表 1．令和3（2021）年度　年齢別身長，体重の宮城県平均値及び全国平均値との比較

区分			身長（cm）				体重（kg）			
			宮城県	全国	差	順位	宮城県	全国	差	順位
男子	小学校	1年生　6歳	117.4	116.7	0.7	5	22.3	21.7	0.6	2
		2年生　7歳	122.9	122.6	0.3	8	25.1	24.5	0.6	5
		3年生　8歳	128.8	128.3	0.5	8	28.5	27.7	0.8	6
		4年生　9歳	134.9	133.8	1.1	2	32.7	31.3	1.4	3
		5年生　10歳	140.1	139.3	0.8	3	36.0	35.1	0.9	9
		6年生　11歳	146.9	145.9	1.0	5	41.3	39.6	1.7	5
	中学校	1年生　12歳	153.8	153.6	0.2	11	46.7	45.2	1.5	4
		2年生　13歳	161.4	160.6	0.8	14	51.6	50.0	1.6	21
		3年生　14歳	165.6	165.7	-0.1	18	55.1	54.7	0.4	15
	高等学校	1年生　15歳	168.8	168.6	0.2	10	59.7	59.0	0.7	15
		2年生　16歳	170.1	169.8	0.3	14	60.8	60.5	0.3	4
		3年生　17歳	170.8	170.8	0.0	17	63.2	62.4	0.8	17
女子	小学校	1年生　6歳	116.4	115.8	0.6	6	21.7	21.2	0.5	5
		2年生　7歳	122.5	121.8	0.7	4	24.6	23.9	0.7	4
		3年生　8歳	127.9	127.6	0.3	14	27.3	27.0	0.3	10
		4年生　9歳	135.3	134.1	1.2	4	32.5	30.6	1.9	1
		5年生　10歳	141.0	140.9	0.1	19	35.8	35.0	0.8	8
		6年生　11歳	147.9	147.3	0.6	4	42.0	39.8	2.2	1
	中学校	1年生　12歳	152.6	152.1	0.5	6	45.5	44.4	1.1	3
		2年生　13歳	155.1	155.0	0.1	12	48.4	47.6	0.8	6
		3年生　14歳	156.3	156.5	-0.2	28	50.8	50.0	0.8	9
	高等学校	1年生　15歳	157.5	157.3	0.2	11	52.7	51.3	1.4	4
		2年生　16歳	158.1	157.7	0.4	8	53.6	52.3	1.3	3
		3年生　17歳	157.5	158.0	-0.5	32	53.2	52.5	0.7	11

注）1　年齢は令和3年4月1日現在の満年齢。以下同じ

2「差」は宮城県値から全国値を引いた差である。

表5-1. 宮城県小学生の平均値・標準偏差の年次推移 （男子）

性別	学年	年度	握力 M±SD kg	上体起こし M±SD 回	長座体前屈 M±SD cm	反復横とび M±SD 点	20mシャトルラン M±SD 折り返し数	50m走 M±SD 秒	立ち幅とび M±SD cm	ソフトボール投げ M±SD m
男子	1	1990	・・・	・・・	・・・	・・・	・・・	11.21 ± 1.03	120.80 ± 18.38	10.97 ± 3.79
		1995	・・・	・・・	・・・	・・・	・・・	11.41 ± 1.05	119.96 ± 17.63	10.45 ± 3.68
		2000	9.70 ± 2.72	11.00 ± 4.97	26.00 ± 6.27	25.35 ± 5.18	15.74 ± 8.04	11.73 ± 1.09	113.80 ± 18.27	9.70 ± 3.41
		2005	9.50 ± 2.17	10.83 ± 5.04	25.80 ± 6.22	25.50 ± 4.62	14.86 ± 8.13	11.72 ± 1.25	112.92 ± 17.64	9.59 ± 3.52
		2010	9.41 ± 2.11	11.13 ± 5.14	25.68 ± 6.11	26.20 ± 4.52	16.36 ± 7.78	11.76 ± 1.25	110.79 ± 17.08	9.00 ± 3.51
		2011	9.22 ± 2.13	11.07 ± 5.04	25.48 ± 5.96	26.23 ± 4.51	15.78 ± 7.54	11.74 ± 1.21	110.58 ± 16.98	8.87 ± 3.28
		2012	9.40 ± 1.99	11.15 ± 5.17	25.69 ± 5.98	26.06 ± 4.43	16.09 ± 7.87	11.77 ± 1.25	109.30 ± 17.12	8.53 ± 3.35
		2013	9.32 ± 1.98	10.88 ± 5.15	25.64 ± 5.99	26.62 ± 4.43	17.10 ± 8.47	11.79 ± 1.23	109.45 ± 17.36	8.52 ± 3.26
		2014	9.33 ± 2.19	11.04 ± 5.20	25.92 ± 6.07	26.74 ± 4.51	16.88 ± 8.24	11.73 ± 1.26	110.63 ± 17.14	8.52 ± 3.45
		2015	9.20 ± 1.98	10.96 ± 5.09	26.20 ± 5.96	26.29 ± 4.41	16.93 ± 8.24	11.77 ± 1.29	108.83 ± 17.37	8.47 ± 3.35
		2016	9.30 ± 2.02	11.43 ± 5.22	25.71 ± 6.04	26.77 ± 4.53	17.74 ± 8.72	11.71 ± 1.21	110.43 ± 17.13	8.45 ± 3.40
		2017	9.28 ± 2.05	11.42 ± 5.24	25.86 ± 6.28	26.67 ± 4.36	17.45 ± 8.63	11.72 ± 1.21	109.25 ± 17.08	8.41 ± 3.38
		2018	9.29 ± 2.27	11.39 ± 5.16	26.35 ± 6.66	27.00 ± 5.02	17.86 ± 9.52	11.74 ± 1.39	109.98 ± 16.67	8.31 ± 3.45
		2019	9.22 ± 2.15	11.17 ± 5.28	26.25 ± 6.72	26.55 ± 4.94	17.57 ± 9.15	11.73 ± 1.42	109.82 ± 18.24	8.17 ± 3.49
		2020	9.66 ± 2.28	11.34 ± 5.31	26.46 ± 6.83	27.33 ± 5.99	19.72 ± 10.38	11.63 ± 1.36	113.59 ± 18.86	8.45 ± 3.45
		2021	9.03 ± 2.19	11.13 ± 5.2	26.51 ± 7.07	26.24 ± 5.08	18.00 ± 9.57	11.75 ± 1.46	110.93 ± 18.83	7.94 ± 3.37
		2022	9.12 ± 2.21	11.47 ± 5.31	27.04 ± 7.27	26.54 ± 5.28	17.58 ± 9.21	11.80 ± 1.59	110.57 ± 19.09	7.89 ± 3.40
	2	1990	・・・	・・・	・・・	・・・	・・・	10.45 ± 0.98	133.32 ± 20.90	14.89 ± 4.85
		1995	・・・	・・・	・・・	・・・	・・・	10.67 ± 0.93	131.29 ± 16.89	14.05 ± 4.46
		2000	11.40 ± 2.84	13.32 ± 5.09	27.36 ± 6.43	29.11 ± 5.55	25.10 ± 11.35	11.01 ± 1.00	125.48 ± 17.32	13.29 ± 4,37
		2005	11.13 ± 2.45	13.06 ± 5.26	26.87 ± 6.36	28.95 ± 5.41	22.70 ± 10.90	11.01 ± 1.16	122.70 ± 17.76	13.01 ± 4.65
		2010	11.08 ± 2.50	13.35 ± 5.23	26.90 ± 6.33	29.96 ± 5.59	24.69 ± 11.63	10.94 ± 1.18	121.48 ± 17.68	12.86 ± 4.99
		2011	11.02 ± 2.59	13.17 ± 5.42	26.66 ± 6.24	29.88 ± 5.58	24.89 ± 11.58	10.93 ± 1.10	120.86 ± 17.43	12.28 ± 4.57
		2012	11.03 ± 2.33	13.69 ± 5.23	27.06 ± 6.25	29.64 ± 5.42	24.37 ± 11.29	10.90 ± 1.12	120.64 ± 17.40	11.89 ± 4.59
		2013	10.81 ± 2.27	13.41 ± 5.29	27.31 ± 6.26	30.35 ± 5.49	25.57 ± 11.93	10.96 ± 1.08	120.08 ± 17.43	11.97 ± 4.66
		2014	10.97 ± 2.29	13.54 ± 5.45	27.32 ± 6.19	30.48 ± 5.48	25.84 ± 11.81	10.97 ± 1.12	120.7 ± 17.40	12.10 ± 4.75
		2015	10.83 ± 2.28	13.53 ± 5.32	27.63 ± 6.44	30.10 ± 5.45	25.85 ± 11.81	10.92 ± 1.13	120.06 ± 17.46	11.83 ± 4.65
		2016	10.93 ± 2.28	13.84 ± 5.47	27.54 ± 6.30	30.68 ± 5.63	26.12 ± 12.20	10.87 ± 1.09	120.42 ± 17.61	12.01 ± 4.77
		2017	10.83 ± 2.25	14.07 ± 5.49	27.54 ± 6.38	30.34 ± 5.43	26.43 ± 12.08	10.84 ± 1.07	120.77 ± 17.03	11.98 ± 4.80
		2018	10.91 ± 2.40	14.14 ± 5.61	27.72 ± 6.95	31.06 ± 6.30	27.37 ± 13.45	10.88 ± 1.23	121.11 ± 18.85	11.78 ± 4.83
		2019	10.86 ± 2.48	13.8 ± 5.54	27.39 ± 6.74	30.32 ± 6.28	26.45 ± 12.91	10.91 ± 1.25	120.21 ± 18.78	11.46 ± 4.80
		2020	11.05 ± 2.59	13.34 ± 5.39	28.18 ± 7.36	31.31 ± 6.91	26.71 ± 13.03	10.98 ± 1.22	123.56 ± 20.08	11.65 ± 4.85
		2021	10.59 ± 2.51	12.92 ± 5.53	27.70 ± 7.15	29.77 ± 6.16	25.38 ± 12.96	10.90 ± 1.34	121.29 ± 19.38	10.90 ± 4.62
		2022	10.66 ± 2.47	13.76 ± 5.40	27.82 ± 7.08	30.16 ± 6.15	25.56 ± 12.77	10.98 ± 1.33	121.70 ± 19.68	10.95 ± 4.76
	3	1990	・・・	・・・	・・・	・・・	・・・	9.95 ± 0.88	143.92 ± 18.34	19.54 ± 5.74
		1995	・・・	・・・	・・・	・・・	・・・	10.16 ± 0.95	141.19 ± 17.84	18.08 ± 5.44
		2000	13.50 ± 3.08	14.33 ± 5.74	29.27 ± 6.34	32.86 ± 6.09	32.12 ± 14.21	10.50 ± 0.98	135.25 ± 17.90	17.12 ± 5.51
		2005	13.01 ± 2.77	14.74 ± 5.48	28.72 ± 6.17	32.89 ± 6.04	30.54 ± 14.09	10.49 ± 1.10	133.34 ± 18.65	17.27 ± 5.85
		2010	12.81 ± 2.70	15.27 ± 5.49	28.68 ± 6.41	33.84 ± 6.58	33.25 ± 14.76	10.39 ± 1.12	130.74 ± 18.34	17.21 ± 6.28
		2011	12.67 ± 2.74	14.92 ± 5.41	28.94 ± 6.61	33.41 ± 6.57	32.59 ± 14.47	10.44 ± 1.12	130.15 ± 17.74	16.19 ± 5.89
		2012	12.64 ± 2.58	15.42 ± 5.69	28.77 ± 6.36	32.89 ± 6.74	32.16 ± 14.43	10.36 ± 1.03	129.07 ± 17.96	15.74 ± 5.87
		2013	12.61 ± 2.59	15.49 ± 5.60	28.62 ± 6.53	33.69 ± 6.54	33.84 ± 14.90	10.37 ± 1.02	129.97 ± 18.09	15.89 ± 5.98
		2014	12.55 ± 2.65	15.32 ± 5.71	29.21 ± 6.53	33.87 ± 6.90	33.04 ± 14.84	10.38 ± 1.04	129.73 ± 18.51	15.80 ± 5.93
		2015	12.56 ± 2.57	15.36 ± 5.70	29.43 ± 6.58	33.74 ± 6.88	33.97 ± 15.04	10.33 ± 1.10	129.58 ± 18.36	15.86 ± 5.91
		2016	12.64 ± 2.58	15.79 ± 5.70	29.23 ± 6.47	34.38 ± 6.74	33.93 ± 15.24	10.31 ± 1.01	131.02 ± 18.36	15.75 ± 6.05
		2017	12.65 ± 2.60	16.09 ± 5.72	29.38 ± 6.65	33.98 ± 6.93	34.29 ± 15.11	10.31 ± 1.02	130.26 ± 18.53	15.76 ± 6.09
		2018	12.66 ± 2.76	16.05 ± 5.99	29.40 ± 6.97	34.57 ± 7.49	35.14 ± 16.29	10.30 ± 1.20	130.95 ± 19.79	15.57 ± 6.25
		2019	12.60 ± 2.79	16.10 ± 5.97	29.46 ± 7.22	34.33 ± 7.39	34.58 ± 16.15	10.31 ± 1.14	130.56 ± 19.74	15.29 ± 6.2
		2020	12.82 ± 3.10	15.28 ± 5.91	30.04 ± 7.35	34.84 ± 7.87	33.06 ± 16.75	10.39 ± 1.26	132.42 ± 20.94	14.64 ± 6.32
		2021	12.35 ± 2.88	15.06 ± 5.69	29.54 ± 7.54	33.25 ± 7.44	32.70 ± 15.91	10.37 ± 1.22	130.65 ± 20.33	14.32 ± 5.88
		2022	12.33 ± 2.79	15.37 ± 5.98	29.79 ± 7.56	33.19 ± 7.64	31.19 ± 15.48	10.43 ± 1.30	130.59 ± 20.55	14.08 ± 5.95
	4	1990	・・・	・・・	・・・	・・・	・・・	9.59 ± 0.88	150.58 ± 18.64	23.92 ± 6.44
		1995	・・・	・・・	・・・	・・・	・・・	9.68 ± 0.91	150.49 ± 18.03	22.32 ± 6.06
		2000	15.42 ± 3.46	15.87 ± 5.11	30.77 ± 6.47	36.30 ± 6.31	38.86 ± 15.78	10.05 ± 0.96	142.85 ± 18.55	21.53 ± 6.38
		2005	14.86 ± 3.11	16.64 ± 5.53	30.53 ± 6.52	36.95 ± 6.82	37.55 ± 16.46	9.99 ± 0.99	141.32 ± 19.20	21.19 ± 6.78
		2010	14.51 ± 3.00	17.20 ± 5.55	30.45 ± 6.65	37.92 ± 6.82	41.27 ± 17.19	9.91 ± 1.03	139.87 ± 18.69	21.41 ± 7.12
		2011	14.48 ± 3.01	16.83 ± 5.34	30.45 ± 6.58	37.75 ± 6.82	39.41 ± 16.77	9.96 ± 0.98	139.34 ± 18.93	20.17 ± 7.04
		2012	14.47 ± 3.00	17.17 ± 5.62	30.60 ± 6.73	37.27 ± 7.01	40.18 ± 16.72	9.93 ± 1.02	139.13 ± 18.95	19.99 ± 7.11
		2013	14.31 ± 2.97	17.29 ± 5.82	30.62 ± 6.66	38.08 ± 6.89	41.19 ± 17.33	9.95 ± 1.01	138.41 ± 19.37	19.62 ± 7.00
		2014	14.44 ± 3.02	17.21 ± 5.79	30.66 ± 6.67	37.96 ± 7.07	40.85 ± 17.21	9.92 ± 0.99	139.02 ± 19.35	19.51 ± 6.96
		2015	14.27 ± 2.95	17.27 ± 5.79	31.08 ± 6.59	37.42 ± 7.18	40.98 ± 17.39	9.91 ± 1.04	137.15 ± 19.68	19.32 ± 6.97
		2016	14.31 ± 2.93	17.59 ± 5.83	30.96 ± 6.72	38.17 ± 6.94	42.25 ± 17.60	9.88 ± 1.00	138.38 ± 19.16	19.62 ± 7.09
		2017	14.39 ± 2.95	17.84 ± 5.75	31.20 ± 6.88	38.14 ± 7.16	42.06 ± 17.88	9.84 ± 0.96	139.81 ± 19.24	19.48 ± 7.24
		2018	14.44 ± 3.17	17.90 ± 6.06	31.28 ± 7.39	38.72 ± 7.63	42.79 ± 18.80	9.86 ± 1.10	139.42 ± 20.84	19.19 ± 7.34
		2019	14.35 ± 3.17	17.91 ± 6.00	30.79 ± 7.50	38.33 ± 7.88	41.23 ± 18.49	9.88 ± 1.20	139.21 ± 20.82	18.76 ± 7.37
		2020	14.93 ± 3.36	17.31 ± 6.10	31.57 ± 7.71	38.51 ± 8.02	39.32 ± 18.38	9.99 ± 1.12	142.04 ± 20.92	19.03 ± 7.37
		2021	14.13 ± 3.22	16.55 ± 5.83	31.18 ± 7.57	36.69 ± 7.85	37.75 ± 17.96	9.95 ± 1.17	138.57 ± 21.41	17.54 ± 7.08
		2022	14.11 ± 3.22	16.9 ± 5.93	31.68 ± 8.03	36.79 ± 7.70	36.99 ± 17.91	10.00 ± 1.24	138.05 ± 22.09	17.39 ± 7.18
	5	1990	18.40 ± 4.72	・・・	・・・	・・・	・・・	9.29 ± 0.83	・・・	28.13 ± 6.89
		1995	18.57 ± 4.49	・・・	・・・	・・・	・・・	9.39 ± 0.82	・・・	26.53 ± 6.81
		2000	17.93 ± 4.01	18.09 ± 5.09	33.34 ± 7.07	39.73 ± 6.48	44.47 ± 17.19	9.67 ± 0.92	152.43 ± 19.35	25.78 ± 7.07
		2005	17.50 ± 3.80	18.43 ± 5.43	32.00 ± 6.93	40.76 ± 6.84	44.77 ± 18.01	9.62 ± 1.01	149.73 ± 20.44	25.17 ± 7.68
		2010	16.86 ± 3.58	19.06 ± 5.57	32.52 ± 7.14	41.46 ± 7.15	48.79 ± 18.85	9.54 ± 0.98	149.14 ± 20.26	25.45 ± 8.11
		2011	16.59 ± 3.55	18.99 ± 5.56	32.22 ± 6.98	41.20 ± 6.93	46.92 ± 18.51	9.58 ± 1.00	149.19 ± 20.12	24.45 ± 7.94
		2012	16.51 ± 3.48	19.06 ± 5.61	32.67 ± 7.03	41.10 ± 6.86	47.24 ± 18.93	9.55 ± 1.02	147.52 ± 20.15	24.01 ± 8.22
		2013	16.48 ± 3.46	19.40 ± 5.65	32.72 ± 7.04	41.60 ± 6.95	48.81 ± 19.10	9.55 ± 0.96	147.96 ± 20.13	23.55 ± 8.04
		2014	16.51 ± 3.53	19.35 ± 5.76	32.87 ± 7.25	41.57 ± 7.14	48.48 ± 19.13	9.53 ± 0.98	147.89 ± 20.77	23.29 ± 7.94
		2015	16.44 ± 3.48	18.98 ± 5.74	33.30 ± 7.22	41.16 ± 6.95	48.05 ± 19.03	9.54 ± 1.00	147.43 ± 20.28	23.07 ± 7.89
		2016	16.38 ± 3.48	19.33 ± 5.74	33.18 ± 7.30	41.79 ± 7.13	49.33 ± 19.89	9.52 ± 0.99	147.38 ± 20.68	22.86 ± 8.00
		2017	16.54 ± 3.50	19.70 ± 5.79	33.42 ± 7.14	41.96 ± 7.28	49.58 ± 19.48	9.45 ± 0.92	148.70 ± 20.67	23.18 ± 8.15
		2018	16.57 ± 3.75	19.64 ± 6.06	33.34 ± 7.90	42.32 ± 7.69	49.87 ± 20.80	9.50 ± 1.14	148.89 ± 22.14	22.83 ± 8.48
		2019	16.43 ± 3.69	19.63 ± 6.13	33.35 ± 7.80	42.08 ± 7.63	48.17 ± 20.46	9.53 ± 1.08	148.04 ± 22.22	22.39 ± 8.41
		2020	16.98 ± 4.08	18.41 ± 5.95	33.45 ± 7.93	41.67 ± 7.57	44.47 ± 20.11	9.58 ± 1.07	150.88 ± 22.45	21.61 ± 8.58
		2021	16.29 ± 3.81	18.64 ± 5.86	33.21 ± 8.29	40.67 ± 7.78	44.68 ± 19.76	9.59 ± 1.21	148.26 ± 22.80	21.19 ± 8.33
		2022	16.20 ± 3.89	18.52 ± 6.01	33.78 ± 8.56	40.62 ± 8.03	43.03 ± 20.10	9.65 ± 1.15	147.23 ± 23.21	20.53 ± 8.30
	6	1990	22.13 ± 5.81	・・・	・・・	・・・	・・・	8.90 ± 0.87	・・・	32.47 ± 8.06
		1995	22.25 ± 5.15	・・・	・・・	・・・	・・・	9.01 ± 0.83	・・・	31.00 ± 7.87
		2000	21.95 ± 5.18	20.00 ± 4.55	35.43 ± 7.32	42.90 ± 6.44	52.29 ± 18.69	9.21 ± 0.89	165.01 ± 21.27	30.24 ± 8.18
		2005	20.93 ± 4.94	20.56 ± 5.35	34.53 ± 7.35	43.93 ± 6.94	53.07 ± 19.85	9.20 ± 1.01	161.47 ± 22.60	29.57 ± 9.04
		2010	19.92 ± 4.58	21.39 ± 5.46	34.77 ± 7.50	44.97 ± 6.84	57.14 ± 20.22	9.09 ± 0.97	160.54 ± 21.66	29.73 ± 9.38
		2011	19.92 ± 5.02	20.68 ± 5.39	34.47 ± 7.57	44.42 ± 6.71	54.12 ± 19.83	9.18 ± 0.97	159.59 ± 22.36	29.01 ± 9.15
		2012	19.67 ± 4.54	21.53 ± 5.48	34.90 ± 7.52	44.87 ± 7.01	56.26 ± 20.43	9.12 ± 0.97	159.81 ± 21.57	28.49 ± 9.39
		2013	19.53 ± 4.54	21.30 ± 5.57	35.21 ± 7.42	45.12 ± 6.99	56.69 ± 20.84	9.15 ± 0.97	160.01 ± 22.93	27.74 ± 9.39
		2014	19.61 ± 4.48	21.50 ± 5.57	35.35 ± 7.59	45.27 ± 7.07	57.18 ± 20.78	9.11 ± 1.01	159.58 ± 22.07	27.36 ± 9.17
		2015	19.39 ± 4.52	21.32 ± 5.62	35.54 ± 7.59	45.22 ± 7.01	56.74 ± 20.97	9.11 ± 0.98	160.00 ± 23.06	26.75 ± 9.19
		2016	19.46 ± 4.57	21.35 ± 5.77	35.64 ± 7.82	45.42 ± 7.04	56.98 ± 21.36	9.07 ± 0.93	159.82 ± 22.17	26.73 ± 9.17
		2017	19.41 ± 4.53	21.50 ± 5.67	35.40 ± 7.68	45.22 ± 7.15	56.95 ± 21.32	9.07 ± 0.89	158.82 ± 22.20	26.60 ± 9.37
		2018	19.47 ± 4.77	21.64 ± 5.91	35.54 ± 8.33	45.77 ± 9.14	57.97 ± 22.24	9.07 ± 1.11	160.63 ± 23.74	26.65 ± 9.72
		2019	19.38 ± 4.75	21.36 ± 5.95	35.43 ± 8.39	45.36 ± 7.67	55.55 ± 22.08	9.12 ± 1.08	159.30 ± 23.99	26.09 ± 9.70
		2020	20.66 ± 5.20	20.97 ± 5.75	36.72 ± 8.66	45.13 ± 7.52	50.95 ± 21.64	9.18 ± 1.10	162.95 ± 24.49	25.43 ± 9.95
		2021	19.22 ± 4.87	20.45 ± 5.94	35.49 ± 8.59	43.78 ± 7.94	52.37 ± 22.02	9.10 ± 1.06	159.59 ± 24.63	24.62 ± 9.68
		2022	19.53 ± 5.00	20.56 ± 5.92	35.79 ± 8.77	43.98 ± 7.99	50.72 ± 22.04	9.21 ± 1.12	159.16 ± 25.88	24.34 ± 9.80

表5-2. 宮城県小学生の平均値・標準偏差の年次推移 （女子）

性別	学年	年度	握力 M±SD kg	上体起こし M±SD 回	長座体前屈 M±SD cm	反復横とび M±SD 点	20mシャトルラン M±SD 折り返し数	50m走 M±SD 秒	立ち幅とび M±SD cm	ソフトボール投げ M±SD m
女子	1	1990	・・・	・・・	・・・	・・・	・・・	11.46 ± 1.01	111.70 ± 22.42	6.75 ± 2.08
		1995	・・・	・・・	・・・	・・・	・・・	11.59 ± 1.00	111.14 ± 16.17	6.67 ± 2.05
		2000	8.97 ± 2.58	10.59 ± 4.48	27.59 ± 6.06	24.93 ± 4.45	14.05 ± 5.84	11.90 ± 1.03	105.23 ± 15.93	6.44 ± 2.07
		2005	8.87 ± 2.09	10.58 ± 4.66	27.91 ± 6.12	25.20 ± 4.14	13.10 ± 5.32	11.95 ± 1.11	104.08 ± 16.20	6.25 ± 2.00
		2010	8.84 ± 1.92	10.63 ± 4.77	28.16 ± 6.13	25.35 ± 4.01	14.04 ± 5.87	12.03 ± 1.23	102.88 ± 15.52	6.03 ± 1.96
		2011	8.58 ± 1.95	10.59 ± 4.94	27.58 ± 5.99	25.35 ± 4.08	13.90 ± 5.65	12.03 ± 1.17	102.24 ± 15.49	6.00 ± 1.91
		2012	8.90 ± 1.87	10.75 ± 4.89	27.92 ± 6.08	25.35 ± 4.32	13.66 ± 5.50	12.02 ± 1.16	102.67 ± 15.66	5.80 ± 1.86
		2013	8.74 ± 1.85	10.33 ± 4.91	27.90 ± 6.08	25.57 ± 3.95	14.32 ± 5.73	12.07 ± 1.17	102.05 ± 15.56	5.71 ± 1.83
		2014	8.74 ± 1.90	10.44 ± 4.91	28.29 ± 6.26	25.81 ± 4.04	14.28 ± 5.87	12.03 ± 1.24	103.45 ± 15.73	5.73 ± 1.90
		2015	8.70 ± 1.88	10.58 ± 4.75	28.33 ± 6.21	25.45 ± 3.87	14.60 ± 6.00	12.01 ± 1.16	102.23 ± 15.57	5.75 ± 1.95
		2016	8.83 ± 1.86	10.86 ± 4.93	27.93 ± 6.34	25.90 ± 4.12	15.25 ± 6.31	12.01 ± 1.17	103.26 ± 15.36	5.78 ± 1.92
		2017	8.70 ± 1.89	10.74 ± 4.99	27.75 ± 6.17	25.66 ± 3.92	14.86 ± 6.29	12.05 ± 1.18	102.10 ± 15.27	5.67 ± 1.89
		2018	8.80 ± 2.10	10.88 ± 5.05	28.32 ± 6.74	26.00 ± 4.57	14.27 ± 6.99	12.04 ± 1.38	102.77 ± 16.67	5.62 ± 1.98
		2019	8.70 ± 2.03	10.83 ± 5.08	28.24 ± 6.91	25.70 ± 4.61	14.92 ± 6.94	12.06 ± 1.42	102.27 ± 16.66	5.52 ± 1.91
		2020	9.05 ± 2.19	11.65 ± 5.22	28.54 ± 6.72	27.12 ± 5.30	16.94 ± 7.78	11.89 ± 1.27	108.05 ± 18.48	5.84 ± 2.00
		2021	8.50 ± 2.07	10.66 ± 4.88	28.77 ± 7.16	25.61 ± 4.59	15.26 ± 7.13	12.05 ± 1.36	103.93 ± 17.25	5.52 ± 1.99
		2022	8.63 ± 2.01	11.26 ± 5.00	28.96 ± 7.06	25.95 ± 4.89	15.09 ± 6.93	12.07 ± 1.45	103.96 ± 17.33	5.45 ± 1.92
	2	1990	・・・	・・・	・・・	・・・	・・・	10.74 ± 0.91	125.69 ± 17.91	8.78 ± 2.75
		1995	・・・	・・・	・・・	・・・	・・・	10.89 ± 0.90	122.20 ± 16.76	8.39 ± 2.55
		2000	10.59 ± 2.63	12.43 ± 4.42	29.61 ± 6.20	28.08 ± 5.28	20.16 ± 8.33	11.23 ± 0.95	116.73 ± 16.50	8.27 ± 2.57
		2005	10.31 ± 2.21	12.53 ± 4.55	29.25 ± 6.26	28.14 ± 4.72	18.65 ± 7.81	11.21 ± 1.06	113.40 ± 16.14	8.17 ± 2.54
		2010	10.32 ± 2.18	12.82 ± 4.93	29.76 ± 6.54	28.99 ± 4.91	19.15 ± 7.89	11.22 ± 1.05	112.07 ± 15.90	7.74 ± 2.51
		2011	10.29 ± 2.11	12.66 ± 4.82	29.81 ± 6.33	28.96 ± 4.90	19.74 ± 8.08	11.19 ± 1.03	112.08 ± 16.21	7.82 ± 2.42
		2012	10.42 ± 2.28	13.16 ± 4.90	29.71 ± 6.23	28.62 ± 4.72	19.32 ± 7.75	11.16 ± 0.97	112.95 ± 16.09	7.52 ± 2.41
		2013	10.28 ± 2.08	12.97 ± 4.86	29.94 ± 6.33	29.18 ± 4.83	20.12 ± 8.23	11.18 ± 0.99	112.98 ± 15.78	7.54 ± 2.39
		2014	10.28 ± 2.07	12.85 ± 5.03	29.86 ± 6.30	29.28 ± 4.90	20.26 ± 8.28	11.26 ± 1.03	112.60 ± 16.00	7.47 ± 2.40
		2015	10.24 ± 2.12	12.92 ± 4.99	30.53 ± 6.45	29.06 ± 4.82	20.67 ± 8.41	11.18 ± 1.03	112.56 ± 16.05	7.52 ± 2.43
		2016	10.31 ± 2.11	13.21 ± 5.09	30.10 ± 6.44	29.67 ± 5.09	21.08 ± 8.75	11.13 ± 1.01	113.07 ± 16.33	7.63 ± 2.48
		2017	10.23 ± 2.08	13.44 ± 5.00	30.29 ± 6.56	29.42 ± 4.89	21.11 ± 8.61	11.14 ± 0.98	113.26 ± 15.60	7.55 ± 2.47
		2018	10.31 ± 2.28	13.40 ± 5.31	30.19 ± 6.97	29.80 ± 5.63	21.63 ± 9.70	11.17 ± 1.17	112.94 ± 17.32	7.44 ± 2.60
		2019	10.33 ± 2.26	13.41 ± 5.26	29.85 ± 6.87	29.40 ± 5.62	21.33 ± 9.47	11.18 ± 1.19	113.24 ± 17.47	7.37 ± 2.54
		2020	10.37 ± 2.44	12.90 ± 5.26	30.72 ± 7.11	30.68 ± 6.21	22.02 ± 9.75	11.23 ± 1.16	116.35 ± 17.74	7.55 ± 2.60
		2021	10.13 ± 2.34	12.72 ± 5.10	30.22 ± 7.16	28.99 ± 5.71	21.19 ± 9.65	11.17 ± 1.18	114.07 ± 17.82	7.24 ± 2.49
		2022	10.02 ± 2.32	13.13 ± 5.00	30.35 ± 7.03	29.22 ± 5.66	20.38 ± 9.30	11.30 ± 1.24	113.73 ± 18.17	7.18 ± 2.58
	3	1990	・・・	・・・	・・・	・・・	・・・	10.25 ± 0.83	135.96 ± 17.78	10.98 ± 3.29
		1995	・・・	・・・	・・・	・・・	・・・	10.42 ± 0.85	133.07 ± 16.66	10.64 ± 3.19
		2000	12.22 ± 2.94	13.39 ± 4.56	31.29 ± 6.32	31.19 ± 5.34	25.17 ± 10.61	10.70 ± 0.86	125.02 ± 16.19	10.20 ± 3.04
		2005	12.17 ± 2.64	13.96 ± 4.87	31.14 ± 6.49	31.77 ± 5.38	24.07 ± 10.16	10.67 ± 0.95	123.97 ± 17.53	10.47 ± 3.35
		2010	12.06 ± 2.53	14.55 ± 5.24	31.80 ± 6.60	32.60 ± 5.96	25.33 ± 10.34	10.64 ± 1.01	122.12 ± 16.69	10.03 ± 3.30
		2011	11.93 ± 3.03	14.35 ± 4.78	31.99 ± 6.55	32.07 ± 5.81	24.81 ± 10.14	10.68 ± 0.97	121.74 ± 16.70	9.74 ± 3.14
		2012	12.09 ± 2.40	14.88 ± 4.94	32.01 ± 6.55	31.68 ± 5.90	24.88 ± 10.01	10.59 ± 0.91	122.19 ± 16.34	9.60 ± 3.03
		2013	11.89 ± 2.37	14.7 ± 5.02	31.80 ± 6.48	32.28 ± 5.69	25.80 ± 10.48	10.60 ± 0.90	122.60 ± 16.79	9.55 ± 3.08
		2014	11.93 ± 2.42	14.68 ± 5.10	32.33 ± 6.54	32.56 ± 5.95	25.22 ± 10.37	10.63 ± 0.97	123.14 ± 16.95	9.52 ± 3.07
		2015	11.85 ± 2.44	14.74 ± 5.15	32.48 ± 6.56	32.25 ± 5.92	25.94 ± 10.67	10.60 ± 0.97	121.75 ± 16.95	9.51 ± 3.15
		2016	11.98 ± 2.46	15.11 ± 5.11	32.45 ± 6.42	33.13 ± 6.07	26.28 ± 10.81	10.57 ± 0.96	123.76 ± 16.90	9.68 ± 3.22
		2017	11.95 ± 2.41	15.31 ± 5.31	32.29 ± 6.67	32.82 ± 6.15	26.66 ± 10.95	10.57 ± 0.89	123.17 ± 17.19	9.61 ± 3.18
		2018	12.05 ± 2.64	15.42 ± 5.38	32.40 ± 7.04	33.15 ± 6.84	27.23 ± 12.18	10.58 ± 1.07	123.43 ± 18.54	9.61 ± 3.39
		2019	11.91 ± 2.61	15.34 ± 5.44	32.40 ± 7.23	33.11 ± 6.64	26.71 ± 11.83	10.60 ± 1.15	123.37 ± 18.16	9.37 ± 3.20
		2020	12.23 ± 2.84	14.86 ± 5.20	33.16 ± 7.25	34.66 ± 7.29	27.67 ± 12.68	10.62 ± 1.10	128.65 ± 18.80	9.67 ± 3.40
		2021	11.79 ± 2.68	14.78 ± 5.19	32.67 ± 7.52	32.09 ± 6.76	26.15 ± 11.78	10.61 ± 1.09	123.63 ± 18.54	9.19 ± 3.31
		2022	11.79 ± 2.59	15.06 ± 5.37	32.91 ± 7.63	32.11 ± 6.93	24.97 ± 11.04	10.68 ± 1.13	123.55 ± 19.08	9.15 ± 3.17
	4	1990	・・・	・・・	・・・	・・・	・・・	9.86 ± 0.79	143.49 ± 17.98	13.55 ± 4.08
		1995	・・・	・・・	・・・	・・・	・・・	9.98 ± 0.82	141.89 ± 17.07	13.03 ± 3.81
		2000	14.40 ± 3.31	14.77 ± 4.29	33.14 ± 6.66	34.64 ± 5.73	31.11 ± 12.54	10.22 ± 0.84	134.66 ± 17.42	12.87 ± 3.77
		2005	14.14 ± 3.07	15.73 ± 4.73	33.55 ± 6.81	35.34 ± 6.01	30.13 ± 11.92	10.19 ± 0.92	133.64 ± 17.88	12.88 ± 4.06
		2010	13.87 ± 2.94	16.24 ± 4.93	33.89 ± 6.91	36.13 ± 6.06	31.02 ± 12.81	10.17 ± 0.91	131.46 ± 17.58	12.09 ± 4.00
		2011	13.80 ± 3.26	15.99 ± 4.72	33.88 ± 6.67	35.87 ± 6.11	29.93 ± 11.52	10.20 ± 0.90	131.77 ± 17.51	11.93 ± 3.82
		2012	13.88 ± 2.87	16.30 ± 4.92	34.05 ± 6.85	35.41 ± 6.07	30.39 ± 11.90	10.20 ± 0.88	131.61 ± 17.70	11.59 ± 3.79
		2013	13.79 ± 2.88	16.48 ± 4.95	34.37 ± 6.71	36.40 ± 6.13	31.56 ± 12.45	10.15 ± 0.86	131.73 ± 17.75	11.79 ± 3.78
		2014	13.75 ± 2.83	16.43 ± 5.10	34.27 ± 6.71	36.27 ± 6.19	31.52 ± 12.48	10.17 ± 0.89	131.97 ± 17.63	11.59 ± 3.80
		2015	13.75 ± 2.85	16.60 ± 5.08	34.75 ± 6.82	35.97 ± 6.16	31.80 ± 12.47	10.11 ± 0.88	130.97 ± 18.14	11.67 ± 3.95
		2016	13.75 ± 2.89	16.60 ± 5.09	34.39 ± 6.82	36.50 ± 6.14	32.71 ± 12.81	10.16 ± 0.91	131.28 ± 17.64	11.75 ± 3.96
		2017	13.82 ± 2.92	17.00 ± 5.18	34.82 ± 7.03	36.85 ± 6.24	32.76 ± 13.06	10.09 ± 0.86	133.17 ± 18.04	11.78 ± 3.92
		2018	13.80 ± 3.09	17.11 ± 5.49	34.63 ± 7.54	37.35 ± 6.97	33.85 ± 14.24	10.10 ± 0.98	132.82 ± 19.67	11.64 ± 4.05
		2019	13.90 ± 3.02	17.26 ± 5.36	34.50 ± 7.77	37.16 ± 7.05	32.45 ± 13.98	10.11 ± 1.00	133.01 ± 19.17	11.50 ± 4.07
		2020	14.38 ± 3.24	17.08 ± 5.30	35.22 ± 8.23	37.64 ± 7.17	32.12 ± 14.41	10.19 ± 1.01	136.89 ± 19.29	12.04 ± 4.24
		2021	13.81 ± 3.21	16.31 ± 5.13	34.78 ± 7.70	35.54 ± 7.27	30.97 ± 13.60	10.13 ± 1.07	133.14 ± 20.27	11.17 ± 3.92
		2022	13.76 ± 3.25	16.50 ± 5.52	35.34 ± 8.08	35.67 ± 7.09	29.37 ± 13.06	10.20 ± 1.14	131.91 ± 19.97	11.11 ± 3.95
	5	1990	17.11 ± 4.50	16.60 ± 5.11	・・・	・・・	・・・	9.54 ± 0.77	・・・	16.22 ± 4.80
		1995	17.72 ± 4.06	16.60 ± 5.12	・・・	・・・	・・・	9.61 ± 0.82	・・・	16.13 ± 4.85
		2000	16.82 ± 4.00	15.74 ± 4.31	36.23 ± 7.23	37.18 ± 5.99	35.56 ± 13.19	9.84 ± 0.78	142.97 ± 18.56	14.92 ± 4.40
		2005	16.94 ± 3.74	17.21 ± 4.55	35.53 ± 7.27	38.56 ± 6.12	36.33 ± 13.84	9.78 ± 0.86	142.45 ± 19.37	15.25 ± 4.75
		2010	16.48 ± 3.65	17.74 ± 4.85	36.84 ± 7.35	39.41 ± 6.07	37.84 ± 14.32	9.79 ± 0.88	140.62 ± 19.06	14.53 ± 4.90
		2011	16.42 ± 3.88	17.37 ± 4.60	36.41 ± 7.10	39.04 ± 6.02	36.52 ± 13.43	9.78 ± 0.86	140.83 ± 18.42	14.20 ± 4.70
		2012	16.36 ± 3.59	17.89 ± 4.68	36.77 ± 7.48	39.14 ± 6.04	36.60 ± 13.55	9.76 ± 0.90	140.77 ± 19.19	14.04 ± 4.66
		2013	16.32 ± 3.53	18.02 ± 4.96	36.72 ± 7.22	39.35 ± 6.07	37.29 ± 13.79	9.77 ± 0.83	140.73 ± 18.97	13.77 ± 4.59
		2014	16.30 ± 3.53	18.24 ± 4.87	37.13 ± 7.44	39.75 ± 6.05	38.27 ± 14.13	9.73 ± 0.87	141.56 ± 18.85	14.01 ± 4.50
		2015	16.18 ± 3.50	18.10 ± 5.04	37.47 ± 7.42	39.53 ± 6.08	38.46 ± 14.10	9.74 ± 0.87	141.39 ± 19.07	13.83 ± 4.65
		2016	16.31 ± 3.58	18.48 ± 4.97	37.35 ± 7.53	39.97 ± 9.18	39.14 ± 14.36	9.70 ± 0.85	141.73 ± 19.37	14.08 ± 4.70
		2017	16.27 ± 3.55	18.57 ± 5.09	37.36 ± 7.43	39.98 ± 6.18	39.31 ± 14.59	9.71 ± 0.85	141.90 ± 19.23	13.94 ± 4.73
		2018	16.32 ± 3.71	18.93 ± 5.34	37.67 ± 8.11	40.91 ± 6.60	40.71 ± 15.70	9.69 ± 1.01	143.82 ± 20.67	13.96 ± 4.90
		2019	16.31 ± 3.72	18.7 ± 5.37	37.21 ± 7.98	40.77 ± 6.71	39.42 ± 15.72	9.72 ± 0.94	143.29 ± 20.82	13.79 ± 4.83
		2020	17.14 ± 3.92	18.17 ± 5.27	37.91 ± 8.43	40.52 ± 6.94	38.24 ± 15.40	9.73 ± 0.92	145.09 ± 20.45	14.15 ± 4.74
		2021	16.21 ± 3.80	17.87 ± 5.16	37.46 ± 8.54	39.06 ± 6.96	36.74 ± 15.00	9.74 ± 1.00	142.35 ± 21.12	13.29 ± 4.65
		2022	16.30 ± 3.93	18.03 ± 5.58	38.06 ± 8.77	39.07 ± 7.12	35.65 ± 15.07	9.80 ± 1.05	141.58 ± 21.64	13.02 ± 4.65
	6	1990	20.39 ± 5.15	・・・	・・・	・・・	・・・	9.22 ± 0.74	・・・	18.58 ± 5.50
		1995	20.90 ± 4.65	・・・	・・・	・・・	・・・	9.32 ± 0.74	・・・	17.67 ± 5.33
		2000	20.50 ± 4.73	16.89 ± 4.81	38.66 ± 7.35	39.38 ± 5.96	40.27 ± 14.19	9.46 ± 0.76	152.44 ± 18.94	17.23 ± 4.97
		2005	20.03 ± 4.23	18.24 ± 4.52	38.02 ± 7.59	41.35 ± 5.77	41.65 ± 14.80	9.43 ± 0.79	150.58 ± 20.43	17.55 ± 5.45
		2010	19.55 ± 4.14	19.14 ± 4.66	39.44 ± 7.73	42.06 ± 5.93	42.97 ± 15.31	9.40 ± 0.83	150.33 ± 19.95	16.66 ± 5.59
		2011	19.27 ± 4.04	18.83 ± 4.59	39.04 ± 7.60	41.74 ± 5.74	41.50 ± 14.58	9.51 ± 0.83	149.29 ± 19.62	16.39 ± 5.56
		2012	19.39 ± 4.10	19.25 ± 4.69	39.56 ± 7.80	41.90 ± 5.83	42.09 ± 14.71	9.41 ± 0.81	150.09 ± 19.96	15.93 ± 5.53
		2013	19.32 ± 4.06	19.31 ± 4.77	39.57 ± 7.81	42.28 ± 5.82	42.98 ± 15.08	9.41 ± 0.82	150.49 ± 20.14	15.91 ± 5.41
		2014	19.24 ± 4.05	19.36 ± 4.86	39.91 ± 7.82	42.13 ± 5.91	42.91 ± 15.19	9.40 ± 0.82	149.60 ± 20.46	15.62 ± 5.38
		2015	19.24 ± 4.00	19.60 ± 4.82	40.48 ± 8.06	42.60 ± 5.74	43.85 ± 15.47	9.36 ± 0.83	149.93 ± 20.07	15.83 ± 5.18
		2016	19.25 ± 4.03	19.56 ± 4.95	40.28 ± 7.91	42.85 ± 5.95	44.39 ± 15.90	9.33 ± 0.81	151.13 ± 20.16	15.75 ± 5.38
		2017	19.34 ± 4.10	19.73 ± 4.92	40.18 ± 7.84	42.90 ± 5.89	44.38 ± 15.73	9.33 ± 0.79	150.72 ± 19.93	15.93 ± 5.48
		2018	19.21 ± 4.29	19.80 ± 5.39	40.16 ± 8.47	43.17 ± 8.42	45.19 ± 16.89	9.35 ± 0.93	151.24 ± 22.37	15.87 ± 5.78
		2019	19.18 ± 4.25	19.90 ± 5.26	40.15 ± 8.58	43.40 ± 6.38	44.59 ± 16.68	9.34 ± 0.94	151.51 ± 21.82	15.55 ± 5.57
		2020	19.74 ± 4.29	18.79 ± 5.58	40.32 ± 8.92	43.00 ± 6.45	40.44 ± 17.65	9.49 ± 0.92	154.06 ± 21.88	15.72 ± 5.67
		2021	18.94 ± 4.29	18.76 ± 5.09	39.92 ± 8.94	41.35 ± 6.88	40.88 ± 16.36	9.39 ± 0.98	149.72 ± 22.35	14.99 ± 5.43
		2022	19.09 ± 4.33	18.70 ± 5.29	40.34 ± 9.06	41.35 ± 6.57	39.10 ± 15.99	9.49 ± 1.01	148.36 ± 22.95	14.68 ± 5.42

表5-3. 宮城県中学生の平均値・標準偏差の年次推移

性別	学年	年度	握力 M±SD kg	上体起こし M±SD 回	長座体前屈 M±SD cm	反復横とび M±SD 点	20mシャトルラン M±SD 折り返し数	持久走 M±SD 秒	50m走 M±SD 秒	立ち幅とび M±SD cm	ハンドボール投げ M±SD m
男子	1	1990	26.41 ± 7.06	・・・	・・・	・・・	・・・	416.79 ± 55.08	8.56 ± 0.83	・・・	18.89 ± 4.13
		1995	26.45 ± 6.55	・・・	・・・	・・・	・・・	425.91 ± 59.50	8.66 ± 0.91	・・・	18.57 ± 4.17
		2000	25.49 ± 6.43	21.66 ± 5.29	38.26 ± 8.61	44.61 ± 7.12	60.32 ± 20.62	452.72 ± 75.69	8.79 ± 0.93	178.23 ± 24.77	18.39 ± 5.58
		2005	25.13 ± 6.21	23.10 ± 5.45	37.93 ± 8.52	46.38 ± 7.06	61.50 ± 21.89	446.61 ± 71.70	8.78 ± 0.94	177.21 ± 25.22	18.31 ± 4.52
		2010	24.23 ± 5.97	23.41 ± 5.55	38.19 ± 8.52	47.91 ± 6.76	67.15 ± 22.47	448.14 ± 77.23	8.72 ± 0.94	175.88 ± 24.56	17.99 ± 4.63
		2011	24.71 ± 6.15	22.97 ± 5.22	38.49 ± 8.65	47.27 ± 6.75	66.33 ± 21.47	448.50 ± 81.70	8.72 ± 1.02	176.27 ± 25.16	18.09 ± 4.73
		2012	24.06 ± 6.05	23.50 ± 5.53	38.72 ± 8.80	47.60 ± 6.83	66.02 ± 22.09	450.47 ± 80.82	8.72 ± 1.00	175.25 ± 25.21	17.75 ± 4.80
		2013	23.73 ± 5.97	23.76 ± 5.64	38.91 ± 8.95	48.12 ± 7.16	66.47 ± 22.35	452.18 ± 77.35	8.72 ± 1.00	175.62 ± 25.34	17.67 ± 4.78
		2014	23.51 ± 6.03	23.78 ± 5.60	38.97 ± 8.81	48.12 ± 7.02	66.85 ± 22.40	447.81 ± 75.05	8.69 ± 0.98	175.56 ± 25.76	17.24 ± 4.83
		2015	23.87 ± 5.97	23.74 ± 5.65	39.73 ± 8.88	48.51 ± 7.02	67.68 ± 22.03	443.51 ± 75.03	8.65 ± 0.97	177.26 ± 25.06	17.24 ± 4.84
		2016	23.55 ± 6.02	23.19 ± 5.78	38.45 ± 9.10	48.57 ± 6.97	66.95 ± 22.83	449.57 ± 80.84	8.71 ± 1.00	175.50 ± 25.57	17.04 ± 4.88
		2017	23.71 ± 6.08	23.50 ± 5.72	39.06 ± 9.24	48.75 ± 6.93	67.29 ± 22.88	445.39 ± 76.82	8.64 ± 0.91	176.01 ± 25.78	17.01 ± 4.89
		2018	23.73 ± 6.23	23.48 ± 5.97	39.49 ± 9.77	48.71 ± 7.56	67.03 ± 23.90	442.73 ± 82.70	8.68 ± 1.04	176.77 ± 26.80	17.06 ± 5.02
		2019	23.44 ± 6.24	23.52 ± 5.99	39.78 ± 9.70	48.84 ± 7.44	66.23 ± 23.81	454.92 ± 87.10	8.69 ± 1.13	177.52 ± 26.91	16.95 ± 5.17
		2020	24.66 ± 6.50	23.08 ± 5.94	40.86 ± 10.02	48.64 ± 7.66	61.27 ± 24.15	456.59 ± 75.05	8.76 ± 1.08	180.08 ± 27.98	17.05 ± 5.26
		2021	23.90 ± 6.35	22.68 ± 6.05	40.18 ± 10.42	47.64 ± 7.83	63.10 ± 24.23	441.58 ± 81.56	8.69 ± 1.10	179.09 ± 27.90	16.76 ± 5.23
		2022	23.99 ± 6.42	22.61 ± 5.90	40.54 ± 10.38	47.99 ± 8.03	61.32 ± 24.29	457.55 ± 95.04	8.70 ± 1.11	179.56 ± 28.87	16.73 ± 5.32
	2	1990	32.40 ± 7.51	・・・	・・・	・・・	・・・	394.46 ± 53.34	8.09 ± 0.76	・・・	21.25 ± 4.63
		1995	31.95 ± 7.16	・・・	・・・	・・・	・・・	400.50 ± 56.69	8.16 ± 0.85	・・・	21.57 ± 4.82
		2000	31.40 ± 6.89	25.31 ± 5.42	41.88 ± 8.81	48.14 ± 7.11	74.06 ± 22.12	411.00 ± 66.23	8.18 ± 0.82	194.94 ± 25.21	20.89 ± 4.70
		2005	31.06 ± 6.94	26.67 ± 5.39	43.16 ± 9.32	50.18 ± 6.93	79.07 ± 23.63	407.69 ± 64.85	8.15 ± 0.83	194.78 ± 25.04	21.10 ± 4.96
		2010	30.18 ± 6.93	27.11 ± 5.49	42.88 ± 9.44	51.40 ± 7.50	83.32 ± 22.87	405.18 ± 67.96	8.08 ± 0.83	194.25 ± 25.63	20.79 ± 4.99
		2011	30.32 ± 6.85	26.48 ± 5.49	42.18 ± 9.30	51.37 ± 6.95	81.21 ± 22.73	408.18 ± 65.24	8.11 ± 0.83	192.98 ± 25.41	20.69 ± 5.13
		2012	29.74 ± 6.88	27.54 ± 5.50	43.35 ± 9.54	51.40 ± 6.82	83.69 ± 22.82	400.29 ± 65.87	8.06 ± 0.85	193.24 ± 25.73	20.51 ± 5.07
		2013	29.40 ± 6.82	27.80 ± 5.75	43.50 ± 9.50	51.37 ± 7.29	82.68 ± 22.94	408.95 ± 67.33	8.03 ± 1.07	192.89 ± 26.65	20.50 ± 5.26
		2014	29.15 ± 6.79	27.75 ± 5.58	43.55 ± 9.58	51.60 ± 7.36	84.07 ± 23.33	399.38 ± 65.36	8.05 ± 0.84	193.53 ± 25.92	20.24 ± 5.18
		2015	28.98 ± 6.75	27.48 ± 5.72	43.27 ± 9.52	51.58 ± 7.21	83.05 ± 23.24	399.59 ± 67.23	8.04 ± 0.84	192.69 ± 26.36	19.86 ± 5.21
		2016	29.09 ± 6.83	27.32 ± 5.78	43.56 ± 9.90	52.04 ± 7.29	83.80 ± 23.54	398.94 ± 64.67	8.02 ± 0.82	194.16 ± 26.67	19.84 ± 5.32
		2017	29.19 ± 6.80	27.52 ± 5.84	43.45 ± 9.76	52.08 ± 7.39	83.48 ± 23.50	402.65 ± 64.02	8.01 ± 0.79	193.46 ± 26.61	19.72 ± 5.34
		2018	29.25 ± 7.06	27.34 ± 5.89	43.46 ± 10.64	52.55 ± 7.36	83.49 ± 24.40	403.75 ± 77.83	8.01 ± 0.86	195.43 ± 27.39	19.68 ± 5.49
		2019	28.95 ± 7.05	26.93 ± 5.94	44.01 ± 10.73	52.02 ± 7.80	81.50 ± 24.49	408.93 ± 69.97	8.05 ± 0.87	194.93 ± 27.66	19.69 ± 5.64
		2020	29.86 ± 7.34	26.17 ± 6.00	45.44 ± 10.4	52.56 ± 7.91	76.22 ± 25.02	426.84 ± 70.83	8.06 ± 0.94	199.24 ± 28.44	20.12 ± 5.77
		2021	29.26 ± 7.12	26.30 ± 6.02	44.40 ± 10.69	51.65 ± 7.81	78.48 ± 24.96	419.82 ± 68.75	8.05 ± 0.92	196.31 ± 28.53	19.71 ± 5.84
		2022	29.50 ± 7.24	26.17 ± 6.28	45.02 ± 11.12	51.26 ± 8.41	75.28 ± 25.33	422.03 ± 81.69	8.08 ± 0.93	196.08 ± 29.51	19.70 ± 6.00
	3	1990	38.06 ± 7.61	・・・	・・・	・・・	・・・	385.98 ± 54.87	7.80 ± 0.72	・・・	23.58 ± 4.98
		1995	37.51 ± 7.21	・・・	・・・	・・・	・・・	391.02 ± 57.40	7.79 ± 0.78	・・・	23.58 ± 4.95
		2000	36.51 ± 6.87	26.68 ± 5.45	45.04 ± 9.47	50.51 ± 7.25	80.55 ± 23.46	394.91 ± 63.31	7.79 ± 0.71	208.02 ± 25.35	23.34 ± 5.03
		2005	35.97 ± 7.00	28.70 ± 5.62	46.11 ± 9.68	52.51 ± 6.94	85.58 ± 23.86	395.66 ± 61.34	7.78 ± 0.77	207.08 ± 25.24	23.16 ± 5.24
		2010	34.95 ± 7.01	29.44 ± 5.67	46.57 ± 9.74	54.29 ± 7.17	90.33 ± 23.55	392.08 ± 64.67	7.67 ± 0.73	208.22 ± 25.19	23.02 ± 5.27
		2011	35.50 ± 6.91	28.57 ± 5.57	45.62 ± 9.68	53.69 ± 6.77	86.79 ± 22.60	390.53 ± 61.69	7.74 ± 0.80	208.29 ± 25.09	23.06 ± 5.18
		2012	34.89 ± 6.87	29.72 ± 5.65	46.81 ± 9.78	54.52 ± 7.08	90.62 ± 23.69	385.95 ± 56.77	7.65 ± 0.74	208.22 ± 25.33	23.02 ± 5.40
		2013	34.33 ± 7.01	29.98 ± 5.75	46.82 ± 9.83	54.13 ± 7.13	89.70 ± 23.05	385.27 ± 56.35	7.63 ± 0.75	206.74 ± 25.75	22.80 ± 5.41
		2014	34.02 ± 6.96	29.99 ± 5.89	46.85 ± 10.08	54.20 ± 7.51	90.92 ± 23.78	385.00 ± 62.19	7.63 ± 0.75	207.68 ± 25.99	22.73 ± 5.67
		2015	34.04 ± 6.91	29.90 ± 5.75	47.12 ± 10.19	54.65 ± 7.35	90.70 ± 23.55	384.66 ± 58.45	7.62 ± 0.76	207.02 ± 25.84	22.44 ± 5.50
		2016	33.73 ± 6.91	29.66 ± 5.78	46.72 ± 9.96	54.60 ± 7.30	90.36 ± 24.32	389.49 ± 67.12	7.63 ± 0.73	207.30 ± 26.65	22.03 ± 5.55
		2017	34.01 ± 7.03	29.68 ± 5.89	47.73 ± 10.41	54.82 ± 7.34	90.45 ± 23.92	382.92 ± 57.18	7.61 ± 0.69	208.54 ± 26.27	22.24 ± 5.71
		2018	33.90 ± 7.30	29.79 ± 6.19	47.31 ± 11.17	54.70 ± 7.83	89.97 ± 25.05	394.81 ± 77.01	7.63 ± 0.81	207.75 ± 27.51	22.18 ± 5.95
		2019	33.78 ± 7.28	29.41 ± 5.96	47.49 ± 11.23	54.90 ± 7.93	88.28 ± 24.87	401.01 ± 72.61	7.62 ± 0.80	207.86 ± 27.60	22.11 ± 6.02
		2020	34.37 ± 7.53	28.28 ± 6.33	48.99 ± 11.86	54.79 ± 8.09	81.85 ± 25.18	424.40 ± 94.42	7.75 ± 0.93	212.13 ± 28.73	22.37 ± 6.27
		2021	33.77 ± 7.41	28.54 ± 6.14	48.32 ± 11.13	54.51 ± 8.04	85.67 ± 25.04	398.52 ± 71.25	7.62 ± 0.80	210.18 ± 28.56	22.32 ± 6.22
		2022	34.03 ± 7.41	28.46 ± 6.15	48.46 ± 11.32	54.50 ± 8.10	83.63 ± 25.38	408.54 ± 71.95	7.66 ± 0.84	209.91 ± 28.43	22.23 ± 6.30
女子	1	1990	22.47 ± 5.37	・・・	・・・	・・・	・・・	287.17 ± 33.97	9.07 ± 0.80	・・・	13.11 ± 3.70
		1995	22.49 ± 4.63	・・・	・・・	・・・	・・・	296.57 ± 34.87	9.14 ± 0.83	・・・	12.54 ± 3.60
		2000	21.79 ± 4.46	16.97 ± 4.62	40.31 ± 8.29	39.58 ± 6.62	42.56 ± 14.64	312.19 ± 43.87	9.35 ± 0.81	156.14 ± 22.38	11.76 ± 3.12
		2005	21.93 ± 4.27	19.17 ± 4.69	40.89 ± 8.89	41.63 ± 6.02	44.89 ± 15.61	311.16 ± 44.09	9.28 ± 0.84	157.32 ± 21.83	11.97 ± 3.40
		2010	21.68 ± 4.25	20.07 ± 4.82	41.49 ± 8.48	43.93 ± 5.57	47.81 ± 16.13	310.25 ± 40.65	9.22 ± 0.79	158.90 ± 20.64	11.58 ± 3.45
		2011	22.00 ± 4.22	19.67 ± 4.82	42.11 ± 8.60	43.43 ± 5.93	48.45 ± 16.02	313.26 ± 41.45	9.25 ± 0.94	158.88 ± 21.64	11.45 ± 3.41
		2012	21.62 ± 4.19	20.04 ± 4.84	42.17 ± 8.62	43.49 ± 5.58	46.97 ± 16.52	313.11 ± 44.05	9.24 ± 0.82	158.21 ± 21.54	11.20 ± 3.44
		2013	21.34 ± 4.28	20.14 ± 4.92	42.18 ± 8.81	43.79 ± 5.64	47.23 ± 16.31	315.99 ± 42.32	9.24 ± 0.84	158.69 ± 21.49	10.85 ± 3.37
		2014	21.27 ± 4.26	20.28 ± 4.94	42.14 ± 8.68	44.10 ± 5.79	48.33 ± 16.40	311.88 ± 43.66	9.21 ± 0.82	159.54 ± 21.80	10.77 ± 3.45
		2015	21.35 ± 4.20	20.20 ± 4.99	42.55 ± 8.79	44.17 ± 5.87	47.85 ± 16.35	310.05 ± 41.69	9.23 ± 0.81	159.40 ± 21.36	10.65 ± 3.51
		2016	21.43 ± 4.17	20.27 ± 5.02	42.25 ± 8.89	44.94 ± 5.71	48.76 ± 16.93	312.95 ± 49.16	9.22 ± 0.81	160.71 ± 21.70	10.76 ± 3.38
		2017	21.42 ± 4.27	20.52 ± 5.14	42.52 ± 8.94	45.02 ± 5.72	49.68 ± 17.46	309.71 ± 48.86	9.17 ± 0.79	161.07 ± 21.89	10.74 ± 3.44
		2018	21.63 ± 4.40	20.79 ± 5.33	42.98 ± 9.76	45.24 ± 6.12	49.39 ± 17.77	311.28 ± 49.48	9.15 ± 0.87	161.68 ± 23.06	10.89 ± 3.66
		2019	21.24 ± 4.40	20.60 ± 5.47	42.86 ± 9.52	45.21 ± 6.08	49.13 ± 17.80	312.45 ± 46.11	9.19 ± 0.87	161.17 ± 23.32	10.76 ± 3.68
		2020	21.79 ± 4.56	19.99 ± 5.41	43.63 ± 9.26	45.65 ± 6.12	46.37 ± 17.45	319.81 ± 64.94	9.28 ± 0.97	163.08 ± 23.89	11.02 ± 3.63
		2021	21.05 ± 4.48	19.49 ± 5.35	42.52 ± 10.03	44.17 ± 6.53	45.35 ± 18.07	315.57 ± 47.35	9.25 ± 0.92	160.66 ± 24.06	10.44 ± 3.53
		2022	21.05 ± 4.50	19.17 ± 5.36	43.32 ± 10.36	43.97 ± 6.69	43.04 ± 17.47	324.70 ± 53.55	9.29 ± 0.94	160.19 ± 24.18	10.27 ± 3.48
	2	1990	24.58 ± 5.38	・・・	・・・	・・・	・・・	288.48 ± 36.86	8.94 ± 0.73	・・・	13.98 ± 3.30
		1995	24.44 ± 4.61	・・・	・・・	・・・	・・・	288.92 ± 36.31	8.94 ± 0.78	・・・	13.61 ± 3.40
		2000	23.85 ± 4.43	18.82 ± 4.85	42.77 ± 8.60	41.48 ± 6.17	47.89 ± 16.74	305.28 ± 45.24	9.15 ± 0.82	160.39 ± 21.96	12.82 ± 3.33
		2005	24.11 ± 4.35	21.85 ± 4.85	43.33 ± 8.86	43.82 ± 5.72	53.58 ± 17.77	296.54 ± 43.85	8.98 ± 0.78	163.96 ± 22.12	13.13 ± 3.60
		2010	23.88 ± 4.38	22.54 ± 5.09	43.88 ± 8.92	45.10 ± 6.37	55.30 ± 18.71	300.09 ± 42.15	8.97 ± 0.83	164.17 ± 22.54	12.73 ± 3.78
		2011	23.97 ± 4.33	22.15 ± 4.87	43.58 ± 8.77	45.32 ± 5.53	54.10 ± 17.73	301.42 ± 44.95	9.01 ± 0.80	162.36 ± 22.16	12.77 ± 3.64
		2012	23.86 ± 4.25	23.26 ± 4.95	44.99 ± 8.95	45.47 ± 5.68	54.99 ± 18.16	299.82 ± 46.10	8.92 ± 0.77	164.90 ± 22.95	12.47 ± 3.70
		2013	23.50 ± 4.22	23.51 ± 5.14	44.89 ± 8.93	45.26 ± 5.87	54.76 ± 18.69	299.19 ± 41.20	8.92 ± 0.81	162.81 ± 22.64	12.33 ± 3.77
		2014	23.51 ± 4.35	23.25 ± 5.13	45.06 ± 9.18	45.50 ± 6.01	56.07 ± 18.58	297.47 ± 41.47	8.90 ± 0.82	164.80 ± 22.66	12.03 ± 3.81
		2015	23.48 ± 4.32	23.35 ± 5.02	45.04 ± 9.27	45.84 ± 5.98	55.88 ± 18.35	297.01 ± 44.08	8.91 ± 0.80	165.01 ± 22.93	12.06 ± 3.66
		2016	23.42 ± 4.33	23.10 ± 5.19	44.90 ± 9.19	46.11 ± 5.95	55.90 ± 18.39	295.99 ± 41.82	8.93 ± 0.79	164.71 ± 22.73	11.82 ± 3.70
		2017	23.73 ± 4.32	23.73 ± 5.29	45.54 ± 9.23	46.49 ± 5.88	56.78 ± 18.57	294.45 ± 43.69	8.85 ± 0.75	165.7 ± 22.51	12.06 ± 3.70
		2018	23.72 ± 4.47	23.68 ± 5.56	45.87 ± 9.77	47.04 ± 6.18	57.51 ± 19.39	292.83 ± 42.66	8.86 ± 0.82	167.52 ± 23.77	12.11 ± 3.92
		2019	23.72 ± 4.57	23.56 ± 5.78	46.15 ± 10.11	47.03 ± 6.27	55.49 ± 19.22	298.87 ± 44.48	8.88 ± 0.84	167.3 ± 23.89	12.27 ± 4.07
		2020	23.57 ± 4.61	22.14 ± 5.55	46.56 ± 10.48	46.86 ± 6.48	50.63 ± 18.36	320.00 ± 49.30	9.08 ± 0.91	167.86 ± 23.77	12.02 ± 3.93
		2021	23.29 ± 4.63	22.25 ± 5.73	46.28 ± 10.07	46.08 ± 6.53	52.06 ± 19.07	309.7 ± 47.73	9.00 ± 0.94	165.83 ± 24.30	11.84 ± 3.92
		2022	23.01 ± 4.68	21.42 ± 5.71	46.15 ± 10.74	45.50 ± 6.85	48.91 ± 18.86	314.05 ± 53.64	9.07 ± 0.92	164.15 ± 24.86	11.74 ± 3.94
	3	1990	25.81 ± 5.21	・・・	・・・	・・・	・・・	295.28 ± 41.41	8.94 ± 0.77	・・・	14.30 ± 3.42
		1995	25.62 ± 4.78	・・・	・・・	・・・	・・・	299.88 ± 39.74	8.94 ± 0.80	・・・	14.21 ± 3.44
		2000	25.02 ± 4.48	19.18 ± 5.15	43.92 ± 8.68	42.38 ± 5.94	46.96 ± 17.46	307.66 ± 49.49	9.06 ± 0.82	162.04 ± 22.18	13.48 ± 3.49
		2005	25.13 ± 4.45	22.08 ± 4.97	44.55 ± 9.05	44.04 ± 5.70	51.49 ± 18.15	300.45 ± 43.02	8.99 ± 0.81	163.49 ± 22.49	13.51 ± 3.73
		2010	25.07 ± 4.49	23.62 ± 5.25	45.66 ± 9.24	45.93 ± 5.98	55.81 ± 19.01	301.04 ± 43.99	8.90 ± 0.82	166.70 ± 23.20	13.64 ± 3.86
		2011	25.12 ± 4.38	22.72 ± 5.00	44.96 ± 8.98	45.57 ± 5.78	53.35 ± 17.42	303.81 ± 42.24	8.99 ± 0.82	164.45 ± 23.93	13.55 ± 3.89
		2012	25.23 ± 4.46	24.14 ± 5.23	46.21 ± 9.12	46.44 ± 5.86	55.95 ± 18.55	301.26 ± 46.50	8.85 ± 0.81	167.68 ± 22.58	13.51 ± 3.94
		2013	24.82 ± 4.38	24.44 ± 5.24	46.55 ± 9.16	46.05 ± 5.88	54.39 ± 18.45	303.86 ± 45.06	8.86 ± 0.84	165.85 ± 23.40	13.12 ± 3.88
		2014	24.88 ± 4.43	24.60 ± 5.33	46.81 ± 9.26	46.25 ± 6.19	56.44 ± 19.07	293.91 ± 42.81	8.85 ± 0.82	166.66 ± 23.43	13.05 ± 3.94
		2015	24.85 ± 4.44	24.51 ± 5.40	47.11 ± 9.50	46.71 ± 6.18	55.74 ± 18.54	297.15 ± 42.61	8.82 ± 0.85	167.66 ± 23.23	12.82 ± 3.91
		2016	24.79 ± 4.39	24.42 ± 5.31	46.72 ± 9.35	46.61 ± 5.99	56.27 ± 18.78	297.06 ± 44.74	8.83 ± 0.79	167.81 ± 23.29	12.77 ± 3.86
		2017	24.93 ± 4.43	24.48 ± 5.34	47.56 ± 9.52	46.72 ± 6.07	56.52 ± 18.60	296.94 ± 41.95	8.82 ± 0.78	167.71 ± 23.67	12.80 ± 3.97
		2018	25.13 ± 4.63	25.06 ± 5.86	47.87 ± 10.25	47.08 ± 6.44	56.66 ± 19.25	296.43 ± 45.06	8.78 ± 0.84	168.69 ± 24.54	12.98 ± 4.08
		2019	24.99 ± 4.64	24.96 ± 5.76	48.34 ± 10.12	47.46 ± 6.68	56.51 ± 19.00	299.47 ± 50.76	8.78 ± 0.85	168.72 ± 24.49	12.97 ± 4.17
		2020	24.90 ± 4.58	23.20 ± 5.92	49.40 ± 10.62	47.36 ± 6.53	50.30 ± 18.62	314.69 ± 40.81	9.03 ± 0.87	169.62 ± 24.50	13.17 ± 4.42
		2021	24.54 ± 4.67	23.43 ± 5.82	48.45 ± 10.55	46.62 ± 6.68	52.26 ± 18.68	307.96 ± 49.33	8.88 ± 0.87	167.76 ± 25.05	12.84 ± 4.19
		2022	24.61 ± 4.82	23.33 ± 5.90	48.87 ± 10.30	46.74 ± 6.78	51.22 ± 18.71	316.34 ± 52.95	8.91 ± 0.92	167.78 ± 24.70	12.79 ± 4.19

表5-4. 宮城県高校生の平均値・標準偏差の年次推移

性別	学年	年度	握力 M±SD kg	上体起こし M±SD 回	長座体前屈 M±SD cm	反復横とび M±SD 点	20mシャトルラン M±SD 折り返し数	持久走 M±SD 秒	50m走 M±SD 秒	立ち幅とび M±SD cm	ハンドボール投げ M±SD m
男子	1	1990	41.84 ± 6.83	・・・	・・・	・・・	・・・	385.12 ± 47.03	7.64 ± 0.58	・・・	24.59 ± 4.60
		1995	40.31 ± 6.76	・・・	・・・	・・・	・・・	397.32 ± 55.36	7.66 ± 0.68	・・・	24.60 ± 4.90
		2000	39.38 ± 6.63	26.56 ± 5.19	46.21 ± 9.88	51.01 ± 7.67	76.09 ± 21.94	397.99 ± 57.23	7.71 ± 0.70	217.60 ± 23.20	24.25 ± 4.93
		2005	39.66 ± 6.86	28.84 ± 5.48	48.18 ± 10.41	53.89 ± 7.40	80.61 ± 22.52	405.03 ± 60.71	7.67 ± 1.19	216.09 ± 25.35	24.36 ± 5.30
		2010	38.45 ± 6.74	29.40 ± 5.35	48.52 ± 10.09	55.29 ± 6.19	84.24 ± 22.73	390.65 ± 59.18	7.57 ± 0.65	216.09 ± 23.41	24.36 ± 5.33
		2011	38.63 ± 6.62	29.24 ± 5.40	48.37 ± 10.13	55.69 ± 6.30	83.10 ± 21.45	398.29 ± 60.50	7.60 ± 0.66	216.06 ± 23.32	24.40 ± 5.34
		2012	38.44 ± 6.65	29.40 ± 5.40	47.91 ± 10.27	55.90 ± 5.92	84.57 ± 21.60	391.18 ± 57.85	7.54 ± 0.63	217.12 ± 23.81	24.27 ± 5.33
		2013	37.75 ± 6.62	29.63 ± 5.42	47.85 ± 9.97	56.10 ± 6.22	83.70 ± 21.64	396.53 ± 60.23	7.56 ± 0.67	215.00 ± 23.74	23.91 ± 5.32
		2014	37.73 ± 6.67	29.65 ± 5.50	47.80 ± 10.34	55.74 ± 6.20	84.65 ± 22.00	387.86 ± 55.44	7.54 ± 0.72	214.83 ± 24.16	24.02 ± 5.35
		2015	37.89 ± 6.59	29.70 ± 5.42	48.13 ± 10.20	56.23 ± 6.45	85.67 ± 21.92	388.35 ± 56.13	7.52 ± 0.69	215.60 ± 23.62	23.88 ± 5.49
		2016	37.89 ± 6.60	29.40 ± 5.52	47.83 ± 10.40	56.70 ± 6.27	85.43 ± 22.89	389.21 ± 56.70	7.49 ± 0.67	216.34 ± 23.79	23.62 ± 5.40
		2017	37.27 ± 6.69	29.54 ± 5.61	47.47 ± 10.33	56.37 ± 6.15	83.78 ± 22.69	394.29 ± 57.94	7.51 ± 0.66	214.75 ± 23.73	23.18 ± 5.42
		2018	37.16 ± 6.99	29.30 ± 5.70	48.48 ± 11.29	56.88 ± 6.86	85.23 ± 25.21	397.71 ± 60.37	7.50 ± 1.12	218.12 ± 24.52	23.38 ± 5.73
		2019	36.86 ± 6.95	29.19 ± 5.62	48.00 ± 11.30	56.74 ± 6.82	83.57 ± 24.57	392.05 ± 62.24	7.51 ± 0.71	216.27 ± 25.25	22.85 ± 5.70
		2020	36.71 ± 7.13	27.81 ± 5.73	47.96 ± 11.03	56.14 ± 6.95	81.91 ± 24.75	411.12 ± 72.53	7.56 ± 0.74	218.30 ± 25.68	22.19 ± 5.44
		2021	36.31 ± 7.22	28.09 ± 5.77	48.47 ± 11.27	55.93 ± 6.92	80.55 ± 25.07	399.12 ± 72.18	7.53 ± 0.73	214.09 ± 26.37	22.97 ± 5.94
		2022	36.60 ± 7.14	28.20 ± 5.81	48.89 ± 11.23	56.82 ± 6.56	79.92 ± 24.32	402.17 ± 69.24	7.54 ± 0.71	218.26 ± 25.30	22.89 ± 6.00
	2	1990	44.35 ± 6.83	・・・	・・・	・・・	・・・	381.18 ± 48.47	7.49 ± 0.60	・・・	25.71 ± 4.88
		1995	37.89 ± 6.63	・・・	・・・	・・・	・・・	395.40 ± 56.60	7.51 ± 0.62	・・・	25.66 ± 5.07
		2000	42.71 ± 6.82	27.97 ± 5.60	47.17 ± 10.46	52.71 ± 7.19	83.03 ± 25.22	396.80 ± 64.02	7.62 ± 0.75	222.80 ± 23.88	25.37 ± 5.15
		2005	41.99 ± 6.61	30.78 ± 5.55	50.52 ± 10.27	55.31 ± 6.79	87.42 ± 24.42	394.29 ± 62.73	7.48 ± 0.76	222.59 ± 23.64	25.33 ± 5.26
		2010	40.85 ± 6.85	31.23 ± 5.49	50.49 ± 10.25	56.50 ± 6.59	90.83 ± 24.69	384.15 ± 59.98	7.42 ± 0.69	222.59 ± 22.76	25.53 ± 5.55
		2011	41.03 ± 6.79	30.88 ± 5.55	50.66 ± 10.27	57.16 ± 6.64	88.06 ± 24.66	390.88 ± 63.34	7.45 ± 1.12	222.99 ± 23.68	25.29 ± 5.55
		2012	40.96 ± 6.86	31.43 ± 5.59	50.66 ± 10.51	57.68 ± 6.28	92.13 ± 24.55	384.30 ± 62.80	7.36 ± 0.62	224.00 ± 23.79	25.80 ± 5.49
		2013	40.40 ± 6.83	31.39 ± 5.67	49.74 ± 10.48	57.46 ± 6.42	89.54 ± 24.52	383.84 ± 59.67	7.35 ± 0.62	220.36 ± 23.88	25.43 ± 5.46
		2014	39.93 ± 6.74	31.42 ± 5.54	49.73 ± 10.55	57.22 ± 6.30	91.70 ± 24.54	381.00 ± 60.09	7.36 ± 0.65	221.53 ± 23.48	25.40 ± 5.65
		2015	40.40 ± 6.90	31.47 ± 5.58	50.05 ± 10.44	57.80 ± 6.28	92.54 ± 24.62	378.07 ± 57.89	7.33 ± 0.63	222.26 ± 23.49	25.08 ± 5.48
		2016	39.95 ± 6.93	31.29 ± 5.58	49.79 ± 10.57	57.98 ± 6.39	91.64 ± 25.48	378.19 ± 60.89	7.35 ± 0.70	221.64 ± 24.32	25.13 ± 5.83
		2017	39.67 ± 6.89	31.00 ± 5.66	50.00 ± 10.34	57.91 ± 6.42	90.01 ± 24.83	379.01 ± 57.42	7.32 ± 0.63	221.65 ± 23.92	24.89 ± 5.69
		2018	39.46 ± 7.29	30.95 ± 5.96	49.54 ± 11.25	57.98 ± 7.29	89.31 ± 28.78	386.69 ± 75.00	7.35 ± 0.75	221.83 ± 25.43	24.43 ± 5.96
		2019	39.13 ± 7.29	30.66 ± 6.08	50.4 ± 11.17	57.79 ± 7.19	88.23 ± 28.10	385.16 ± 67.79	7.33 ± 0.74	221.79 ± 26.00	24.65 ± 6.12
		2020	38.78 ± 7.31	29.79 ± 5.95	50.03 ± 11.55	57.81 ± 7.30	85.81 ± 28.11	398.78 ± 69.38	7.40 ± 0.81	226.11 ± 26.06	23.74 ± 5.80
		2021	38.74 ± 7.42	29.79 ± 5.91	50.00 ± 11.41	57.49 ± 7.03	85.06 ± 27.65	388.37 ± 73.79	7.38 ± 0.79	221.96 ± 26.25	24.12 ± 6.09
		2022	38.59 ± 7.45	29.53 ± 5.92	50.87 ± 11.37	57.56 ± 7.18	84.87 ± 27.36	394.32 ± 76.53	7.39 ± 0.76	223.37 ± 26.31	24.41 ± 6.36
	3	1990	46.18 ± 6.87	・・・	・・・	・・・	・・・	380.41 ± 47.92	7.34 ± 0.53	・・・	26.88 ± 4.89
		1995	44.81 ± 6.93	・・・	・・・	・・・	・・・	390.25 ± 59.74	7.35 ± 0.59	・・・	26.60 ± 5.21
		2000	43.41 ± 6.91	28.28 ± 5.75	47.60 ± 10.24	52.90 ± 7.50	81.34 ± 25.13	396.61 ± 63.93	7.48 ± 0.68	226.96 ± 23.50	26.22 ± 5.29
		2005	43.75 ± 6.95	31.59 ± 5.86	51.66 ± 10.66	56.38 ± 6.97	87.58 ± 25.25	401.43 ± 65.95	7.43 ± 0.75	227.33 ± 24.66	26.02 ± 5.42
		2010	42.64 ± 7.11	32.19 ± 5.85	51.85 ± 10.74	57.66 ± 6.71	90.75 ± 26.41	388.93 ± 65.11	7.39 ± 0.71	226.49 ± 24.25	26.04 ± 5.59
		2011	42.46 ± 6.81	31.64 ± 5.66	51.53 ± 10.29	57.26 ± 6.74	88.45 ± 25.27	391.69 ± 65.40	7.37 ± 0.67	225.94 ± 23.13	26.39 ± 5.73
		2012	42.46 ± 7.03	32.34 ± 5.77	52.15 ± 10.55	58.74 ± 6.38	93.42 ± 26.07	385.74 ± 63.93	7.32 ± 0.69	228.14 ± 24.02	26.40 ± 5.65
		2013	42.02 ± 7.02	32.41 ± 5.75	51.71 ± 10.44	58.48 ± 6.67	91.11 ± 25.61	389.15 ± 67.58	7.28 ± 0.68	225.61 ± 23.83	26.39 ± 5.62
		2014	41.82 ± 6.95	32.06 ± 5.68	50.87 ± 10.56	58.08 ± 6.18	91.76 ± 25.53	379.76 ± 61.43	7.28 ± 0.62	223.91 ± 24.01	26.37 ± 5.65
		2015	41.92 ± 6.98	32.25 ± 5.71	51.50 ± 10.58	58.75 ± 6.34	92.73 ± 25.58	378.73 ± 63.56	7.29 ± 0.65	226.82 ± 24.08	26.09 ± 5.87
		2016	41.69 ± 7.19	32.18 ± 5.94	51.21 ± 10.64	58.70 ± 6.43	92.03 ± 26.77	382.68 ± 68.08	7.27 ± 0.64	225.17 ± 24.50	26.05 ± 5.82
		2017	41.36 ± 7.11	31.85 ± 5.80	51.09 ± 10.51	58.80 ± 6.68	90.35 ± 25.90	381.87 ± 61.63	7.24 ± 0.64	224.60 ± 24.62	26.18 ± 6.09
		2018	41.17 ± 7.48	31.72 ± 6.02	51.06 ± 11.24	58.81 ± 7.45	89.97 ± 28.73	383.97 ± 65.92	7.28 ± 0.79	225.18 ± 25.24	25.89 ± 6.19
		2019	40.79 ± 7.59	31.52 ± 6.28	51.25 ± 11.42	58.56 ± 7.69	87.07 ± 29.07	384.90 ± 71.23	7.30 ± 0.79	223.51 ± 26.97	25.35 ± 6.36
		2020	40.19 ± 7.36	30.43 ± 6.20	51.28 ± 11.83	58.20 ± 7.33	81.78 ± 26.48	409.21 ± 80.14	7.39 ± 0.78	227.08 ± 27.67	25.02 ± 6.14
		2021	40.43 ± 7.62	31.11 ± 6.24	51.68 ± 11.58	58.33 ± 7.45	86.78 ± 28.75	383.46 ± 68.97	7.28 ± 0.76	224.93 ± 27.01	25.28 ± 6.26
		2022	40.37 ± 7.49	30.68 ± 6.10	51.83 ± 11.54	58.46 ± 7.42	84.71 ± 28.17	403.06 ± 82.94	7.34 ± 0.76	226.88 ± 26.38	25.23 ± 6.43
女子	1	1990	27.26 ± 6.26	・・・	・・・	・・・	・・・	305.66 ± 36.52	8.98 ± 0.73	・・・	14.79 ± 3.47
		1995	26.18 ± 5.00	・・・	・・・	・・・	・・・	311.11 ± 36.77	9.09 ± 0.82	・・・	14.02 ± 3.43
		2000	25.52 ± 4.67	18.18 ± 4.84	44.31 ± 9.66	42.41 ± 6.94	42.91 ± 15.59	320.91 ± 42.57	9.24 ± 0.83	162.51 ± 21.58	13.58 ± 3.44
		2005	25.66 ± 4.48	20.95 ± 4.87	45.79 ± 9.39	44.54 ± 5.72	44.98 ± 14.64	322.13 ± 43.18	9.13 ± 0.79	163.86 ± 22.60	13.66 ± 3.62
		2010	25.23 ± 4.44	22.54 ± 5.07	45.95 ± 9.68	46.24 ± 5.41	47.85 ± 15.94	317.02 ± 41.75	9.01 ± 0.81	166.01 ± 21.24	13.83 ± 3.88
		2011	25.59 ± 4.49	22.33 ± 5.08	46.09 ± 9.45	46.46 ± 5.53	47.47 ± 15.29	321.41 ± 44.21	9.07 ± 0.82	166.57 ± 21.16	13.59 ± 3.79
		2012	25.52 ± 4.44	22.74 ± 5.29	46.48 ± 9.70	46.90 ± 5.18	48.40 ± 15.83	316.68 ± 43.76	9.03 ± 0.79	167.26 ± 21.61	13.51 ± 3.92
		2013	25.20 ± 4.46	23.10 ± 5.28	46.33 ± 9.53	46.96 ± 5.39	48.03 ± 15.68	316.58 ± 41.31	9.03 ± 0.78	165.13 ± 21.03	13.40 ± 3.82
		2014	25.20 ± 4.47	23.15 ± 5.27	46.44 ± 9.55	47.054 ± 5.26	49.03 ± 15.93	312.03 ± 41.69	8.97 ± 0.77	166.27 ± 21.63	13.24 ± 3.82
		2015	25.45 ± 4.41	23.31 ± 5.33	47.07 ± 9.70	47.27 ± 5.48	49.02 ± 15.39	309.96 ± 41.71	8.97 ± 0.77	166.54 ± 21.69	13.18 ± 3.87
		2016	25.28 ± 4.50	22.96 ± 5.34	46.68 ± 9.92	47.91 ± 5.40	48.75 ± 15.88	311.11 ± 40.10	8.94 ± 0.77	166.86 ± 21.59	12.79 ± 3.78
		2017	25.26 ± 4.47	23.39 ± 5.29	46.53 ± 9.72	47.76 ± 5.34	49.10 ± 15.69	310.11 ± 42.19	8.93 ± 0.76	167.33 ± 21.76	13.05 ± 3.79
		2018	25.41 ± 4.62	23.33 ± 5.53	47.24 ± 10.06	48.38 ± 5.85	49.57 ± 16.80	307.99 ± 44.60	8.89 ± 0.80	170.32 ± 22.22	12.74 ± 3.95
		2019	25.28 ± 4.69	23.75 ± 5.45	47.26 ± 10.29	48.58 ± 5.82	48.93 ± 16.79	303.29 ± 45.00	8.89 ± 0.80	170.14 ± 22.29	12.96 ± 3.93
		2020	25.33 ± 4.59	22.93 ± 5.40	47.55 ± 10.00	48.52 ± 5.59	48.88 ± 16.87	321.81 ± 52.56	8.90 ± 0.82	172.10 ± 21.80	13.00 ± 3.94
		2021	24.92 ± 4.52	22.47 ± 5.60	48.14 ± 10.32	47.75 ± 5.65	46.80 ± 16.84	305.95 ± 44.47	8.94 ± 0.82	167.72 ± 22.59	12.89 ± 3.88
		2022	24.93 ± 4.64	22.09 ± 5.69	48.42 ± 10.33	47.90 ± 5.65	46.04 ± 16.26	309.38 ± 45.61	9.03 ± 0.83	169.39 ± 22.98	12.69 ± 3.87
	2	1990	27.74 ± 5.54	・・・	・・・	・・・	・・・	304.60 ± 37.50	9.04 ± 0.76	・・・	15.18 ± 3.46
		1995	27.03 ± 4.91	・・・	・・・	・・・	・・・	309.07 ± 38.13	9.02 ± 0.76	・・・	14.55 ± 3.49
		2000	26.29 ± 4.79	18.71 ± 5.33	45.28 ± 9.89	43.24 ± 6.21	45.85 ± 18.26	320.56 ± 45.75	9.32 ± 0.93	163.98 ± 21.98	13.86 ± 3.52
		2005	26.52 ± 4.75	22.14 ± 5.34	46.73 ± 9.32	45.07 ± 5.99	48.23 ± 18.03	323.48 ± 45.09	9.15 ± 0.89	165.53 ± 21.83	14.09 ± 3.77
		2010	26.20 ± 4.58	23.79 ± 5.39	46.93 ± 9.70	46.82 ± 5.29	51.01 ± 18.45	319.12 ± 46.28	9.03 ± 0.84	167.19 ± 21.71	14.10 ± 3.88
		2011	26.43 ± 4.57	23.18 ± 5.24	47.05 ± 9.48	47.03 ± 5.32	49.00 ± 17.55	318.76 ± 45.43	9.07 ± 0.84	167.71 ± 21.42	14.07 ± 3.99
		2012	26.36 ± 4.71	23.85 ± 5.44	47.20 ± 9.50	47.21 ± 5.54	50.72 ± 18.30	315.97 ± 50.45	9.02 ± 0.85	169.00 ± 22.08	14.27 ± 4.09
		2013	26.16 ± 4.73	24.01 ± 5.59	47.61 ± 9.69	47.14 ± 5.55	49.54 ± 17.97	317.11 ± 49.75	9.00 ± 0.89	165.27 ± 22.26	13.89 ± 4.04
		2014	26.20 ± 4.60	24.39 ± 5.48	47.40 ± 9.47	47.65 ± 5.54	52.24 ± 18.65	311.41 ± 45.33	8.96 ± 0.84	167.97 ± 22.29	14.00 ± 4.08
		2015	26.36 ± 4.62	24.28 ± 5.51	47.86 ± 9.54	48.04 ± 5.57	51.27 ± 18.10	310.17 ± 49.73	8.93 ± 0.83	169.14 ± 22.27	13.68 ± 4.01
		2016	26.32 ± 4.58	24.33 ± 5.55	47.61 ± 9.68	48.22 ± 5.73	51.05 ± 18.60	306.92 ± 46.70	8.92 ± 0.86	167.18 ± 22.74	13.63 ± 4.06
		2017	26.21 ± 4.55	24.04 ± 5.65	47.91 ± 9.83	48.12 ± 5.49	50.09 ± 17.95	308.70 ± 45.11	8.91 ± 0.82	167.84 ± 22.12	13.34 ± 4.02
		2018	26.20 ± 4.81	24.32 ± 5.73	47.88 ± 10.08	48.42 ± 6.26	50.47 ± 19.71	309.13 ± 55.49	8.91 ± 0.89	169.52 ± 23.63	13.41 ± 4.10
		2019	26.13 ± 4.75	24.01 ± 5.77	48.22 ± 10.26	48.70 ± 6.27	49.48 ± 18.93	303.57 ± 48.48	8.89 ± 0.90	169.27 ± 23.22	13.26 ± 4.09
		2020	26.03 ± 4.70	24.00 ± 5.35	48.75 ± 10.27	49.19 ± 5.39	50.57 ± 18.90	304.92 ± 50.08	8.87 ± 1.00	174.14 ± 22.87	13.41 ± 4.05
		2021	25.61 ± 4.75	23.70 ± 5.81	48.74 ± 10.28	48.21 ± 5.94	48.14 ± 18.95	303.17 ± 48.54	8.94 ± 0.89	169.36 ± 23.86	13.19 ± 4.16
		2022	25.67 ± 4.78	22.97 ± 5.84	49.32 ± 10.51	48.14 ± 5.93	45.82 ± 18.50	308.10 ± 53.72	9.02 ± 0.91	169.95 ± 23.02	13.20 ± 4.02
	3	1990	28.14 ± 5.61	・・・	・・・	・・・	・・・	305.11 ± 38.92	8.93 ± 0.77	・・・	15.60 ± 3.44
		1995	27.67 ± 5.21	・・・	・・・	・・・	・・・	310.46 ± 40.39	9.04 ± 0.77	・・・	14.87 ± 3.49
		2000	26.79 ± 4.91	19.04 ± 5.36	45.85 ± 9.89	43.79 ± 6.07	45.74 ± 18.03	321.68 ± 49.81	9.30 ± 0.91	165.79 ± 22.13	14.35 ± 3.65
		2005	26.97 ± 4.88	22.43 ± 5.55	47.62 ± 9.42	46.18 ± 6.04	47.69 ± 18.64	328.20 ± 49.15	9.19 ± 1.06	167.49 ± 21.93	14.12 ± 3.77
		2010	26.67 ± 4.72	23.94 ± 5.59	47.75 ± 9.78	46.96 ± 5.55	49.71 ± 19.19	320.12 ± 45.94	9.09 ± 0.91	167.70 ± 21.96	14.22 ± 4.01
		2011	26.90 ± 4.70	23.81 ± 5.61	47.85 ± 9.84	47.30 ± 5.50	49.30 ± 18.17	321.58 ± 48.42	9.02 ± 0.88	167.69 ± 22.35	14.48 ± 4.07
		2012	26.95 ± 4.70	24.23 ± 5.65	48.14 ± 9.68	47.79 ± 5.43	50.81 ± 18.97	317.12 ± 46.86	9.00 ± 0.88	170.10 ± 22.27	14.58 ± 4.11
		2013	26.56 ± 4.74	24.27 ± 5.70	47.77 ± 9.57	47.32 ± 5.48	49.71 ± 18.30	320.15 ± 51.15	9.01 ± 0.85	167.41 ± 22.34	14.29 ± 4.03
		2014	26.60 ± 4.71	24.21 ± 5.71	48.40 ± 9.66	47.65 ± 5.69	50.58 ± 19.10	317.10 ± 50.85	9.02 ± 0.90	167.92 ± 22.54	14.15 ± 4.08
		2015	26.86 ± 4.68	24.79 ± 5.75	48.59 ± 9.55	48.43 ± 5.73	51.08 ± 18.33	313.94 ± 47.75	8.96 ± 0.87	170.17 ± 22.02	14.24 ± 4.09
		2016	26.74 ± 4.72	24.62 ± 5.68	48.54 ± 9.60	48.44 ± 5.65	51.01 ± 19.12	313.56 ± 48.33	8.96 ± 0.89	169.06 ± 22.78	13.94 ± 4.11
		2017	26.86 ± 4.67	24.71 ± 5.75	48.89 ± 9.72	48.68 ± 5.64	49.88 ± 19.02	309.47 ± 48.81	8.90 ± 0.86	168.73 ± 22.82	14.00 ± 4.12
		2018	26.66 ± 4.89	24.45 ± 5.97	48.67 ± 10.17	48.67 ± 6.27	49.26 ± 19.86	307.60 ± 53.62	8.92 ± 0.94	168.71 ± 23.73	13.68 ± 4.24
		2019	26.51 ± 4.98	24.43 ± 6.00	48.90 ± 10.27	48.43 ± 6.40	47.79 ± 19.29	307.92 ± 49.62	8.96 ± 0.96	168.57 ± 24.48	13.75 ± 4.24
		2020	26.08 ± 4.78	23.79 ± 5.70	49.96 ± 10.42	48.93 ± 5.88	46.30 ± 17.76	312.44 ± 54.25	9.01 ± 0.91	172.55 ± 23.45	13.54 ± 4.23
		2021	26.27 ± 4.83	24.19 ± 5.99	49.81 ± 10.43	48.47 ± 6.38	47.79 ± 19.21	306.87 ± 55.21	8.95 ± 0.96	169.53 ± 23.91	13.61 ± 4.14
		2022	26.26 ± 4.83	23.82 ± 5.99	50.20 ± 10.38	48.68 ± 6.21	45.80 ± 18.83	312.33 ± 53.86	9.04 ± 0.98	171.53 ± 23.91	13.67 ± 4.41

表 5-5. 2000年度から2022年度の前年度に対する変化率の平均値

学校区分	学年	握力		上体起こし		長座体前屈		反復横とび		20mシャトルラン		持久走		50m走		立ち幅とび		ボール投げ		全種目変化率平均	
		男子	女子	男子	女子	男子	女子	男子	女子	男子	女子	男子	女子	男子	女子	男子	女子	男子	女子	男子	女子
小学校	1	-0.25	-0.14	0.21	0.33	0.18	0.23	0.22	0.20	0.61	0.42	・・・	・・・	-0.03	-0.06	-0.12	-0.04	-0.92	-0.73	-0.01	0.03
	2	-0.34	-0.25	-0.13	0.26	0.06	0.12	0.12	0.20	0.10	0.09	・・・	・・・	0.05	-0.03	-0.16	-0.11	-0.91	-0.63	-0.15	-0.04
	3	-0.42	-0.15	0.26	0.55	0.05	0.24	0.07	0.16	0.12	0.00	・・・	・・・	0.06	0.01	-0.16	-0.04	-0.83	-0.48	-0.10	0.04
	4	-0.40	-0.20	0.22	0.52	0.07	0.30	0.07	0.15	-0.09	-0.21	・・・	・・・	0.05	0.01	-0.14	-0.09	-0.94	-0.64	-0.15	-0.02
	5	-0.45	-0.13	0.16	0.64	-0.02	0.23	0.12	0.24	0.08	0.05	・・・	・・・	0.04	0.02	-0.13	-0.04	-0.92	-0.60	-0.14	0.05
	6	-0.61	-0.32	0.12	0.48	0.02	0.20	0.11	0.24	0.05	-0.09	・・・	・・・	0.06	-0.02	-0.15	-0.12	-0.97	-0.71	-0.17	-0.04
中学校	1	-0.26	-0.15	0.21	0.58	0.27	0.33	0.34	0.49	0.11	0.09	0.24	0.24	0.05	0.03	0.04	0.12	-0.43	-0.60	0.06	0.13
	2	-0.28	-0.16	0.16	0.62	0.34	0.35	0.29	0.43	0.11	0.15	0.38	0.39	0.06	0.04	0.03	0.11	-0.26	-0.39	0.09	0.17
	3	-0.32	-0.07	0.31	0.93	0.34	0.49	0.35	0.45	0.20	0.46	0.41	0.44	0.08	0.07	0.04	0.16	-0.22	-0.23	0.13	0.30
高等学校	1	-0.33	-0.11	0.29	***1.03***	0.26	0.40	0.49	0.57	0.23	0.44	0.27	0.11	0.10	0.16	0.02	0.15	-0.25	-0.24	0.12	0.28
	2	-0.38	-0.11	0.26	**0.96**	0.35	0.39	0.40	0.49	0.12	0.03	0.41	0.12	0.14	0.15	0.02	0.17	-0.17	-0.22	0.13	0.22
	3	-0.33	-0.09	0.39	***1.04***	0.39	0.42	0.46	0.49	0.23	0.03	0.51	0.08	0.08	0.13	0.00	0.16	-0.17	-0.21	0.17	0.23

太字アンダーラインは前年度に対する変化率の2000から2022年度の平均で1％以上の向上を示す。網掛けはこの期間で低下の傾向にあることを示す。　（前年度に対する変化率平均値 %）