.7	45.8	46.8	45.5	45.9	45.73	46.48	45.58	5	
50.1	48.8	49.8	49.3	48.3	49.4	48.2	48.0	48.9	48.2	47.81	49.09	48.32	6	
51.2	51.1	51.5	50.7	49.5	50.8	50.4	50.5	50.3	49.3	47.70	50.04	49.73	1	
53.5	52.8	53.2	52.1	51.9	52.3	52.6	52.1	52.8	51.3	51.13	52.20	52.23	2	
54.7	54.9	54.3	54.6	53.1	53.7	54.3	54.5	54.5	52.5	52.08	53.48	52.94	3	
56.2	55.8	55.1	54.7	53.6	54.0	55.5	54.4	54.5	53.2	53.10	53.75	52.99	1	
57.5	57.0	56.8	56.7	54.3	54.8	56.7	55.3	55.1	53.5	54.48	54.70	52.73	2	
57.7	58.5	57.2	57.4	55.5	56.2	57.7	56.9	56.6	54.8	55.16	55.44	54.34	3	
10.3	10.2	10.5	10.1	9.4	9.8	9.8	9.5	9.1	9.2	9.38	9.60	8.86	5	
11.1	11.3	11.1	10.6	10.4	10.4	9.9	9.9	9.9	10.1	9.46	9.94	9.50	6	
12.6	12.0	11.8	11.4	11.0	10.6	10.7	10.3	10.3	10.5	9.75	10.77	10.07	1	
13.6	13.3	12.7	12.5	11.6	11.3	11.7	11.2	11.6	10.8	10.33	11.69	11.74	2	
14.1	14.3	13.8	13.6	12.7	11.8	12.7	11.6	12.2	11.4	10.56	11.92	11.63	3	
14.8	14.7	14.6	14.2	13.6	12.6	12.8	13.0	11.7	11.8	11.96	12.00	11.55	1	
15.6	15.4	15.8	15.2	13.7	13.3	14.2	13.3	13.1	12.3	12.41	12.87	11.93	2	
15.6	16.5	15.7	15.9	14.9	14.3	14.6	14.2	13.7	12.8	12.71	13.24	12.67	3	
65.7	65.7	67.8	67.0	65.7	66.3	66.5	66.1	65.8	65.8	64.01	66.14	66.07	5	
66.1	66.1	66.1	66.0	65.6	65.6	65.1	86.4	64.0	65.8	64.97	65.47	65.56	6	
67.6	66.9	65.4	67.4	68.2	65.4	65.8	68.5	66.2	66.6	65.72	62.80	64.13	1	
68.2	68.2	65.8	67.6	68.0	67.3	66.9	70.4	65.9	67.3	67.77	65.27	67.05	2	
66.3	66.0	64.7	66.0	66.0	65.9	65.4	69.0	65.5	66.6	65.77	64.64	65.88	3	
64.4	63.4	65.2	65.2	63.4	61.9	62.4	63.5	62.9	63.7	63.11	64.26	65.14	1	
66.2	64.7	66.5	64.9	64.0	64.0	65.3	67.0	67.3	64.9	65.71	66.34	66.54	2	
65.8	63.6	66.4	65.9	64.2	65.1	65.4	67.5	66.6	66.4	62.81	67.08	67.41	3	

平成11年度～平成23年度「新体力テスト」県平均値一覧表（男）

種目	学年	H 11	12	13	14	15	16	17	18	19	20	21	22	23
握力	1	9.11	9.34	9.13	9.07	9.37	9.18	9.12	9.23	9.10	9.21	9.31	9.20	9.25
	2	10.80	11.11	10.98	10.90	11.16	10.95	10.87	10.94	10.90	10.91	10.90	10.89	10.93
	3	12.69	12.94	12.82	12.92	12.95	12.78	12.65	12.77	12.70	12.79	12.72	12.69	12.74
	4	14.78	14.75	14.86	14.86	14.88	14.64	14.56	14.59	14.58	14.63	14.63	14.51	14.47
	5	17.09	17.20	17.10	17.07	17.11	16.87	16.66	16.77	16.68	16.77	16.59	16.64	16.60
	6	20.17	20.27	20.17	20.07	20.08	19.81	19.49	19.63	19.47	19.47	19.41	19.33	19.32
	1	24.29	24.50	24.67	24.51	24.56	24.38	24.28	24.33	24.23	24.29	24.25	24.22	24.00
	2	30.53	30.88	30.92	30.81	30.96	30.61	30.41	30.65	30.38	30.32	30.22	30.35	30.07
	3	35.99	36.20	36.63	36.38	36.53	36.36	36.14	36.16	35.97	35.93	35.83	35.85	35.80
上体起こし	1	10.88	10.98	11.07	11.42	11.50	11.53	11.66	11.61	11.60	11.58	11.81	11.83	11.99
	2	13.49	13.62	13.58	14.04	14.12	14.03	14.24	14.28	14.36	14.31	14.60	14.57	14.76
	3	15.30	15.63	15.66	15.94	16.01	16.10	16.12	16.35	16.39	16.52	16.62	16.66	16.91
	4	17.13	17.27	17.55	17.94	17.83	17.93	18.07	18.26	18.40	18.50	18.73	18.65	18.83
	5	18.60	18.93	19.21	19.52	19.95	19.62	19.97	20.12	20.15	20.47	20.59	20.71	20.78
	6	20.09	20.60	21.05	21.35	21.63	21.68	21.74	21.88	22.02	22.26	22.41	22.39	22.87
	1	22.28	23.12	23.61	23.98	24.29	24.40	24.80	24.80	24.95	25.02	25.29	25.62	25.67
	2	25.60	26.86	27.40	27.72	27.98	28.19	28.48	28.95	28.84	28.89	28.98	29.51	29.40
	3	27.18	28.40	29.58	29.90	30.19	30.34	30.76	31.04	31.34	31.26	31.19	31.79	31.95
長座体前屈	1	25.99	26.18	25.91	25.83	26.18	25.48	25.21	25.45	25.37	25.59	25.77	26.07	25.93
	2	27.61	28.45	28.04	28.05	28.05	27.26	27.00	27.30	27.36	27.52	27.48	27.80	27.93
	3	29.61	30.04	29.88	30.14	30.12	29.11	28.92	29.50	29.36	29.48	29.57	29.68	29.75
	4	31.64	32.29	31.59	31.87	32.18	31.04	30.75	31.12	31.24	31.35	31.40	31.48	31.41
	5	33.60	34.11	33.57	33.80	33.78	33.15	32.92	33.20	33.16	33.20	33.43	33.33	33.41
	6	35.54	35.85	35.41	35.69	36.07	35.21	35.03	35.05	34.99	35.22	35.27	35.46	35.48
	1	39.10	40.15	40.46	40.30	40.91	40.50	40.40	40.66	40.47	40.76	41.00	41.39	41.03
	2	42.84	45.10	45.21	45.36	45.87	45.47	45.78	45.92	45.64	45.38	45.21	46.22	46.06
	3	45.72	47.81	49.42	49.50	49.96	49.61	50.09	49.85	49.83	49.49	49.11	49.51	50.17
反復横とび	1	45.20	47.06	48.05	49.40	49.46	48.95	49.23	49.20	49.09	49.13	48.72	48.83	48.67
	2	46.41	47.96	49.79	50.62	51.93	51.30	51.11	51.35	51.15	50.77	50.68	50.81	50.25
	3	47.18	48.56	49.86	51.68	52.57	53.10	52.47	52.86	52.95	52.48	52.01	52.26	51.85
	1	25.62	25.95	25.98	25.94	27.06	26.89	26.67	26.67	26.63	27.28	27.65	27.69	28.02
	2	29.80	30.28	30.37	30.08	31.00	30.65	30.30	30.69	30.65	31.01	31.37	31.75	31.88
	3	32.83	33.88	33.97	33.90	34.71	34.40	33.97	34.46	34.37	35.03	35.18	35.60	35.84
	4	36.72	37.28	37.86	38.22	38.74	38.71	38.51	38.60	38.71	39.00	39.28	39.60	39.92
	5	39.37	40.65	41.23	41.70	42.50	42.28	42.29	42.71	42.54	42.92	43.23	43.43	43.69
	6	42.03	43.61	44.06	44.64	45.53	45.58	45.39	45.66	45.69	45.90	46.56	46.52	46.90
持久走	1	44.04	46.08	46.57	47.29	47.85	47.87	48.04	48.11	47.98	48.02	48.45	48.64	48.83
	2	47.88	49.50	50.20	50.79	51.43	51.71	51.59	52.00	51.60	51.62	51.50	51.97	52.04
	3	50.33	51.73	52.78	53.38	53.96	54.36	54.48	54.36	54.36	54.23	54.03	54.52	54.87
	1	50.23	52.05	52.69	53.82	54.56	54.48	54.46	55.19	54.78	55.42	55.21	55.44	56.03
	2	51.22	52.85	54.01	54.89	55.74	56.14	55.92	56.52	56.44	56.74	56.79	56.80	57.02
	3	51.86	53.44	54.32	55.71	56.46	57.06	57.07	57.41	57.32	57.86	57.59	58.08	58.10
	1	412.90	415.30	416.80	416.40	415.60	419.21	417.94	415.98	415.99	414.97	412.13	410.98	409.15
	2	383.60	383.50	386.70	385.60	385.50	387.72	387.52	385.05	385.33	383.94	382.38	382.14	380.65
	3	371.60	372.70	373.60	373.00	374.90	374.20	373.77	373.23	373.06	371.27	371.30	370.00	369.41
持久走	1	375.10	373.90	375.40	374.50	375.20	378.12	377.86	375.64	375.08	373.39	373.17	371.39	367.54
	2	366.10	366.00	365.80	365.50	366.50	367.58	367.64	364.97	365.63	362.38	362.12	362.48	360.07
	3	362.00	362.60	363.60	362.40	363.00	363.80	365.16	364.06	363.58	360.42	360.20	359.13	357.82

種目	学年	H 11	12	13	14	15	16	17	18	19	20	21	22	23
20 m シ ャ ト ル ラン	1	16.31	15.83	15.43	15.85	16.81	16.54	16.58	16.94	16.76	17.60	18.83	19.16	19.87
	2	25.13	25.72	25.04	25.26	26.10	25.50	25.62	26.07	26.33	27.23	28.10	29.01	29.55
	3	32.95	34.11	34.36	34.26	35.20	34.73	34.53	35.33	35.81	36.41	37.77	38.34	39.56
	4	39.65	41.34	42.67	43.26	43.69	43.41	43.24	44.58	44.55	46.00	46.91	47.61	48.56
	5	45.80	47.80	49.64	50.75	52.09	50.94	51.27	52.57	53.23	53.90	55.62	56.19	57.03
	6	53.18	55.80	57.44	57.98	60.07	59.23	59.36	60.73	60.60	62.03	63.56	63.80	64.98
	1	64.81	66.24	66.99	67.77	69.45	69.94	68.02	70.05	70.00	72.20	71.51	72.55	74.79
	2	76.05	80.45	81.18	81.10	82.32	83.22	81.74	84.26	83.70	85.50	85.18	85.78	87.14
	3	80.72	86.41	86.68	87.37	87.18	87.24	87.42	88.66	88.45	89.44	89.35	90.11	90.75
50 m 走	1	11.67	11.74	11.78	11.71	11.69	11.62	11.67	11.66	11.66	11.60	11.57	11.53	11.53
	2	10.78	10.83	10.91	10.88	10.85	10.83	10.79	10.80	10.79	10.75	10.72	10.70	10.67
	3	10.23	10.23	10.30	10.30	10.31	10.26	10.24	10.23	10.22	10.16	10.16	10.13	10.10
	4	9.71	9.77	9.77	9.81	9.83	9.81	9.77	9.80	9.77	9.72	9.71	9.70	9.68
	5	9.35	9.35	9.39	9.39	9.41	9.40	9.40	9.38	9.38	9.31	9.31	9.30	9.27
	6	8.93	8.94	8.98	8.99	9.00	8.98	8.99	9.00	8.98	8.93	8.90	8.90	8.88
	1	8.50	8.54	8.55	8.57	8.58	8.56	8.57	8.61	8.58	8.58	8.54	8.54	8.54
	2	7.91	7.94	7.96	7.97	7.97	7.97	7.96	7.99	7.97	7.96	7.94	7.94	7.92
	3	7.53	7.56	7.55	7.58	7.57	7.57	7.57	7.60	7.57	7.57	7.56	7.55	7.53
立 ち 幅 と び	1	7.50	7.50	7.51	7.51	7.52	7.54	7.55	7.54	7.52	7.52	7.52	7.49	7.47
	2	7.34	7.34	7.34	7.35	7.34	7.35	7.36	7.35	7.36	7.34	7.35	7.32	7.30
	3	7.23	7.25	7.26	7.26	7.26	7.26	7.29	7.26	7.26	7.27	7.25	7.24	7.23
	1	115.68	115.89	115.67	115.13	116.21	116.52	115.67	115.62	115.28	116.36	116.63	117.09	116.62
	2	128.20	128.20	127.71	127.60	128.57	128.49	127.77	128.03	128.20	128.31	128.51	128.65	128.52
	3	138.88	138.68	138.53	138.50	139.19	138.76	138.01	138.40	138.20	138.76	138.67	138.53	139.08
	4	148.33	147.28	147.32	147.85	147.78	147.73	147.05	146.96	147.19	147.44	148.13	147.63	147.71
	5	156.84	157.05	155.56	156.24	156.93	156.55	155.52	155.63	156.38	157.26	156.74	156.75	156.91
	6	166.92	167.36	166.00	165.93	166.55	166.86	165.44	165.58	165.74	166.39	166.83	166.55	166.55
ポ ー ル 投 げ	1	181.76	181.48	181.41	180.34	180.58	180.58	179.53	179.48	180.06	180.40	180.98	181.18	181.44
	2	199.28	199.16	198.77	198.11	198.40	198.40	197.68	197.56	197.74	198.05	198.39	198.97	199.14
	3	213.45	213.15	213.30	212.38	212.82	212.73	212.45	212.26	212.02	212.01	212.09	212.99	213.49
	1	218.57	218.81	219.80	219.04	218.35	218.21	216.90	214.92	216.85	217.21	217.23	218.95	220.20
	2	227.07	226.08	226.80	226.31	226.11	226.31	224.34	225.54	224.17	224.28	224.43	225.94	226.66
	3	230.93	230.99	231.50	230.72	230.70	231.41	228.58	229.90	228.55	229.50	228.89	230.56	230.85
	1	9.35	9.37	9.13	9.16	9.31	8.76	8.67	8.72	8.70	8.58	8.74	8.61	8.52
	2	12.80	12.85	12.52	12.55	12.67	11.99	12.13	12.19	12.24	12.15	12.23	12.05	11.79
	3	16.74	17.07	16.65	16.45	16.56	15.82	15.90	16.11	16.07	16.20	16.18	15.74	15.51
4	20.83	21.07	20.90	20.66	20.50	19.72	19.80	19.91	20.07	20.13	20.29	19.77	19.12	
5	24.75	24.99	24.95	24.83	24.59	23.50	23.54	23.68	23.71	23.93	24.00	23.67	23.10	
6	28.38	28.72	28.91	28.63	28.63	27.68	27.22	27.31	27.41	27.43	27.72	27.32	26.98	
ポ ー ル 投 げ	1	19.05	19.12	19.07	19.03	19.18	18.57	18.48	18.38	18.40	18.33	18.52	18.50	18.51
	2	22.12	22.23	22.11	22.06	22.32	21.83	21.72	21.60	21.59	21.40	21.61	21.63	21.84
	3	24.91	24.79	24.80	24.68	24.84	24.57	24.45	24.31	24.36	24.05	24.11	24.29	24.61
	1	25.41	25.40	25.32	25.36	25.43	24.95	24.95	24.85	24.78	24.53	24.69	24.98	25.20
	2	26.77	26.62	26.77	26.39	26.71	26.27	26.00	26.09	26.12	25.76	26.07	26.19	26.30
	3	27.84	27.57	27.64	27.52	27.39	27.25	26.95	26.83	26.96	26.74	27.02	27.10	27.17

平成11年度～平成23年度「新体力テスト」県平均値一覧表（女）

種目	学年	H 11	12	13	14	15	16	17	18	19	20	21	22	23
握力	1	8.36	8.65	8.43	8.42	8.75	8.60	8.49	8.58	8.54	8.65	8.70	8.66	8.73
	2	9.96	10.30	10.17	10.20	10.49	10.37	10.15	10.26	10.22	10.32	10.27	10.25	10.34
	3	11.77	11.98	11.95	12.02	12.11	12.14	11.92	11.89	11.92	12.03	11.99	11.93	12.01
	4	13.79	13.86	13.87	13.95	14.07	14.08	13.73	13.81	13.75	13.96	13.88	13.84	13.82
	5	16.40	16.50	16.32	16.50	16.53	16.57	16.24	16.28	16.23	16.35	16.27	16.30	16.33
	6	19.58	19.59	19.43	19.62	19.68	19.52	19.19	19.33	19.11	19.30	19.18	19.25	19.30
	1	21.75	21.97	21.98	22.07	22.32	22.16	22.08	22.23	22.11	22.26	22.14	22.16	22.18
	2	24.43	24.52	24.51	24.62	24.82	24.73	24.62	24.83	24.74	24.79	24.65	24.70	24.66
	3	25.93	25.94	25.95	26.03	26.14	26.20	26.08	26.28	26.14	26.24	26.04	26.07	26.11
上体起こし	1	18.02	19.02	19.53	19.91	20.36	20.66	21.28	21.54	21.91	21.84	21.99	22.48	22.60
	2	20.24	21.51	22.10	22.67	23.11	23.32	23.82	24.66	24.88	24.97	24.89	25.35	25.50
	3	20.52	21.78	22.83	23.44	23.86	24.26	24.66	25.23	25.82	26.00	25.94	26.30	26.55
	1	18.92	20.30	21.18	22.07	22.65	22.82	23.20	23.63	23.88	24.45	24.41	24.63	24.71
	2	19.49	20.67	21.74	22.43	23.46	23.63	23.99	24.37	24.74	24.82	25.31	25.38	25.55
	3	19.81	20.74	21.51	22.35	23.24	24.04	24.32	24.65	24.83	25.04	25.27	25.83	25.77
	1	28.00	27.93	27.65	27.79	28.08	27.39	27.44	27.61	27.74	27.93	28.24	28.58	28.30
	2	29.85	30.39	30.16	30.26	30.36	29.51	29.52	30.04	30.12	30.47	30.50	30.76	30.83
	3	31.98	32.64	32.46	32.51	32.90	31.71	31.83	32.47	32.60	32.87	32.90	33.19	33.21
長座体前屈	4	34.67	35.09	34.35	34.74	35.11	34.12	33.85	34.53	34.81	35.09	35.20	35.26	35.23
	5	37.31	37.46	36.97	37.15	37.24	36.61	36.72	36.87	37.31	37.44	37.89	37.96	37.95
	6	39.73	40.04	39.45	39.67	40.03	39.23	39.02	39.61	39.63	39.83	40.24	40.59	40.69
	1	42.92	43.60	43.79	43.96	44.30	43.39	43.63	43.90	44.18	44.21	44.32	44.88	44.86
	2	45.44	46.80	46.48	46.80	47.26	46.30	46.47	46.92	46.80	46.79	46.79	47.46	47.43
	3	47.32	48.06	48.84	48.90	49.12	48.48	48.72	48.97	49.02	48.75	48.59	49.16	49.82
	1	45.75	46.77	46.99	47.84	47.89	47.48	47.26	47.48	47.75	47.85	47.60	47.74	47.73
	2	46.28	47.24	48.03	48.51	49.40	48.57	48.31	48.84	48.78	48.70	48.67	48.53	48.60
	3	46.99	47.59	48.45	49.42	49.83	50.35	49.45	49.96	49.88	49.70	49.62	49.55	49.47
反復横とび	1	24.95	25.19	25.09	25.02	26.07	25.71	25.50	25.64	25.60	26.15	26.41	26.37	26.55
	2	28.47	28.85	29.01	28.77	29.55	29.27	28.92	29.38	29.26	29.66	29.85	30.11	30.17
	3	31.36	31.98	32.17	32.20	33.09	32.72	32.35	32.74	32.83	33.30	33.40	33.66	33.72
	4	34.81	35.17	35.66	36.13	36.83	36.70	36.45	36.71	36.73	37.17	37.28	37.60	37.67
	5	37.00	38.23	38.81	39.32	40.42	40.06	40.15	40.38	40.47	40.76	40.95	41.33	41.37
	6	39.06	40.76	41.24	41.73	42.58	42.79	42.64	43.08	42.88	43.18	43.65	43.87	44.04
	1	39.49	41.63	42.32	42.96	43.49	43.66	43.64	44.09	43.98	44.05	44.25	44.58	44.75
	2	41.90	42.98	43.67	44.57	45.04	45.11	45.05	45.74	45.70	45.65	45.58	46.00	46.13
	3	42.73	43.72	44.25	45.02	45.64	45.81	45.83	46.13	46.25	46.43	46.13	46.48	46.80
持久走	1	42.25	43.46	43.84	44.69	45.44	45.75	45.69	46.33	46.38	46.82	46.92	46.89	47.31
	2	42.25	43.66	44.32	45.17	45.59	46.10	46.20	46.66	46.76	47.14	47.10	47.40	47.41
	3	42.97	43.74	44.45	45.50	45.92	46.38	46.41	46.99	46.99	47.56	47.37	47.59	47.70
	1	288.50	290.40	290.60	290.90	291.00	291.73	291.06	289.48	289.72	289.44	289.09	288.42	287.89
	2	279.60	280.70	282.60	282.40	281.60	282.99	282.69	280.73	280.60	279.53	280.33	280.20	279.89
	3	283.70	284.80	285.60	285.80	285.90	286.68	286.59	285.10	284.70	283.50	284.06	283.69	283.26
	1	292.30	293.90	293.90	294.40	294.80	296.53	296.41	294.75	293.31	292.31	291.32	290.07	288.57
	2	291.70	290.40	292.50	292.60	292.80	294.15	294.34	292.07	292.54	289.13	288.97	289.02	287.61
	3	289.90	290.20	290.50	291.40	292.00	292.81	293.85	292.79	292.35	289.47	289.47	288.95	289.15

種目	学年	H 11	12	13	14	15	16	17	18	19	20	21	22	23
20 m シ ャ ト ル ラン	1	14.52	14.25	13.91	13.81	14.82	14.48	14.63	14.62	14.53	15.13	15.84	16.19	16.80
	2	20.65	20.79	20.21	20.43	21.04	20.95	20.66	20.82	20.97	21.34	22.15	22.49	22.95
	3	26.11	26.47	26.82	26.49	27.44	26.87	26.95	27.06	27.29	27.38	28.42	29.12	29.59
	4	31.77	32.76	33.25	33.72	34.36	34.30	33.91	35.10	34.50	35.62	35.95	36.46	37.28
	5	37.06	38.80	40.49	40.63	42.25	41.86	42.18	42.75	43.08	43.48	44.59	44.50	45.02
	6	42.11	45.25	46.72	46.85	48.56	48.55	48.68	49.52	48.93	50.18	51.00	51.36	51.86
	1	53.55	49.19	50.44	51.18	52.83	53.71	52.75	54.11	53.42	55.86	55.76	55.31	58.02
	2	58.93	55.20	57.46	57.82	59.16	60.39	60.34	62.50	61.67	62.70	62.39	63.63	63.94
	3	59.33	56.14	56.64	58.19	57.95	59.58	58.70	60.92	60.82	62.07	60.83	61.07	62.72
50 m 走	1	11.91	11.98	12.02	12.01	11.96	11.96	11.97	12.00	11.99	11.94	11.91	11.86	11.84
	2	11.01	11.06	11.14	11.10	11.10	11.07	11.07	11.11	11.12	11.06	11.03	11.02	10.98
	3	10.45	10.47	10.54	10.53	10.54	10.50	10.51	10.54	10.54	10.49	10.46	10.45	10.42
	4	9.94	10.01	10.02	10.04	10.05	10.01	10.02	10.04	10.06	10.00	10.00	9.99	9.97
	5	9.57	9.56	9.59	9.60	9.60	9.59	9.58	9.61	9.59	9.56	9.55	9.54	9.53
	6	9.19	9.18	9.20	9.21	9.22	9.19	9.21	9.20	9.22	9.17	9.16	9.15	9.14
	1	9.00	9.01	9.01	9.03	9.01	9.00	9.00	9.04	8.99	9.02	9.00	8.99	8.98
	2	8.72	8.76	8.78	8.77	8.75	8.74	8.73	8.75	8.72	8.73	8.73	8.70	8.71
	3	8.67	8.72	8.73	8.74	8.72	8.70	8.71	8.72	8.68	8.68	8.68	8.67	8.64
立 ち 幅 と び	1	8.88	8.89	8.90	8.94	8.90	8.90	8.91	8.88	8.86	8.85	8.92	8.83	8.82
	2	8.88	8.89	8.90	8.92	8.91	8.87	8.92	8.88	8.87	8.83	8.85	8.82	8.81
	3	8.86	8.90	8.90	8.93	8.92	8.89	8.92	8.91	8.89	8.85	8.85	8.83	8.84
	1	107.24	107.16	106.16	105.53	106.96	107.21	106.66	106.83	106.96	107.88	107.95	108.23	108.39
	2	124.29	119.62	118.20	118.61	119.48	119.49	119.06	119.50	119.38	119.62	120.36	119.66	120.09
	3	131.84	130.23	129.55	129.83	130.25	130.22	129.84	129.82	129.63	129.99	130.18	130.02	130.63
	4	141.42	140.42	138.94	139.35	139.82	139.81	139.00	139.69	139.04	139.83	140.35	139.95	140.27
	5	150.11	150.48	148.33	148.27	149.23	148.69	148.64	148.79	149.36	149.68	149.68	149.70	150.06
	6	157.88	158.66	156.73	156.63	157.42	157.44	156.31	157.31	157.36	157.99	158.49	158.56	158.61
ポ ー ル 投 げ	1	165.33	165.59	165.03	164.17	164.50	164.40	163.47	164.08	165.02	164.94	165.73	165.97	166.50
	2	171.12	171.30	170.61	170.07	170.85	170.62	169.87	170.50	171.23	171.57	171.89	171.59	172.06
	3	173.78	173.29	173.06	172.47	172.89	173.44	171.80	172.62	173.21	173.26	173.50	174.01	174.70
	1	170.06	170.64	170.83	170.12	171.28	170.86	169.54	170.32	169.82	171.51	170.30	172.23	173.70
	2	171.75	172.16	172.04	171.60	172.17	173.26	171.18	172.55	171.95	172.17	173.45	173.22	174.36
	3	172.94	173.09	173.31	173.34	174.11	174.25	172.77	172.91	172.89	174.12	173.78	174.15	174.94
	1	6.34	6.47	6.27	6.25	6.38	5.76	5.78	5.76	5.75	5.75	5.84	5.87	5.83
	2	8.17	8.35	8.18	8.19	8.13	7.55	7.61	7.58	7.56	7.59	7.70	7.65	7.66
	3	10.39	10.46	10.23	10.17	10.20	9.60	9.71	9.68	9.77	9.60	9.73	9.66	9.57
4	12.71	12.85	12.47	12.33	12.40	11.69	11.88	11.96	11.81	11.85	11.88	11.81	11.69	
5	14.99	15.08	14.95	14.71	14.74	14.11	14.17	14.25	14.22	14.17	14.12	13.99	13.97	
6	16.94	17.05	17.14	16.92	16.96	16.31	16.32	16.44	16.40	16.39	16.31	16.23	16.10	
1 2 3 1 2 3	1	12.61	12.66	12.65	12.76	12.86	12.31	12.31	12.35	12.35	12.24	12.13	12.18	12.05
	2	13.86	13.98	13.85	13.87	14.21	13.78	13.62	13.68	13.80	13.72	13.73	13.60	13.66
	3	14.78	14.69	14.67	14.64	14.90	14.60	14.52	14.50	14.64	14.57	14.49	14.61	14.54
	1	14.62	14.59	14.49	14.56	14.63	14.21	14.23	14.24	14.21	14.19	14.26	14.32	14.26
	2	15.03	14.99	14.95	14.82	14.94	14.46	14.42	14.65	14.57	14.55	14.65	14.67	14.70
	3	15.45	15.34	15.21	15.16	15.16	14.73	14.60	14.71	14.84	14.83	14.96	14.93	14.90

平成24年度～令和5年度「新体カテスト」県平均値一覧表（男）

種目	学年	24	25	26	27	28	29	30	R 1	3	4	5		
握力	1	9.33	9.24	9.32	9.28	9.34	9.34	9.40	9.26	9.06	9.04	9.01		
	2	10.99	10.90	10.95	10.89	10.94	11.00	11.04	10.92	10.65	10.71	10.59		
	3	12.78	12.64	12.72	12.62	12.71	12.79	12.82	12.68	12.40	12.37	12.34		
	4	14.55	14.56	14.50	14.51	14.51	14.59	14.58	14.48	14.23	14.13	14.06		
	5	16.59	16.66	16.66	16.54	16.57	16.62	16.66	16.54	16.28	16.28	16.17		
	6	19.40	19.34	19.44	19.40	19.36	19.39	19.46	19.32	19.17	19.13	19.07		
力	1	24.19	23.77	23.93	23.75	23.81	23.91	23.92	23.60	23.92	24.03	23.85		
	2	30.24	29.75	29.75	29.59	29.55	29.61	29.63	29.35	29.48	29.65	29.68		
	3	35.93	35.26	35.19	34.86	34.83	34.74	34.88	34.47	34.33	34.41	34.49		
	1	38.55	38.05	37.88	37.48	37.22	37.04	36.87	36.75	36.27	36.36	36.15		
	2	41.12	40.57	40.52	40.07	39.85	39.63	39.41	39.01	38.37	38.46	38.31		
	3	42.65	42.32	42.18	41.93	41.53	41.27	41.06	40.82	40.28	40.04	39.67		
上体起こし	1	12.03	12.03	12.17	12.11	12.40	12.64	12.73	12.67	12.31	12.40	12.27		
	2	15.00	15.01	15.06	15.23	15.53	15.85	15.93	15.99	14.94	15.16	15.34		
	3	17.27	17.24	17.34	17.36	17.70	18.08	18.30	18.26	17.30	17.25	17.49		
	4	19.22	19.32	19.39	19.31	19.64	20.10	20.21	20.26	19.16	19.11	19.18		
	5	21.13	21.33	21.41	21.49	21.60	21.99	22.06	22.03	20.89	20.84	20.92		
	6	23.06	23.30	23.31	23.39	23.61	23.68	23.84	23.84	22.69	22.61	22.69		
	1	26.12	26.09	26.11	26.00	26.20	26.33	26.27	25.95	24.95	24.88	24.76		
	2	30.21	30.29	30.56	30.24	30.31	30.38	30.43	29.87	28.59	28.23	28.25		
	3	32.64	32.90	32.92	32.97	32.82	32.97	33.10	32.53	31.12	30.81	30.75		
	1	31.32	31.76	31.70	31.54	31.52	31.39	31.48	31.34	29.79	29.41	29.23		
	2	33.06	33.35	33.30	33.21	33.11	33.19	32.93	32.81	31.33	31.22	31.28		
	3	33.62	34.03	33.90	33.93	33.87	33.84	33.89	33.58	32.71	32.31	32.32		
長座体前屈	1	26.03	26.15	26.54	26.58	26.63	26.75	27.23	27.18	27.18	27.40	27.47		
	2	27.86	28.04	28.09	28.54	28.44	28.92	29.14	29.08	28.84	29.20	29.23		
	3	29.79	29.74	29.97	30.37	30.23	30.80	31.14	31.29	30.91	30.99	31.14		
	4	31.59	31.70	31.68	32.29	32.11	32.43	33.12	33.06	32.65	33.00	33.19		
	5	33.71	33.72	34.11	34.47	34.66	34.70	35.22	35.37	35.00	35.29	35.85		
	6	35.73	36.08	36.20	36.89	36.93	37.05	37.53	37.84	37.34	37.84	38.04		
	1	41.82	41.27	41.65	41.55	42.01	42.27	43.01	42.41	42.92	42.91	43.10		
	2	46.55	46.32	46.68	46.70	46.68	47.60	47.88	47.82	48.04	47.86	48.09		
	3	50.62	50.39	50.57	50.90	50.75	51.50	52.34	51.71	51.69	51.74	52.19		
	1	48.47	48.60	48.78	48.50	48.68	48.42	48.59	49.10	48.69	48.96	48.89		
	2	50.52	50.45	50.43	50.25	50.31	50.64	50.40	50.47	50.06	50.53	50.68		
	3	51.81	51.77	51.61	51.95	51.60	51.69	52.06	51.70	52.12	51.95	52.34		
反復横とび	1	28.09	28.23	28.41	28.21	28.59	28.68	29.02	28.68	28.06	28.06	27.88		
	2	31.98	32.23	32.25	32.26	32.87	32.78	33.23	32.77	31.52	31.86	31.97		
	3	36.06	35.96	36.50	36.18	36.70	36.91	36.99	36.70	35.12	34.90	35.52		
	4	40.25	40.69	40.69	40.49	40.88	41.12	41.16	41.00	39.15	39.10	39.23		
	5	44.07	44.18	44.46	44.39	44.62	44.73	44.91	44.64	42.80	42.98	43.02		
	6	47.26	47.22	47.34	47.53	47.54	47.72	48.00	47.66	46.13	45.90	46.16		
	1	49.21	48.81	49.22	49.01	49.56	49.55	49.63	49.33	48.16	48.40	48.05		
	2	52.83	52.16	52.94	52.73	53.02	53.37	53.51	53.32	52.32	51.89	51.89		
	3	55.39	55.11	55.37	55.52	55.89	56.08	56.57	56.03	55.16	55.15	54.71		
	1	56.09	56.13	56.50	56.11	56.72	56.47	56.98	56.98	56.31	56.66	56.25		
	2	57.82	57.08	57.64	57.63	58.08	58.00	57.98	58.09	57.73	57.79	57.71		
	3	58.62	58.25	58.53	58.54	58.94	58.73	59.02	58.89	58.84	58.85	58.53		
持久走	1	410.40	409.53	410.15	408.77	408.15	408.85	410.52	415.06	421.13	425.00	426.39		
	2	377.69	377.89	376.25	375.50	374.09	374.29	375.83	380.98	388.89	394.21	393.24		
	3	366.57	364.20	364.79	361.92	361.86	361.01	362.17	366.11	373.41	378.06	377.98		
	1	366.47	365.38	364.10	365.32	362.98	363.74	364.48	365.58	372.63	376.35	377.68		
	2	354.90	356.12	353.47	351.84	353.67	352.75	354.40	355.83	360.02	364.93	364.34		
	3	354.67	352.29	351.32	350.78	349.54	350.72	351.56	352.72	357.78	361.27	361.75		



種目	学年	24	25	26	27	28	29	30	R 1	3	4	5		
20 m シ ャ ト ル ラン	1	20.22	21.17	21.21	21.32	22.10	22.66	23.30	22.69	22.13	21.45	21.09		
	2	29.48	30.88	31.20	30.99	31.69	32.74	33.37	32.86	30.09	29.97	30.30		
	3	39.53	40.41	40.45	40.48	41.07	41.40	42.01	41.59	37.74	37.11	37.87		
	4	48.60	49.93	49.36	49.35	49.98	50.21	50.09	49.50	45.29	43.76	44.69		
	5	56.82	58.07	57.96	57.26	57.79	58.10	58.10	56.06	52.17	51.32	51.40		
	6	65.08	65.70	66.08	65.50	65.57	65.85	65.58	63.76	59.76	58.45	59.23		
	1	74.07	73.76	75.83	75.10	76.18	74.41	75.81	72.75	68.93	69.60	69.61		
	2	87.80	86.79	88.30	88.46	87.67	86.84	86.98	86.35	81.32	79.03	81.88		
	3	92.14	91.23	91.78	92.62	92.47	91.84	91.55	90.64	86.11	85.98	85.65		
	1	85.33	84.62	86.02	84.68	85.40	83.69	83.12	83.09	79.16	81.28	79.60		
	2	90.95	88.29	89.87	89.19	89.18	89.19	88.28	86.93	87.39	84.58	85.88		
	3	91.29	89.78	89.86	90.46	90.60	89.76	90.51	88.03	88.56	86.99	86.07		
50 m 走	1	11.53	11.53	11.51	11.48	11.46	11.47	11.42	11.47	11.50	11.54	11.56		
	2	10.67	10.68	10.68	10.66	10.64	10.63	10.61	10.64	10.68	10.72	10.72		
	3	10.09	10.12	10.11	10.11	10.08	10.08	10.07	10.10	10.14	10.16	10.18		
	4	9.66	9.65	9.68	9.68	9.66	9.65	9.64	9.68	9.71	9.77	9.77		
	5	9.27	9.28	9.28	9.29	9.28	9.26	9.26	9.31	9.34	9.36	9.39		
	6	8.87	8.88	8.88	8.86	8.85	8.87	8.85	8.89	8.91	8.96	8.93		
	1	8.54	8.53	8.53	8.52	8.50	8.52	8.53	8.53	8.54	8.56	8.55		
	2	7.92	7.90	7.89	7.89	7.88	7.88	7.88	7.92	7.90	7.92	7.90		
	3	7.50	7.47	7.50	7.48	7.46	7.47	7.46	7.51	7.49	7.50	7.49		
	1	7.43	7.47	7.45	7.49	7.43	7.46	7.43	7.45	7.46	7.50	7.47		
	2	7.26	7.29	7.27	7.27	7.27	7.27	7.25	7.27	7.27	7.30	7.31		
	3	7.18	7.19	7.19	7.19	7.17	7.19	7.17	7.19	7.18	7.20	7.22		
立 ち 幅 と び	1	116.32	116.72	116.27	116.47	116.73	116.58	117.04	116.67	116.92	117.12	116.53		
	2	128.39	128.49	128.30	127.54	128.48	128.46	128.59	128.37	127.54	127.48	127.80		
	3	138.96	138.79	138.50	138.15	138.76	139.23	139.20	138.70	137.66	137.32	137.00		
	4	147.57	147.80	147.62	147.28	147.58	148.07	148.32	147.96	146.26	145.65	145.64		
	5	156.09	156.89	156.94	156.20	156.45	157.25	157.30	156.57	155.29	154.48	155.05		
	6	166.54	166.60	167.01	167.10	166.81	167.35	168.18	167.16	166.32	165.64	165.55		
	1	181.11	180.18	181.98	180.75	181.51	181.44	182.53	181.94	183.26	184.26	182.81		
	2	199.32	198.10	199.69	199.28	199.83	200.13	200.91	200.67	200.64	202.45	201.91		
	3	214.74	213.27	214.08	214.31	214.97	214.28	215.80	214.90	215.40	216.09	216.06		
	1	219.84	218.31	218.64	217.60	219.87	218.77	219.55	219.05	219.55	220.27	218.84		
	2	227.58	225.31	226.23	225.97	227.37	226.54	227.22	226.77	226.41	227.00	225.46		
	3	231.32	230.34	229.70	230.51	231.81	230.31	231.29	230.62	230.72	230.87	229.83		
ボ ー ル 投 げ	1	8.37	8.42	8.37	8.22	8.28	8.33	8.26	8.18	7.87	7.80	8.04		
	2	11.52	11.55	11.56	11.27	11.36	11.35	11.29	11.11	10.61	10.55	10.85		
	3	15.13	15.09	15.06	14.88	14.82	14.74	14.63	14.33	13.49	13.50	13.76		
	4	18.81	18.74	18.07	18.23	18.32	18.26	17.93	17.62	16.60	16.38	16.80		
	5	22.35	22.34	22.20	21.69	21.55	21.65	21.36	20.79	19.78	19.48	19.65		
	6	26.32	25.81	25.68	25.15	25.05	24.70	24.80	24.20	23.01	22.73	22.78		
	1	18.52	18.30	18.20	18.01	17.95	18.06	17.88	17.80	17.63	17.60	17.79		
	2	21.97	21.79	21.02	21.41	21.40	21.41	21.31	21.07	21.14	21.10	21.26		
	3	24.75	24.78	24.52	24.33	24.23	24.38	24.21	24.02	24.08	23.93	24.25		
	1	25.01	25.06	24.81	24.39	24.43	24.36	24.08	24.02	23.60	23.23	23.36		
	2	26.50	26.40	26.31	25.97	26.03	25.90	25.79	25.47	25.01	24.69	24.82		
	3	27.27	27.42	27.28	27.19	27.09	26.98	26.95	26.66	26.29	25.82	25.87		

平成24年度～令和5年度「新体力テスト」県平均値一覧表（女）

種目	学年	24	25	26	27	28	29	30	R1	3	4	5		
握力	1	8.80	8.72	8.82	8.77	8.84	8.83	8.88	8.80	8.67	8.59	8.53		
	2	10.43	10.37	10.42	10.34	10.37	10.45	10.45	10.42	10.17	10.21	10.06		
	3	12.10	11.98	12.08	12.05	12.09	12.13	12.21	12.08	11.90	11.81	11.79		
	4	13.92	13.86	13.84	13.94	13.93	13.98	14.00	13.97	13.84	13.72	13.65		
	5	16.30	16.32	16.29	16.31	16.46	16.43	16.40	16.38	16.29	16.26	16.22		
	6	19.28	19.21	19.31	19.27	19.35	19.42	19.40	19.36	19.12	19.04	19.10		
	1	22.31	21.99	22.01	22.01	22.04	22.13	22.24	22.04	21.76	21.65	21.58		
	2	24.98	24.60	24.82	24.63	24.79	24.85	24.94	24.90	24.36	24.12	24.06		
	3	26.37	26.09	26.22	26.22	26.22	26.28	26.49	26.40	25.86	25.79	25.57		
上体起こし	1	26.03	25.70	25.80	25.74	25.81	25.70	25.85	25.88	25.72	25.47	25.35		
	2	26.81	26.57	26.60	26.65	26.70	26.64	26.69	26.59	26.34	26.34	26.15		
	3	27.21	26.99	27.13	27.06	27.15	27.04	27.13	27.00	26.65	26.69	26.71		
	1	11.48	11.43	11.66	11.52	11.95	12.09	12.09	12.19	12.14	11.96	11.80		
	2	14.37	14.53	14.45	14.73	14.95	15.26	15.36	15.41	14.61	14.80	14.82		
	3	16.50	16.53	16.74	16.78	17.11	17.35	17.58	17.69	16.84	16.71	16.96		
	4	18.19	18.42	18.55	18.65	18.96	19.37	19.47	19.63	18.69	18.50	18.66		
	5	19.95	20.17	20.31	20.56	20.78	21.13	21.29	21.48	20.19	20.08	20.14		
	6	21.36	21.60	21.63	21.95	22.24	22.41	22.64	22.79	21.35	21.16	21.25		
長座体前屈	1	23.09	23.05	23.22	23.24	23.59	23.85	23.94	23.89	22.49	22.14	22.13		
	2	26.27	26.36	26.82	26.71	27.04	27.21	27.53	27.22	25.53	24.84	24.71		
	3	27.28	27.53	27.93	28.05	28.27	28.49	28.90	28.81	27.25	26.59	26.27		
	1	25.14	25.24	25.54	25.66	25.75	25.97	26.29	26.29	25.26	24.57	24.37		
	2	25.88	26.13	26.20	26.42	26.61	26.82	26.93	27.12	26.06	25.78	25.56		
	3	26.21	26.38	26.54	26.60	26.78	26.82	27.19	27.31	26.49	26.30	26.40		
	1	28.50	28.80	29.03	29.14	29.14	29.29	29.79	29.62	29.64	29.88	29.98		
	2	31.05	31.13	31.20	31.61	31.56	31.84	32.14	32.11	31.81	32.30	32.34		
	3	33.17	33.49	33.51	33.94	33.73	34.30	34.62	34.76	34.52	34.57	34.90		
反復横とび	4	35.47	35.61	35.75	36.30	36.19	36.45	36.98	37.20	36.86	37.27	37.46		
	5	38.38	38.30	38.81	39.28	39.32	39.44	39.96	40.13	39.89	40.29	40.89		
	6	40.87	41.32	41.69	42.30	42.45	42.45	43.02	43.58	42.62	43.25	43.67		
	1	45.54	45.16	45.68	45.60	45.92	46.41	47.04	46.60	46.47	46.43	46.89		
	2	48.21	48.27	48.99	49.15	49.11	49.97	50.44	50.61	50.55	50.13	50.25		
	3	50.27	50.32	51.18	51.42	51.81	52.11	53.19	53.14	53.25	53.03	53.07		
	1	48.06	47.85	48.33	48.90	48.60	48.96	49.14	49.63	50.38	50.33	50.36		
	2	48.68	48.99	48.99	49.27	49.78	49.67	50.11	50.26	50.89	51.20	51.27		
	3	49.81	49.69	50.03	50.20	50.41	50.62	50.85	51.20	51.74	52.05	52.44		
持久走	1	26.69	26.70	27.03	26.99	27.20	27.43	27.60	27.35	26.98	26.95	26.71		
	2	30.42	30.63	30.64	30.66	31.39	31.25	31.59	31.23	30.28	30.61	30.54		
	3	34.01	34.11	34.74	34.60	35.11	35.17	35.20	34.94	33.47	33.54	33.82		
	4	38.08	38.51	38.66	38.74	39.05	39.23	39.41	39.26	37.26	37.41	37.64		
	5	41.85	41.90	42.27	42.35	42.81	42.86	43.17	43.01	41.09	41.05	41.16		
	6	44.53	44.56	44.60	44.92	45.21	45.48	45.90	45.70	43.86	43.51	43.62		
	1	45.21	44.96	45.45	45.40	46.01	46.25	46.76	46.50	44.94	44.91	44.46		
	2	46.92	46.38	47.26	47.35	47.85	48.19	48.78	48.97	47.43	46.82	46.58		
	3	47.47	47.37	47.73	48.14	48.77	48.95	49.52	49.47	48.32	48.19	47.47		
持久走	1	47.64	47.53	48.09	48.08	48.63	48.70	49.29	49.63	48.98	49.20	48.76		
	2	48.05	47.50	48.34	48.66	48.95	48.94	49.28	49.84	49.45	49.43	49.37		
	3	48.12	47.89	48.31	48.87	49.32	49.08	49.50	49.72	49.49	49.74	49.65		
	1	289.01	288.11	288.65	287.87	286.57	287.00	286.34	289.55	296.89	303.18	307.56		
	2	278.80	278.60	276.27	275.83	275.26	274.64	274.22	277.18	285.70	290.89	293.30		
	3	282.06	280.64	279.52	277.40	277.07	276.42	275.07	277.63	284.67	289.79	291.61		
	1	288.67	286.75	285.30	284.69	283.49	282.57	281.87	283.52	285.88	290.70	293.59		
	2	284.04	284.12	282.14	280.65	280.91	279.55	279.28	280.22	283.36	285.99	287.58		
	3	285.98	284.59	282.54	281.56	280.55	279.55	279.11	281.21	284.36	286.98	286.28		

種目	学年	24	25	26	27	28	29	30	R 1	3	4	5		
20 m シ ャ ト ル ラン	1	17.21	17.96	18.17	18.33	19.16	19.68	19.79	19.39	18.99	18.26	17.79		
	2	23.41	24.69	25.02	25.11	25.71	26.61	26.83	26.18	24.90	24.37	24.14		
	3	30.20	31.34	31.67	31.96	32.48	33.03	33.17	32.88	30.53	29.55	29.41		
	4	37.65	39.16	39.18	39.54	40.14	40.43	40.90	40.25	36.89	35.46	35.62		
	5	45.67	46.73	47.32	47.26	48.16	48.20	48.46	47.64	43.79	42.45	41.87		
	6	52.21	53.01	53.49	53.57	54.25	54.92	54.56	53.43	48.86	47.22	46.90		
	1	56.57	57.27	59.43	59.81	60.69	60.03	60.88	58.58	53.21	52.56	51.95		
	2	64.79	63.93	64.82	66.52	66.50	66.26	65.77	65.45	59.78	56.20	56.72		
	3	63.66	62.85	64.18	64.97	66.04	64.32	65.58	64.09	58.27	58.16	56.44		
50 m 走	1	56.09	54.81	56.76	58.01	54.82	56.14	54.49	55.65	51.75	54.49	49.83		
	2	60.59	57.82	59.59	58.51	59.08	58.75	59.10	59.39	57.75	55.87	53.98		
	3	59.74	59.94	59.06	59.81	60.18	59.42	59.36	59.00	56.49	55.92	54.62		
立 ち 幅 と び	1	11.81	11.82	11.81	11.80	11.75	11.78	11.75	11.79	11.80	11.82	11.87		
	2	10.95	10.96	10.98	10.95	10.94	10.92	10.93	10.97	10.99	11.02	11.06		
	3	10.40	10.40	10.40	10.39	10.37	10.37	10.36	10.41	10.41	10.44	10.50		
	4	9.96	9.93	9.95	9.92	9.92	9.92	9.90	9.93	9.94	10.00	10.04		
	5	9.52	9.53	9.51	9.50	9.49	9.49	9.48	9.51	9.53	9.55	9.59		
	6	9.13	9.13	9.14	9.11	9.08	9.09	9.08	9.12	9.15	9.21	9.19		
	1	8.97	8.98	8.98	8.97	8.95	8.96	8.92	8.94	9.01	9.05	9.07		
	2	8.66	8.67	8.65	8.65	8.63	8.61	8.60	8.62	8.70	8.76	8.75		
	3	8.61	8.58	8.59	8.56	8.54	8.54	8.50	8.53	8.60	8.62	8.64		
	1	8.78	8.82	8.80	8.83	8.77	8.77	8.74	8.75	8.76	8.82	8.85		
	2	8.76	8.78	8.76	8.75	8.75	8.73	8.71	8.72	8.72	8.74	8.78		
	3	8.78	8.79	8.76	8.75	8.74	8.76	8.71	8.74	8.74	8.74	8.75		
ポ ー ル 投 げ	1	109.07	109.11	108.82	109.32	109.69	109.45	109.68	109.52	109.85	109.81	109.22		
	2	121.04	121.58	121.15	120.33	121.26	121.42	121.06	121.28	120.35	120.37	119.72		
	3	131.23	131.94	131.82	131.57	131.92	132.64	132.54	131.75	131.12	130.40	129.96		
	4	140.62	141.26	141.28	141.83	141.88	142.32	142.37	142.19	140.66	139.80	139.80		
	5	149.89	150.58	151.22	150.88	152.04	152.01	152.05	151.90	150.05	149.33	149.33		
	6	159.03	159.15	159.36	160.09	160.32	161.32	161.92	161.07	158.23	157.22	157.13		
	1	166.60	165.43	167.28	166.63	168.20	168.20	169.91	169.25	166.79	167.33	165.00		
	2	173.45	171.90	174.47	174.35	175.50	175.74	176.87	177.45	173.70	173.98	172.42		
	3	175.82	175.57	177.25	177.61	178.73	177.94	179.82	179.85	177.29	177.05	175.73		
	1	174.30	173.14	173.87	174.01	175.31	174.40	175.23	175.96	175.42	175.52	173.89		
	2	175.93	175.02	176.04	175.81	176.69	176.03	177.18	177.44	177.01	177.29	175.61		
	3	176.09	176.15	177.13	177.24	177.76	176.88	177.89	178.26	177.24	177.82	177.68		
ポ ー ル 投 げ	1	5.86	5.86	5.85	5.78	5.90	5.89	5.84	5.84	5.69	5.64	5.69		
	2	7.67	7.72	7.65	7.60	7.70	7.75	7.67	7.61	7.39	7.41	7.43		
	3	9.68	9.65	9.69	9.58	9.74	9.71	9.73	9.54	9.27	9.23	9.36		
	4	11.68	11.82	11.69	11.72	11.73	11.80	11.69	11.65	11.26	11.17	11.34		
	5	13.93	13.93	13.94	13.78	14.01	13.98	13.92	13.74	13.40	13.17	13.29		
	6	16.06	16.05	15.95	15.87	15.93	16.03	15.99	15.79	15.26	15.03	14.94		
	1	12.10	11.96	11.96	11.90	11.97	12.06	12.10	12.10	11.78	11.64	11.62		
	2	13.77	13.68	13.69	13.70	13.75	13.93	13.90	13.92	13.72	13.39	13.52		
	3	14.67	14.74	14.73	14.78	14.81	15.00	15.04	15.02	14.88	14.72	14.64		
	1	14.25	14.15	14.22	13.99	14.13	14.12	14.17	14.18	14.04	13.73	13.81		
	2	14.70	14.63	14.49	14.53	14.51	14.58	14.62	14.65	14.38	14.26	14.28		
	3	14.97	14.95	14.93	14.83	14.84	14.77	14.90	14.83	14.70	14.55	14.69		

平成10年度～平成22年度「新体力テスト」全国平均値一覧表（男）

種目	学年	H 10	11	12	13	14	15	16	17	18	19	20	21	22
握	1	9.74	9.60	9.49	9.83	9.68	9.37	9.59	9.33	9.17	9.68	9.56	9.45	9.56
	2	11.58	11.44	11.12	11.56	11.59	11.24	11.23	11.36	11.08	11.04	11.28	11.15	11.07
	3	13.70	13.16	13.47	13.17	13.48	13.02	13.14	13.15	12.85	12.96	13.06	12.92	13.05
	4	15.88	15.19	15.18	15.34	15.45	15.22	15.04	15.18	14.89	14.97	14.99	14.84	15.17
	5	17.83	17.33	17.41	17.64	17.85	17.49	17.46	17.16	17.14	17.40	17.15	17.21	17.19
	6	20.98	21.05	20.62	20.87	21.15	20.51	20.31	20.49	20.19	20.33	20.13	20.16	20.30
力	1	25.93	25.39	25.20	25.86	25.74	25.38	25.03	24.65	25.39	24.71	24.66	24.54	24.69
	2	31.45	31.34	31.53	31.75	31.69	31.92	30.97	31.05	31.07	31.26	30.10	30.30	31.04
	3	37.16	36.85	36.30	37.10	36.90	36.99	36.46	36.09	36.40	35.81	35.46	35.16	35.82
	1	39.91	39.17	39.87	39.50	40.06	39.74	39.64	39.31	39.82	39.29	39.41	39.08	38.72
	2	42.42	41.18	42.44	42.35	42.43	42.25	42.56	42.15	42.39	41.95	42.18	41.56	41.45
	3	43.86	43.24	43.55	43.78	44.09	43.72	43.58	43.88	44.02	44.21	43.40	43.43	42.84
上体起こし	1	10.71	10.50	10.58	10.81	10.68	10.87	10.53	11.16	10.93	11.31	11.23	11.46	11.12
	2	12.99	13.22	12.77	12.82	13.47	13.10	12.92	13.24	13.66	13.70	13.78	13.82	13.57
	3	14.31	14.72	14.63	15.15	15.31	15.36	15.14	15.32	15.60	15.01	15.64	15.81	15.64
	4	15.81	16.18	16.76	16.37	17.14	17.04	17.05	17.55	17.83	17.26	17.64	17.76	17.79
	5	17.25	17.84	17.98	18.40	18.91	18.65	19.36	19.38	19.88	19.90	19.37	19.52	19.99
	6	19.02	19.75	20.62	20.59	20.88	21.07	21.00	21.07	21.53	21.21	21.60	21.57	22.12
	1	21.33	21.60	21.88	22.68	22.77	23.30	23.46	23.75	23.50	23.61	23.96	23.69	23.78
	2	23.45	24.67	25.27	26.00	26.34	26.79	26.93	27.41	27.30	27.10	27.50	26.74	27.41
	3	25.16	25.97	26.51	27.65	28.08	28.49	28.97	29.30	29.58	29.05	29.49	29.46	29.95
	1	25.45	25.99	27.21	27.66	28.34	28.42	29.47	29.44	29.43	29.90	29.62	29.63	29.90
	2	26.45	27.44	28.90	29.60	30.47	30.41	31.52	31.04	32.20	31.76	31.96	31.44	32.21
	3	26.94	27.89	29.26	29.70	31.20	31.42	32.22	31.94	32.64	33.04	32.58	32.88	32.64
長座体前屈	1	26.62	25.51	24.90	26.14	25.55	25.29	25.59	25.23	24.83	26.41	26.38	26.34	25.87
	2	27.74	26.79	27.10	27.32	28.50	27.17	27.18	27.28	27.04	26.88	27.45	27.06	26.89
	3	29.26	28.98	28.35	29.17	30.01	29.14	29.25	28.45	28.56	29.24	29.06	28.78	29.32
	4	31.35	30.46	30.97	31.09	31.74	30.92	31.00	30.33	30.60	30.80	30.28	30.46	30.50
	5	33.54	32.68	32.60	32.57	33.18	32.67	33.21	32.32	32.45	33.02	32.47	32.82	33.00
	6	35.56	34.60	34.43	34.98	35.09	34.91	35.06	34.56	35.04	34.62	34.49	34.56	35.31
	1	37.67	37.55	38.46	38.69	38.40	38.53	38.94	39.11	38.92	39.09	39.39	38.67	39.50
	2	40.62	40.77	42.31	42.65	43.18	43.83	43.50	42.76	44.08	43.69	43.15	43.64	43.53
	3	43.50	44.20	45.39	46.11	46.22	46.49	46.70	46.88	47.81	47.13	46.79	46.08	47.35
	1	44.26	45.03	46.12	46.78	47.49	48.40	48.59	49.01	48.34	48.23	48.24	49.57	48.21
	2	45.19	46.71	48.16	49.47	50.33	50.85	50.68	50.33	51.84	51.22	50.17	50.74	51.13
	3	46.31	47.68	47.93	49.44	50.86	51.55	52.29	52.65	53.42	53.12	51.94	53.05	52.53
反復横とび	1	25.60	25.63	25.83	26.20	26.10	26.58	26.04	26.37	26.43	26.20	26.98	27.01	27.09
	2	29.05	29.84	29.78	30.29	30.02	30.04	30.00	30.20	30.92	30.49	31.26	30.66	31.53
	3	32.51	33.24	33.41	33.82	34.04	33.96	34.37	33.83	34.16	34.08	34.59	34.43	35.47
	4	36.35	36.08	36.88	36.89	37.52	38.12	38.01	37.96	38.79	37.63	38.78	38.34	38.31
	5	38.44	39.22	40.41	40.42	41.60	41.71	41.70	41.28	42.37	42.10	42.43	42.01	42.68
	6	41.31	42.43	43.50	43.43	43.58	44.88	44.86	44.67	44.90	45.15	45.43	45.41	46.56
	1	44.61	44.65	44.41	45.72	46.09	47.80	47.90	47.37	47.84	47.31	48.37	48.17	48.75
	2	46.91	48.29	49.01	49.39	49.98	51.34	51.57	51.77	51.84	51.33	51.78	51.76	52.90
	3	49.45	50.16	51.03	51.55	52.34	53.14	54.04	53.94	54.02	53.95	54.62	54.40	55.45
	1	49.57	49.49	51.62	51.92	52.33	53.37	53.89	54.07	54.70	55.20	54.85	55.29	55.63
	2	50.39	51.11	52.55	53.71	54.56	55.02	55.44	55.21	56.70	56.72	56.66	57.04	57.14
	3	51.70	52.05	53.37	54.15	55.43	55.79	56.99	56.77	57.73	58.39	57.45	58.21	58.03
持久走	1	428.00	418.95	426.97	420.70	432.04	422.03	423.31	417.83	421.00	424.44	421.47	414.23	419.23
	2	393.30	383.16	385.46	393.56	388.65	388.07	383.68	384.73	386.72	392.16	391.52	383.06	374.75
	3	381.40	368.22	375.53	382.66	378.47	375.44	373.28	369.11	371.97	373.21	367.71	369.28	356.21
	1	369.80	384.02	376.16	385.24	381.26	381.12	387.12	383.43	385.43	377.86	377.33	380.58	379.43
	2	367.80	373.43	367.34	376.19	371.55	368.91	379.72	371.39	379.59	367.17	372.36	363.65	368.83
	3	368.80	368.38	363.29	372.39	370.45	365.87	367.85	375.72	374.92	366.44	368.11	365.20	361.50

種目	学年	H 10	11	12	13	14	15	16	17	18	19	20	21	22
20mシャトルラン	1	16.99	17.74	16.04	16.41	15.69	15.38	15.92	15.62	16.14	16.87	16.28	17.31	17.62
	2	26.02	26.48	25.30	25.81	25.80	23.71	24.18	24.34	25.66	25.70	26.29	26.56	26.58
	3	32.95	34.18	33.04	34.09	33.74	33.16	33.27	32.51	34.06	33.79	34.10	35.61	36.67
	4	40.77	40.85	41.24	40.75	41.38	40.61	42.06	41.77	43.46	41.27	44.07	45.80	43.40
	5	45.89	46.28	47.63	47.84	50.31	48.26	49.38	49.48	51.93	50.95	51.83	53.67	53.48
	6	52.98	55.65	56.44	56.33	57.48	58.44	59.30	57.30	60.34	60.42	61.96	62.77	64.31
	1	63.33	64.01	63.85	65.99	65.22	67.74	67.67	66.58	67.05	69.67	70.12	69.25	70.86
	2	75.35	79.66	80.96	82.04	81.62	82.72	83.63	83.42	86.30	87.47	87.60	85.49	89.44
	3	84.82	85.64	86.42	89.85	88.92	89.69	90.68	92.55	92.34	93.71	94.06	92.80	95.57
50m走	1	11.64	11.68	11.68	11.62	11.63	11.65	11.60	11.57	11.68	11.67	11.57	11.58	11.55
	2	10.78	10.73	10.81	10.83	10.78	10.83	10.76	10.76	10.71	10.80	10.65	10.66	10.69
	3	10.22	10.61	10.20	10.21	10.18	10.16	10.15	10.17	10.18	10.19	10.19	10.15	10.18
	4	9.68	9.72	9.70	9.84	9.78	9.75	9.69	9.69	9.67	9.74	9.65	9.62	9.68
	5	9.31	9.34	9.34	9.39	9.31	9.36	9.33	9.31	9.33	9.28	9.35	9.28	9.24
	6	8.93	8.93	8.89	9.03	8.96	8.91	8.89	8.95	8.89	8.91	8.88	8.90	8.82
	1	8.46	8.47	8.56	8.54	8.57	8.47	8.51	8.47	8.52	8.55	8.48	8.44	8.56
	2	8.00	7.96	7.95	7.98	7.95	7.97	7.94	7.91	7.91	7.94	7.92	7.91	7.88
	3	7.61	7.56	7.63	7.60	7.60	7.60	7.55	7.54	7.56	7.53	7.53	7.52	7.51
立ち幅とび	1	7.51	7.55	7.49	7.52	7.56	7.54	7.55	7.51	7.51	7.50	7.52	7.49	7.49
	2	7.37	7.38	7.34	7.35	7.36	7.34	7.35	7.34	7.37	7.32	7.35	7.34	7.28
	3	7.21	7.27	7.25	7.27	7.29	7.26	7.23	7.22	7.22	7.20	7.30	7.18	7.19
	1	116.24	115.92	117.25	115.70	115.23	114.61	113.54	115.17	113.47	115.60	115.56	114.71	115.13
	2	128.45	130.08	127.17	127.68	127.13	127.08	125.83	126.62	127.55	127.23	127.67	126.25	126.44
	3	139.72	139.48	139.17	137.78	138.83	138.65	138.61	136.53	137.09	136.36	137.44	136.96	137.37
	4	149.07	149.15	149.21	146.85	147.11	145.49	146.24	146.12	146.61	145.48	147.12	146.15	146.45
	5	156.51	156.82	157.04	156.37	156.97	153.47	155.52	154.73	156.20	156.29	154.54	155.33	155.79
	6	168.87	168.94	168.12	166.31	166.68	166.54	167.24	165.47	165.08	165.82	166.79	165.37	167.27
ボール投げ	1	185.03	182.57	180.11	181.57	180.55	182.35	183.15	180.67	181.12	180.61	180.72	179.53	181.05
	2	197.86	198.83	197.67	198.48	198.85	200.16	200.36	198.48	199.33	197.99	196.76	196.52	198.26
	3	213.07	212.38	210.71	213.26	211.55	212.61	213.23	212.66	213.17	213.02	211.42	210.39	213.12
	1	219.96	216.91	220.37	219.16	217.51	220.07	219.60	217.97	218.73	218.14	219.11	218.78	218.98
	2	226.47	225.26	227.01	226.50	225.80	225.64	227.62	224.14	225.78	224.83	225.72	224.85	227.04
	3	230.82	229.77	230.29	230.39	229.54	230.45	231.59	230.39	230.50	230.62	228.00	231.04	229.89
	1	9.62	9.46	9.55	9.50	9.21	9.16	9.37	9.35	9.15	9.27	9.30	9.18	9.21
	2	13.36	13.28	13.22	13.19	12.97	12.37	12.89	13.08	13.26	13.34	13.25	13.33	12.96
	3	17.28	17.27	17.83	17.39	17.51	17.08	17.42	17.65	17.29	17.43	17.66	17.92	17.49
4	22.06	21.85	22.20	21.52	21.98	21.42	21.65	21.92	21.85	21.74	22.33	22.55	21.97	
5	25.75	25.69	26.46	26.33	26.58	25.20	25.62	25.59	26.21	26.46	26.20	26.37	25.97	
6	29.77	30.25	30.43	29.94	30.86	30.42	30.19	29.80	29.46	29.95	30.37	30.57	30.78	
ボール投げ	1	19.30	19.35	18.88	19.34	19.02	19.29	19.35	19.11	18.93	19.04	19.21	18.92	18.89
	2	21.89	21.99	22.06	22.55	21.80	22.06	22.11	22.43	22.25	22.03	21.76	22.04	21.93
	3	24.64	24.76	24.39	24.75	24.29	24.29	24.55	24.91	24.82	23.99	24.41	24.10	24.41
	1	25.93	25.25	25.79	24.96	25.68	24.94	25.52	25.54	25.70	25.69	25.06	25.17	25.32
	2	26.99	26.80	27.23	26.73	26.70	26.69	26.80	26.51	26.97	27.03	26.55	26.53	26.79
	3	28.09	27.73	27.92	27.52	27.63	27.33	27.66	27.86	28.07	27.96	27.13	27.86	27.52

平成10年度～平成22年度「新体力テスト」全国平均値一覧表（女）

種目	学年	H 10	11	12	13	14	15	16	17	18	19	20	21	22
握	1	8.89	8.84	8.55	8.91	8.93	8.75	8.77	8.68	8.66	8.94	8.85	8.80	8.87
	2	10.62	10.47	10.20	10.51	10.68	10.62	10.44	10.55	10.34	10.30	10.31	10.39	10.56
	3	12.62	12.07	12.23	12.05	12.37	12.06	12.26	12.18	11.90	12.13	12.02	11.93	12.28
	4	14.70	14.09	14.09	14.17	14.19	14.28	14.07	14.07	14.01	13.97	13.96	14.01	14.46
	5	17.04	16.73	16.56	16.69	16.84	16.93	16.96	16.83	16.35	16.55	16.81	16.62	16.98
	6	19.93	20.05	19.57	19.96	20.04	19.36	19.57	19.98	19.46	19.59	19.97	19.89	19.66
力	1	22.36	21.85	21.75	22.41	22.26	22.39	22.07	21.99	22.23	22.05	22.08	21.86	22.03
	2	24.51	24.20	24.19	24.52	24.62	24.75	24.27	24.14	24.02	24.34	23.97	24.01	24.47
	3	25.82	25.83	25.40	26.06	25.70	26.12	25.73	25.62	25.73	25.58	25.33	25.36	25.67
	1	26.47	25.72	25.87	26.02	25.86	25.83	25.78	25.53	25.91	25.87	26.13	25.47	25.98
	2	27.03	26.52	26.72	26.65	26.89	26.92	26.50	26.71	26.90	26.88	27.01	26.57	27.01
	3	27.55	27.10	27.36	27.66	27.56	27.64	27.32	27.14	27.56	27.59	27.35	27.05	27.24
上 体 起 こ し	1	10.05	10.23	10.13	9.82	9.80	10.27	10.38	10.54	10.43	10.38	10.43	10.84	10.38
	2	12.49	12.24	11.90	11.84	12.38	12.35	12.48	12.42	12.86	12.71	12.73	12.99	12.94
	3	13.07	13.35	13.67	13.65	14.03	13.96	14.17	14.34	14.22	14.40	14.60	14.81	14.50
	4	14.43	14.80	14.87	14.74	15.61	15.59	15.68	16.13	16.57	15.83	16.43	16.36	16.42
	5	15.69	15.67	15.92	16.45	17.04	16.82	17.53	17.91	18.05	17.61	18.42	17.71	18.41
	6	16.28	16.77	16.83	17.63	17.84	18.33	18.29	18.84	19.18	19.17	19.22	19.48	19.46
	1	16.99	17.22	17.38	18.03	18.22	19.25	19.47	19.75	19.86	20.12	20.25	20.25	20.55
	2	18.15	18.17	19.47	19.84	20.46	21.44	21.79	21.92	22.62	22.49	23.08	22.32	22.78
	3	18.19	18.98	19.52	20.58	21.16	21.85	22.23	22.60	23.22	23.37	24.00	23.16	23.84
	1	18.22	18.11	19.02	19.33	19.98	20.55	21.28	21.29	22.09	22.40	22.52	22.87	23.22
	2	19.49	19.08	19.66	20.09	20.69	21.66	22.38	22.44	23.27	23.96	23.82	24.25	24.55
	3	19.06	19.33	20.42	20.89	21.30	22.15	22.43	22.95	23.99	24.44	24.18	24.62	24.93
長 座 体 前 屈	1	28.23	27.54	27.11	27.66	27.36	27.38	27.24	27.85	27.26	28.39	28.51	28.49	28.28
	2	29.93	28.90	29.43	29.22	30.03	29.68	29.63	29.73	29.94	29.95	29.96	29.65	30.05
	3	31.71	31.65	30.97	31.75	31.73	31.50	31.63	31.28	31.03	32.58	31.66	31.21	32.39
	4	34.38	34.00	33.40	33.94	34.43	33.35	33.90	33.66	34.16	34.17	33.90	33.85	34.40
	5	37.26	35.64	35.46	35.66	36.66	36.03	36.56	35.81	36.20	36.02	36.26	36.68	36.93
	6	39.16	38.69	37.66	38.87	39.03	37.98	38.66	38.67	38.85	38.90	39.11	38.91	39.66
	1	41.52	40.91	40.47	41.46	40.94	42.10	41.38	41.61	41.52	41.97	42.04	42.57	42.00
	2	43.33	43.78	43.29	43.70	43.53	44.26	43.76	43.52	44.13	44.52	43.94	43.93	45.04
	3	44.34	45.02	44.97	45.30	44.85	45.67	45.69	45.73	45.94	46.08	45.93	46.03	46.57
	1	44.70	44.55	45.46	45.24	45.61	45.89	46.09	46.41	46.40	46.19	46.43	46.12	46.79
	2	45.33	45.89	45.63	46.57	46.65	47.20	46.90	47.38	47.62	48.55	47.11	47.80	48.11
	3	46.47	46.17	46.69	47.34	47.29	47.97	48.20	48.40	48.96	49.83	48.20	48.73	48.69
反 復 横 と び	1	24.92	25.25	25.18	25.14	25.05	26.00	25.63	25.63	25.81	25.49	26.49	26.22	26.36
	2	28.20	28.29	28.55	28.85	28.69	29.07	28.85	29.36	29.51	29.30	29.83	29.36	30.46
	3	30.71	31.10	31.74	31.76	32.14	32.37	32.33	32.31	32.55	32.54	32.80	32.73	33.51
	4	34.01	34.11	34.57	34.74	35.61	35.88	35.84	36.04	36.30	35.97	37.06	36.23	36.69
	5	35.98	37.04	37.29	37.65	38.97	39.50	39.42	39.42	39.61	39.23	40.17	39.48	40.15
	6	38.22	38.67	39.67	40.21	40.44	41.53	41.21	42.02	42.10	42.05	42.40	42.12	43.25
	1	40.37	40.00	40.16	41.11	41.61	42.87	43.32	42.86	43.49	43.47	43.96	43.97	44.35
	2	41.22	41.72	42.47	42.76	43.75	44.83	45.21	44.70	45.59	45.45	45.50	45.71	46.24
	3	42.03	42.46	42.85	43.40	43.81	45.20	45.48	45.35	45.99	46.10	46.58	46.26	46.92
	1	41.93	41.35	42.40	42.91	43.39	44.64	44.59	44.38	45.52	45.67	46.30	46.26	46.62
	2	42.27	42.23	42.91	43.32	44.60	45.07	44.76	44.87	46.25	46.75	46.77	47.14	47.53
	3	42.76	42.34	43.37	43.89	44.85	45.18	45.61	45.71	46.70	47.40	47.15	47.58	47.50
持 久 走	1	296.00	292.89	301.06	303.02	301.08	299.77	296.99	295.71	291.53	301.50	297.31	293.16	293.95
	2	294.10	285.00	292.77	288.61	294.98	287.34	283.57	286.52	287.29	289.22	285.48	283.53	279.39
	3	294.10	289.70	298.73	297.08	291.93	291.37	293.65	287.55	288.97	293.30	288.35	289.39	285.34
	1	298.40	304.50	301.22	312.84	308.34	306.54	305.09	312.42	305.51	308.57	307.06	304.46	304.45
	2	292.90	301.04	298.86	309.71	308.07	305.63	307.79	312.71	304.37	303.26	303.25	303.73	295.33
	3	299.00	303.84	302.27	304.95	307.56	303.70	308.51	310.47	302.88	304.52	303.50	298.08	301.30

種目	学年	H 10	11	12	13	14	15	16	17	18	19	20	21	22
20mシャトルラン	1	15.25	14.85	14.60	14.05	14.00	13.70	13.54	13.34	14.44	13.89	14.50	14.07	14.33
	2	21.31	20.75	20.57	20.43	20.38	19.51	19.70	19.72	20.77	20.56	20.01	20.72	20.80
	3	25.33	25.25	26.12	25.91	26.54	24.80	26.45	25.00	26.29	24.60	26.68	26.68	26.49
	4	32.39	31.73	31.82	32.90	32.98	31.43	33.42	32.06	33.12	32.68	33.26	34.36	32.91
	5	36.72	37.22	38.19	38.21	39.41	38.68	39.23	39.64	40.49	40.18	41.57	41.15	41.36
	6	41.49	42.07	42.56	43.57	44.62	46.06	45.15	46.79	46.94	47.74	47.66	48.45	48.37
	1	44.60	44.56	47.11	47.43	47.07	50.40	51.49	49.33	49.09	50.72	51.18	50.73	50.87
	2	50.28	52.07	53.19	54.98	55.43	57.28	57.71	57.50	58.74	59.81	59.60	57.64	60.02
	3	51.11	52.89	54.26	55.53	56.11	56.80	57.11	57.45	60.21	59.49	59.35	56.92	59.35
50m走	1	11.92	11.96	11.93	11.91	11.91	11.93	11.90	11.94	12.01	11.98	11.89	11.89	11.92
	2	11.02	11.04	11.10	11.10	11.09	11.01	11.01	11.05	11.00	11.12	11.08	10.97	11.03
	3	10.51	10.50	10.46	10.49	10.45	10.50	10.44	10.45	10.46	10.52	10.38	10.45	10.49
	4	9.95	10.03	10.02	10.04	9.99	9.99	9.93	9.97	9.98	10.05	9.93	9.96	9.98
	5	9.60	9.57	9.59	9.59	9.62	9.62	9.54	9.53	9.58	9.61	9.54	9.61	9.52
	6	9.26	9.26	9.24	9.26	9.26	9.25	9.22	9.20	9.22	9.19	9.23	9.23	9.17
	1	9.01	9.05	9.09	9.10	9.09	8.98	9.01	9.01	9.07	9.02	9.03	9.00	9.03
	2	8.82	8.89	8.90	8.91	8.85	8.80	8.75	8.76	8.84	8.79	8.78	8.75	8.81
	3	8.79	8.74	8.89	8.83	8.83	8.80	8.75	8.76	8.71	8.75	8.72	8.69	8.73
立ち幅とび	1	8.91	9.08	9.01	9.00	9.08	9.02	8.97	8.98	8.96	8.96	8.91	8.91	8.86
	2	8.88	8.98	8.97	9.04	9.01	8.97	9.07	8.96	8.94	8.91	8.88	8.91	8.82
	3	8.85	9.01	8.97	8.94	9.02	8.93	9.05	8.94	8.93	8.86	8.87	8.84	8.84
	1	106.64	106.05	107.54	105.74	104.40	105.59	104.47	106.34	106.19	106.18	106.56	105.81	104.98
	2	120.36	118.63	117.44	117.22	117.68	117.38	116.37	116.61	118.36	118.34	118.16	117.17	117.90
	3	130.67	129.40	128.94	127.48	128.02	128.12	128.14	127.10	128.36	127.66	129.13	126.61	128.15
	4	140.17	139.93	139.30	138.03	137.00	136.92	137.57	136.10	138.23	137.12	138.73	137.27	136.99
	5	149.10	148.26	148.23	146.93	147.59	145.26	146.26	147.54	147.83	146.20	147.61	146.05	146.34
	6	156.60	155.38	154.33	154.96	154.05	154.28	154.82	155.90	153.39	156.19	155.15	154.61	155.34
ボール投げ	1	163.75	162.04	160.74	161.45	158.96	164.63	164.34	162.23	162.92	162.44	163.29	162.75	164.21
	2	167.19	166.56	165.26	166.34	167.89	170.32	170.72	167.94	169.24	169.03	169.46	168.63	170.12
	3	169.11	171.35	168.19	168.65	170.00	171.35	171.60	169.99	171.74	171.22	171.47	169.08	171.71
	1	169.39	165.46	166.32	165.48	165.07	167.99	169.64	164.90	168.49	168.42	169.99	169.65	172.60
	2	172.06	169.42	168.07	167.91	168.27	169.64	169.62	167.47	171.04	170.63	172.07	172.42	173.61
	3	172.06	168.86	168.53	170.15	169.96	172.72	172.70	170.49	172.52	173.12	171.27	172.53	173.02
	1	5.99	5.94	6.20	5.88	5.75	5.83	5.85	5.90	5.87	5.86	5.91	6.02	5.95
	2	7.94	7.74	7.86	7.96	7.77	7.61	7.81	8.01	7.73	7.81	7.73	7.83	8.04
	3	10.07	9.99	10.02	10.27	10.25	9.55	9.85	10.22	10.14	9.94	10.22	10.32	9.93
ボール投げ	4	12.64	12.54	12.68	12.72	12.65	12.31	12.43	12.55	12.77	12.41	12.50	12.87	12.19
	5	14.98	15.21	14.98	15.12	15.19	14.80	15.04	15.18	15.21	15.12	15.24	15.05	15.00
	6	17.49	17.06	17.03	17.26	17.49	17.19	17.15	17.81	17.24	17.49	17.87	17.82	17.45
	1	12.76	12.76	12.27	12.49	12.49	12.53	12.86	12.69	12.54	12.81	12.76	12.74	12.40
	2	13.91	13.56	13.43	13.63	13.75	13.92	14.13	14.05	13.93	14.10	13.99	13.88	13.89
	3	14.71	14.71	14.18	14.38	14.23	14.56	14.93	14.55	14.74	14.78	14.71	14.45	14.59
	1	15.00	14.45	14.49	14.23	14.18	14.30	14.53	14.27	14.66	14.42	14.57	14.57	14.71
	2	15.59	15.26	14.92	14.66	14.73	14.64	14.80	14.68	14.92	15.29	15.28	14.87	15.37
	3	15.84	15.43	15.26	15.05	15.28	14.98	15.24	15.00	15.56	15.51	15.30	15.29	15.61

平成23年度～令和4年度「新体力テスト」全国平均値一覧表（男）

種目	学年	23	24	25	26	27	28	29	30	R 1	3	4		
握	1	9.41	9.39	9.53	9.15	9.45	9.44	9.36	9.44	9.12	9.24	9.13		
	2	11.11	11.14	11.16	10.95	11.04	11.22	11.10	11.18	11.00	10.74	10.76		
	3	12.98	12.80	12.99	13.00	13.12	12.81	13.08	12.80	12.69	12.73	12.46		
	4	14.84	14.63	15.03	14.80	14.94	14.94	14.90	14.64	14.45	14.39	14.31		
	5	17.03	16.92	17.36	16.97	17.12	16.96	16.90	16.60	16.49	16.90	16.73		
	6	19.90	19.84	20.04	19.80	20.26	19.76	20.02	19.70	19.43	19.77	19.48		
力	1	24.97	24.71	24.64	24.58	23.93	24.37	24.07	23.94	23.94	24.53	24.69		
	2	30.58	30.62	29.93	30.15	29.66	30.00	29.75	30.39	30.03	30.39	30.21		
	3	35.68	35.66	35.70	35.38	35.12	35.02	34.90	34.81	34.46	34.65	34.53		
	1	38.68	38.67	38.69	39.27	37.91	38.65	37.26	37.92	37.10	37.03	36.63		
	2	41.36	41.38	41.41	41.32	40.45	40.47	40.21	40.09	39.91	39.55	38.76		
	3	42.71	42.99	43.23	43.38	42.59	42.69	42.27	41.79	41.85	41.80	40.88		
上体起こし	1	11.33	11.50	11.51	11.60	12.05	11.64	11.54	12.06	11.64	12.05	11.82		
	2	14.29	14.15	13.95	14.10	14.16	14.56	14.42	14.69	14.54	13.86	14.45		
	3	16.10	15.96	16.14	16.19	16.59	16.48	16.68	16.68	16.72	15.73	16.05		
	4	18.39	17.83	18.16	18.32	18.48	18.71	18.53	18.52	18.63	17.98	17.96		
	5	19.68	20.28	20.09	20.24	20.64	20.81	20.72	20.61	20.79	19.94	20.01		
	6	21.73	22.29	21.69	22.05	21.90	22.66	22.05	22.98	22.66	21.65	21.63		
	1	24.48	24.48	25.11	24.52	24.39	24.64	24.64	24.63	24.44	23.92	23.68		
	2	27.80	27.79	28.67	28.44	28.09	28.35	28.08	28.26	27.84	27.31	26.59		
	3	30.23	29.89	30.78	30.50	30.26	30.33	30.44	30.35	29.93	28.96	28.63		
	1	29.67	29.93	29.95	30.47	29.97	30.34	29.94	30.03	29.63	28.44	28.02		
	2	31.62	31.60	31.96	31.73	32.19	32.06	31.89	31.78	31.79	30.55	29.95		
	3	32.79	32.95	32.75	33.30	33.64	33.68	33.17	32.43	32.68	31.94	31.28		
長座体前屈	1	25.86	25.93	25.84	25.74	26.29	26.26	26.18	25.85	26.54	26.39	26.56		
	2	27.42	27.35	27.33	27.21	27.98	27.85	27.82	27.68	27.74	28.61	28.15		
	3	29.04	29.19	29.23	29.47	29.45	29.28	29.48	30.07	29.73	30.34	29.91		
	4	31.17	30.83	30.49	30.82	31.47	30.34	31.23	31.08	31.06	31.78	31.97		
	5	33.20	33.43	32.66	32.87	33.48	33.18	33.62	33.78	33.49	33.37	34.35		
	6	34.96	35.37	34.08	34.94	35.62	36.03	35.43	35.49	35.72	35.78	36.61		
	1	39.75	39.23	39.66	40.31	39.47	39.20	39.70	39.97	40.27	40.98	40.67		
	2	44.58	43.91	43.41	43.97	43.79	43.57	43.95	45.31	45.48	44.80	45.14		
	3	48.00	46.95	47.90	47.05	46.60	47.48	47.73	47.89	49.16	47.81	49.23		
	1	49.01	48.21	47.46	48.04	47.68	48.09	46.60	48.17	47.99	47.94	47.89		
	2	50.82	50.28	49.81	49.75	50.91	50.29	49.10	50.47	50.51	50.27	49.25		
	3	51.98	52.08	51.69	51.99	52.76	52.59	51.59	51.11	51.68	52.56	51.79		
反復横とび	1	27.58	27.17	27.39	27.18	27.86	28.13	27.94	27.95	27.26	28.28	27.36		
	2	31.35	31.32	31.85	31.31	31.45	32.20	32.70	32.54	31.58	31.65	31.10		
	3	35.23	35.24	35.10	35.69	35.99	36.26	36.45	36.10	35.38	34.95	34.64		
	4	39.12	38.62	38.80	39.44	39.53	39.66	40.28	39.95	39.21	39.43	38.30		
	5	42.29	43.11	42.97	42.88	43.82	43.98	43.94	44.01	43.61	42.83	42.73		
	6	45.76	45.86	45.79	46.15	46.65	46.70	46.98	47.02	46.27	45.86	45.51		
	1	49.71	49.38	49.58	49.47	49.80	50.32	49.96	50.32	50.13	49.69	50.14		
	2	52.92	52.72	53.33	53.06	53.28	53.36	53.45	54.19	53.86	53.77	52.95		
	3	55.65	55.19	55.64	56.09	56.01	56.54	55.92	56.85	56.66	56.28	56.01		
	1	55.60	56.22	55.47	56.43	56.02	56.52	56.07	56.69	56.63	56.23	55.40		
	2	57.08	57.87	57.24	57.73	57.99	58.12	57.71	58.64	58.40	57.92	57.33		
	3	58.09	59.24	58.26	59.33	59.56	59.62	58.70	58.99	59.22	59.16	58.48		
持久走	1	411.08	412.29	411.56	416.10	420.27	413.25	412.66	418.18	413.89	410.21	418.49		
	2	376.31	381.19	377.05	370.82	381.74	372.54	377.19	379.45	377.78	389.08	396.52		
	3	364.62	364.06	360.79	365.08	364.59	362.84	365.36	362.01	365.57	374.31	378.05		
	1	377.22	373.39	385.71	373.43	375.00	373.09	376.80	374.67	374.84	385.93	385.73		
	2	363.33	367.96	372.33	362.94	363.45	354.59	360.89	364.33	358.41	362.02	371.74		
	3	361.28	354.10	369.74	354.36	355.75	351.92	356.93	361.71	357.74	364.91	371.20		



種目	学年	23	24	25	26	27	28	29	30	R 1	3	4		
20 m シ ャ ト ル ラン	1	18.22	18.46	18.76	18.87	18.73	19.22	18.64	18.63	18.73	18.92	18.11		
	2	28.84	28.17	28.33	28.91	28.41	28.69	29.77	29.84	29.07	28.40	27.70		
	3	37.54	38.06	37.67	39.41	39.10	38.52	38.49	39.57	38.41	36.45	35.17		
	4	46.83	46.84	46.05	46.81	47.11	48.00	48.64	47.03	45.60	44.27	42.79		
	5	54.40	54.70	55.33	54.90	56.48	57.48	56.85	56.90	54.83	52.45	51.19		
	6	62.07	64.28	62.62	63.60	64.74	65.50	64.48	65.49	63.42	61.16	57.46		
	1	72.63	71.98	73.84	73.13	72.17	74.94	72.11	73.19	71.57	70.58	67.24		
	2	90.02	87.67	90.07	90.80	90.29	90.85	89.93	90.40	88.28	86.88	83.08		
	3	96.22	95.70	96.84	97.69	96.03	98.77	96.64	96.80	94.81	94.44	90.80		
50 m 走	1	87.73	89.38	89.32	92.78	88.43	90.93	89.96	90.18	88.54	87.61	81.31		
	2	94.08	96.65	96.77	98.51	95.53	96.92	96.00	95.32	96.74	93.75	90.31		
	3	94.64	97.52	97.28	99.73	98.22	100.01	97.12	92.61	95.61	95.97	91.69		
立 ち 幅 と び	1	11.53	11.49	11.52	11.52	11.41	11.51	11.44	11.40	11.45	11.33	11.47		
	2	10.68	10.62	10.61	10.58	10.70	10.65	10.61	10.55	10.59	10.55	10.59		
	3	10.12	10.05	10.11	10.02	10.04	10.01	10.02	10.00	10.02	10.07	10.13		
	4	9.56	9.59	9.67	9.56	9.60	9.61	9.55	9.61	9.61	9.59	9.70		
	5	9.28	9.23	9.26	9.21	9.29	9.21	9.19	9.17	9.22	9.24	9.30		
	6	8.88	8.81	8.90	8.85	8.78	8.79	8.79	8.78	8.87	8.84	8.94		
	1	8.44	8.49	8.40	8.42	8.50	8.42	8.42	8.42	8.42	8.38	8.37		
	2	7.83	7.89	7.85	7.78	7.84	7.82	7.80	7.77	7.80	7.78	7.83		
	3	7.47	7.50	7.44	7.43	7.47	7.45	7.44	7.42	7.45	7.41	7.49		
	1	7.44	7.48	7.45	7.37	7.44	7.38	7.43	7.40	7.42	7.39	7.51		
	2	7.28	7.30	7.25	7.22	7.26	7.22	7.21	7.23	7.21	7.21	7.29		
	3	7.21	7.21	7.16	7.09	7.14	7.08	7.11	7.13	7.12	7.12	7.22		
ボ ー ル 投 げ	1	115.33	113.97	114.93	114.22	114.68	114.36	114.92	115.37	114.74	117.03	116.98		
	2	126.79	125.55	126.15	126.20	124.33	126.34	127.37	127.38	125.57	127.19	127.41		
	3	136.14	137.92	137.53	137.53	136.80	136.25	135.63	137.76	136.81	136.77	136.59		
	4	147.14	145.62	144.71	145.72	144.50	145.26	146.55	145.84	144.52	147.73	145.25		
	5	154.54	156.50	154.70	155.03	154.30	153.72	155.43	155.10	155.38	155.86	156.04		
	6	164.59	165.13	163.72	166.04	166.34	166.55	165.19	167.08	164.07	166.33	166.14		
	1	182.75	181.99	183.10	181.04	179.75	182.01	181.24	182.78	182.75	185.41	186.11		
	2	201.20	199.27	200.13	197.71	196.97	199.73	199.64	203.56	201.67	203.80	203.79		
	3	214.53	213.85	214.56	212.37	213.99	213.34	212.56	215.59	214.74	216.35	217.30		
	1	218.22	218.51	217.65	219.83	217.31	221.42	216.84	219.93	219.34	219.17	218.41		
	2	226.35	226.38	224.36	226.03	225.25	225.55	225.13	226.01	226.94	225.41	225.66		
	3	229.42	230.85	229.15	230.81	231.35	233.09	228.65	228.25	230.85	229.74	230.06		
ボ ー ル 投 げ	1	8.81	8.78	8.67	8.65	8.62	8.67	8.62	8.47	8.28	8.43	8.27		
	2	13.09	12.26	12.38	12.13	12.01	12.26	12.36	12.36	11.52	11.08	11.38		
	3	16.67	16.48	16.31	16.43	16.22	15.89	15.94	16.01	15.66	14.74	14.98		
	4	21.54	20.41	20.33	20.21	20.18	20.32	20.02	19.84	18.92	18.47	18.17		
	5	25.48	24.86	24.45	23.65	23.91	23.54	23.51	23.72	22.92	21.75	21.88		
	6	29.66	29.58	28.41	27.89	27.41	27.21	26.81	27.86	26.65	25.43	25.39		
	1	19.39	18.55	18.82	18.68	18.49	18.64	18.29	18.39	18.44	18.14	17.98		
	2	22.08	21.49	21.88	21.49	21.32	21.55	21.29	21.40	21.38	21.09	21.03		
	3	24.88	23.93	24.76	24.15	24.20	24.01	23.82	24.26	23.69	23.54	23.80		
	1	24.98	24.87	24.82	25.10	24.41	25.02	24.40	24.64	24.18	23.82	23.45		
	2	26.44	26.50	26.55	26.38	25.84	25.94	25.81	25.90	25.80	25.44	25.07		
	3	27.19	27.63	27.35	27.64	27.34	27.57	27.39	26.69	26.76	26.73	26.22		

平成23年度～令和4年度「新体力テスト」全国平均値一覧表（女）

種目	学年	23	24	25	26	27	28	29	30	R 1	3	4		
握	1	8.81	8.79	8.72	8.54	8.80	8.81	8.79	8.75	8.57	8.71	8.52		
	2	10.34	10.34	10.35	10.37	10.41	10.40	10.42	10.44	10.23	10.18	10.09		
	3	12.18	12.12	12.10	11.90	12.34	12.03	12.31	12.07	11.84	11.95	11.76		
	4	14.13	14.02	14.11	13.77	14.23	14.04	14.13	13.99	13.87	13.87	13.88		
	5	16.55	16.28	16.55	16.78	16.58	16.41	16.71	16.36	15.91	16.49	16.45		
	6	19.72	19.27	19.74	19.42	19.73	19.70	19.58	19.37	19.23	19.53	18.66		
力	1	22.07	22.06	21.93	21.95	21.57	22.01	21.71	21.85	21.98	21.73	21.38		
	2	24.14	24.42	24.35	24.37	24.00	24.44	24.22	24.32	24.24	24.19	23.99		
	3	25.96	25.63	25.48	25.53	25.50	25.74	25.59	25.71	25.61	25.73	25.24		
	1	25.93	25.73	25.69	25.96	25.68	26.15	25.56	25.77	25.68	25.88	25.45		
	2	26.64	26.62	26.50	27.07	26.68	26.82	26.42	26.40	27.16	26.78	26.26		
	3	27.07	27.10	26.81	27.62	27.19	26.98	26.95	26.85	26.91	26.99	26.71		
上 体 起 こ し	1	10.83	10.95	10.63	10.99	12.09	11.25	11.29	11.47	11.39	11.56	11.77		
	2	13.30	13.73	13.30	13.30	13.86	13.87	13.78	13.77	14.13	13.46	13.63		
	3	15.00	15.25	14.88	14.97	15.74	15.98	15.90	15.76	15.85	15.91	15.70		
	4	16.61	16.75	16.69	17.44	17.26	17.87	17.89	17.97	17.64	17.64	17.27		
	5	18.37	18.36	18.55	18.82	19.24	19.32	19.35	19.39	19.19	18.68	18.50		
	6	19.79	20.21	20.01	20.10	20.07	20.54	20.44	21.10	20.84	19.66	19.48		
	1	21.07	20.51	21.00	21.05	21.21	21.30	21.29	21.34	21.90	20.50	19.93		
	2	23.23	23.52	23.45	23.74	24.01	24.34	23.96	24.43	24.43	23.23	22.54		
	3	24.55	24.23	24.60	24.83	25.22	25.06	25.03	25.21	25.20	24.55	24.00		
	1	22.95	22.70	22.91	23.77	23.43	23.91	23.55	23.83	23.94	23.43	22.35		
	2	23.92	23.83	23.81	24.76	24.73	25.17	24.73	24.54	24.98	24.95	23.79		
	3	24.80	24.63	24.06	24.96	25.06	25.21	25.08	24.97	25.55	25.00	24.36		
長 座 体 前 屈	1	27.92	28.53	28.01	28.06	28.98	28.23	28.15	28.41	28.57	28.78	28.49		
	2	29.69	30.27	29.85	29.98	30.87	30.81	30.68	30.78	30.30	31.01	30.64		
	3	31.93	32.61	32.00	32.56	32.46	32.47	32.65	32.75	32.08	33.91	33.08		
	4	34.04	34.80	34.29	34.13	34.86	34.13	35.25	34.99	34.82	35.52	35.68		
	5	37.08	37.23	37.25	37.59	38.39	36.93	37.90	37.95	37.40	37.30	37.81		
	6	39.85	39.51	39.69	40.32	40.40	40.12	39.96	40.71	41.02	40.71	41.14		
	1	43.02	42.23	43.17	43.68	43.14	43.51	42.87	44.14	43.88	43.64	44.40		
	2	45.79	44.57	45.10	46.58	45.39	46.22	46.25	47.39	46.78	46.65	47.30		
	3	47.49	46.26	47.46	48.41	47.96	47.75	48.15	48.66	49.81	49.00	49.39		
	1	46.75	46.20	46.41	47.61	47.25	47.59	46.06	47.83	48.13	48.63	47.79		
	2	48.09	48.02	47.17	48.20	48.95	48.23	48.12	48.29	49.34	50.24	49.85		
	3	49.40	48.90	47.57	49.37	49.75	49.67	49.52	49.26	50.67	50.80	50.50		
反 復 横 と び	1	26.44	26.25	26.11	26.58	26.82	27.51	26.98	26.83	26.52	27.39	26.88		
	2	29.62	30.00	29.96	30.24	30.59	31.15	31.26	31.05	30.56	30.74	29.88		
	3	33.27	33.57	33.57	33.67	34.05	35.03	34.55	34.62	33.58	33.75	33.34		
	4	36.88	37.13	36.51	37.51	38.05	37.95	38.57	38.68	37.91	37.64	36.89		
	5	40.24	39.74	40.69	40.63	41.76	41.95	41.40	42.00	41.51	41.00	39.93		
	6	42.98	42.98	43.02	43.64	43.87	43.88	44.35	44.63	44.19	43.44	42.15		
	1	45.10	44.45	44.88	45.46	45.71	46.02	45.95	46.77	46.85	45.78	45.20		
	2	47.01	46.76	46.51	47.05	47.38	47.88	47.73	48.71	48.96	48.31	47.86		
	3	47.97	47.36	47.18	48.03	48.82	48.75	48.56	49.51	49.38	49.34	48.59		
	1	46.69	47.20	46.84	47.90	47.85	48.36	47.43	48.77	48.78	48.40	47.70		
	2	46.88	47.63	46.94	48.16	48.14	48.72	48.20	48.93	49.55	49.56	48.73		
	3	47.78	48.13	47.08	48.16	48.50	48.96	48.49	49.15	49.55	49.29	48.92		
持 久 走	1	292.37	302.23	296.18	298.59	294.68	289.26	292.07	292.75	288.81	300.80	308.69		
	2	282.29	284.33	281.88	278.41	285.66	279.35	278.62	276.97	275.21	286.56	289.74		
	3	283.46	287.47	283.89	284.04	281.16	279.46	281.52	278.26	280.85	287.16	294.17		
	1	302.93	304.42	308.20	301.70	294.64	296.07	299.09	297.06	298.13	297.80	304.24		
	2	301.77	298.62	306.88	296.21	295.85	295.09	291.40	297.62	289.86	291.25	304.26		
	3	305.16	299.65	310.82	297.43	300.57	296.39	296.04	299.02	291.92	291.83	304.29		

種目	学年	23	24	25	26	27	28	29	30	R 1	3	4		
20 m シ ャ ト ル ラ ン	1	15.42	15.33	15.86	15.03	16.40	16.37	15.80	16.16	15.96	15.75	15.60		
	2	22.08	22.63	22.14	22.70	24.10	22.73	23.05	23.07	22.27	23.14	21.59		
	3	27.40	28.12	28.25	28.95	29.97	29.23	29.17	30.41	29.16	29.13	27.77		
	4	34.96	35.62	34.40	36.98	36.71	38.49	37.55	38.64	37.09	35.60	33.98		
	5	41.97	41.02	42.79	43.95	44.45	45.59	45.54	45.58	44.14	42.33	40.44		
	6	48.80	49.07	48.95	50.44	50.75	50.47	50.94	51.19	51.56	47.52	45.08		
	1	53.65	51.94	52.62	53.40	52.74	55.09	53.12	54.07	56.33	50.85	49.37		
	2	62.21	61.23	59.73	61.89	61.07	62.03	61.52	64.45	62.32	60.46	56.25		
	3	60.66	60.08	62.43	60.66	61.26	62.59	61.19	62.66	62.12	60.91	56.21		
20 m シ ャ ト ル ラ ン	1	51.17	52.73	52.32	55.66	53.55	54.24	52.97	52.66	53.30	52.16	48.61		
	2	53.92	55.27	53.45	57.21	55.94	56.56	55.44	55.45	55.55	56.24	51.03		
	3	54.91	55.39	52.89	56.24	53.57	56.76	55.59	53.00	55.70	53.71	50.52		
50 m 走	1	11.88	11.83	11.80	11.86	11.71	11.76	11.77	11.72	11.82	11.77	11.77		
	2	10.98	10.91	10.93	10.95	10.94	10.99	10.94	10.90	10.93	10.89	10.95		
	3	10.39	10.42	10.45	10.40	10.33	10.38	10.35	10.34	10.40	10.32	10.42		
	4	9.89	9.89	9.98	9.93	9.91	9.88	9.88	9.85	9.91	9.91	10.00		
	5	9.53	9.58	9.55	9.45	9.50	9.45	9.45	9.50	9.52	9.49	9.57		
	6	9.18	9.13	9.12	9.16	9.12	9.16	9.12	9.12	9.15	9.16	9.26		
	1	8.98	9.08	8.96	8.98	9.02	8.96	8.93	8.93	8.90	8.98	9.02		
	2	8.72	8.73	8.75	8.66	8.74	8.66	8.66	8.59	8.62	8.66	8.76		
	3	8.67	8.66	8.60	8.64	8.62	8.62	8.58	8.53	8.56	8.58	8.68		
50 m 走	1	8.92	8.92	8.89	8.78	8.84	8.84	8.87	8.81	8.80	8.76	8.94		
	2	8.86	8.91	8.89	8.76	8.80	8.79	8.79	8.79	8.72	8.71	8.83		
	3	8.87	8.86	8.93	8.76	8.84	8.82	8.78	8.79	8.76	8.73	8.88		
立 ち 幅 と び	1	106.77	106.37	107.37	106.26	107.30	107.41	107.99	109.07	106.93	108.78	108.42		
	2	118.84	119.42	118.24	118.38	117.12	117.82	120.55	118.66	117.69	119.28	119.62		
	3	127.23	129.42	129.33	128.22	128.61	127.59	129.47	129.44	128.05	130.53	128.26		
	4	138.05	138.30	137.03	137.37	136.72	138.89	139.84	141.10	137.89	141.05	137.98		
	5	146.19	146.77	146.52	147.94	147.35	148.01	147.45	148.01	147.40	148.36	148.68		
	6	155.77	155.64	155.20	157.32	156.89	156.41	156.68	158.54	156.01	155.76	154.71		
	1	166.59	164.25	165.54	165.03	164.50	166.26	166.19	168.32	169.26	167.23	167.06		
	2	172.13	171.74	169.81	170.71	171.29	172.26	172.06	176.45	175.19	174.40	172.96		
	3	175.40	173.90	174.04	174.79	175.70	174.94	173.83	177.11	178.62	178.61	176.01		
立 ち 幅 と び	1	169.95	170.31	169.89	172.86	171.50	173.89	169.43	173.27	174.29	174.09	172.47		
	2	172.36	171.70	170.37	173.04	172.84	175.09	171.46	173.81	174.51	175.40	175.43		
	3	173.89	173.04	170.88	173.82	172.43	176.26	172.90	174.69	175.89	174.12	174.02		
ボ ー ル 投 げ	1	5.80	5.80	5.74	5.74	5.81	5.80	5.80	5.81	5.62	5.70	5.63		
	2	7.91	8.14	7.64	7.62	7.57	7.58	7.71	7.59	7.38	7.36	7.37		
	3	9.88	9.89	9.71	9.53	9.81	9.83	9.94	9.91	9.40	9.45	9.33		
	4	12.37	12.10	11.92	12.12	11.95	12.06	11.90	12.32	11.63	11.61	11.53		
	5	14.75	14.58	14.37	14.71	14.41	14.43	14.40	14.74	13.60	13.86	13.42		
	6	17.54	17.41	16.85	16.38	16.50	16.47	16.33	16.80	16.38	15.97	15.22		
	1	12.61	11.85	12.24	11.86	12.04	12.17	12.16	12.09	12.33	11.92	11.58		
	2	14.01	13.56	13.76	13.54	13.41	13.65	13.35	13.92	13.79	13.35	13.32		
	3	15.02	14.29	14.70	14.45	14.50	14.54	14.43	14.65	14.57	14.44	14.05		
ボ ー ル 投 げ	1	14.59	14.22	14.38	14.57	13.96	14.59	13.93	14.01	13.79	14.27	13.62		
	2	15.02	14.77	14.80	14.99	14.59	14.89	14.57	14.58	14.81	14.64	14.51		
	3	15.39	15.13	15.00	15.46	15.01	15.30	15.06	14.79	15.09	15.20	14.61		