

令和3年度体力テスト測定項目の県平均値

| 性別 | 校種            | 学年 | 平均値        |              |               |              |                  |             |               |              | 得点合計  |
|----|---------------|----|------------|--------------|---------------|--------------|------------------|-------------|---------------|--------------|-------|
|    |               |    | 握力<br>(kg) | 上体起こし<br>(回) | 長座体前屈<br>(cm) | 反復横とび<br>(点) | 20mシャトルラン<br>(回) | 50m走<br>(秒) | 立ち幅とび<br>(cm) | ボール投げ<br>(m) |       |
| 男子 | 小学校           | 1  | 9.08       | 12.25        | 26.42         | 26.86        | 20.95            | 11.55       | 115.24        | 7.96         | 30.88 |
|    |               | 2  | 10.51      | 14.58        | 28.31         | 30.70        | 29.05            | 10.69       | 125.19        | 10.73        | 37.24 |
|    |               | 3  | 12.36      | 16.89        | 30.43         | 34.31        | 36.42            | 10.16       | 135.35        | 13.79        | 43.20 |
|    |               | 4  | 14.25      | 18.45        | 32.58         | 37.98        | 42.99            | 9.68        | 143.80        | 16.99        | 48.41 |
|    |               | 5  | 16.54      | 20.08        | 35.52         | 41.65        | 50.17            | 9.31        | 152.76        | 20.11        | 53.90 |
|    |               | 6  | 19.75      | 21.77        | 38.01         | 44.47        | 56.77            | 8.83        | 163.40        | 23.72        | 59.51 |
|    | 中学校           | 1  | 23.96      | 23.86        | 41.46         | 47.16        | 64.55            | 8.40        | 179.44        | 17.06        | 34.27 |
|    |               | 2  | 29.41      | 26.36        | 45.54         | 50.76        | 79.76            | 7.74        | 196.57        | 20.31        | 42.57 |
|    |               | 3  | 33.92      | 28.90        | 49.07         | 53.96        | 88.77            | 7.31        | 210.41        | 23.17        | 49.80 |
|    | 高等学校<br>(全日制) | 1  | 36.62      | 28.01        | 47.70         | 55.55        | 81.43            | 7.45        | 213.30        | 23.07        | 48.87 |
|    |               | 2  | 38.86      | 29.02        | 49.21         | 56.68        | 86.16            | 7.27        | 219.19        | 24.27        | 52.06 |
|    |               | 3  | 40.63      | 30.58        | 51.51         | 57.60        | 87.46            | 7.19        | 224.68        | 25.71        | 55.02 |
|    | 高等学校<br>(定時制) | 1  | 33.23      | 21.74        | 42.03         | 46.59        | 50.15            | 8.05        | 189.42        | 18.85        | 35.93 |
|    |               | 2  | 35.10      | 22.67        | 40.37         | 46.22        | 55.55            | 8.00        | 194.44        | 19.15        | 36.74 |
|    |               | 3  | 37.66      | 22.95        | 42.39         | 47.58        | 55.34            | 7.85        | 199.59        | 21.02        | 39.72 |
|    |               | 4  | 38.00      | 20.79        | 42.79         | 45.08        | 44.15            | 7.38        | 188.31        | 20.04        | 37.60 |
| 女子 | 小学校           | 1  | 8.67       | 11.98        | 28.70         | 26.28        | 18.07            | 11.85       | 108.78        | 5.84         | 31.68 |
|    |               | 2  | 10.05      | 14.19        | 31.10         | 30.01        | 24.18            | 10.94       | 118.81        | 7.63         | 38.59 |
|    |               | 3  | 11.91      | 16.49        | 33.55         | 33.60        | 30.10            | 10.36       | 129.42        | 9.71         | 45.10 |
|    |               | 4  | 13.87      | 18.09        | 36.51         | 36.97        | 36.46            | 9.89        | 138.60        | 11.92        | 50.98 |
|    |               | 5  | 16.52      | 19.49        | 39.77         | 40.36        | 43.39            | 9.46        | 147.41        | 14.11        | 56.99 |
|    |               | 6  | 19.40      | 20.43        | 42.81         | 42.41        | 47.26            | 9.07        | 154.85        | 16.08        | 61.52 |
|    | 中学校           | 1  | 21.36      | 20.90        | 44.98         | 43.94        | 49.70            | 8.89        | 162.01        | 11.41        | 44.46 |
|    |               | 2  | 23.82      | 23.18        | 48.57         | 46.07        | 56.56            | 8.46        | 169.15        | 13.10        | 50.63 |
|    |               | 3  | 25.23      | 24.46        | 50.86         | 46.98        | 56.89            | 8.35        | 171.34        | 14.06        | 53.29 |
|    | 高等学校<br>(全日制) | 1  | 25.29      | 23.05        | 49.67         | 48.20        | 49.59            | 8.78        | 169.22        | 13.30        | 50.80 |
|    |               | 2  | 26.19      | 23.66        | 50.31         | 48.40        | 50.52            | 8.75        | 170.62        | 13.91        | 52.07 |
|    |               | 3  | 26.65      | 24.17        | 52.28         | 48.69        | 49.52            | 8.82        | 171.16        | 14.36        | 53.02 |
|    | 高等学校<br>(定時制) | 1  | 23.69      | 16.69        | 41.58         | 39.58        | 27.13            | 9.07        | 143.86        | 10.75        | 35.49 |
|    |               | 2  | 24.29      | 17.41        | 43.14         | 40.36        | 29.21            | 9.31        | 139.89        | 10.69        | 35.36 |
|    |               | 3  | 24.95      | 17.57        | 44.30         | 39.88        | 30.44            | 9.63        | 144.02        | 11.28        | 36.95 |
|    |               | 4  | 26.65      | 14.26        | 43.70         | 36.09        | 20.57            | 7.19        | 130.26        | 9.61         | 35.22 |