

24-3 年齢別体力・運動能力(令和2年)

Physical Strength and Athletic Ability by Age (2020)

「体力・運動能力調査」による。令和2年は、6～11月実施。年齢は4月1日現在。新型コロナウイルス感染症の影響を考慮し、調査の実施時期の延長や、各都道府県で実施可否の判断を可能とした。

Data are based on the Physical Fitness Survey (Japan Fitness Test). In 2020, the survey was conducted between June to November. Ages are as of 1 April. Considering the impacts of the Covid-19 pandemic, the decision was made to extend the period of the survey and to allow each prefecture to decide whether or not to conduct it.

年齢 Age	男 Male				女 Female			
	握力	上体起こし (回)	反復横とび (点)	50m走 (秒)	握力	上体起こし (回)	反復横とび (点)	50m走 (秒)
	Grip (kg)	Sit-up (frequency)	Side steps (points)	50 metre dash (sec.)	Grip (kg)	Sit-up (frequency)	Side steps (points)	50 metre dash (sec.)
6歳 years old	9.73	12.31	28.79	11.31	9.15	12.50	27.30	11.74
7	11.12	14.16	32.50	10.65	10.47	13.65	30.53	11.06
8	13.06	16.21	36.12	9.95	12.37	15.62	34.85	10.28
9	14.89	18.26	39.81	9.61	14.50	17.98	38.43	9.85
10	17.48	20.75	44.40	9.15	17.35	19.20	42.80	9.47
11	20.42	21.38	45.87	8.91	19.86	19.67	44.05	9.17
12	25.19	24.25	50.49	8.50	22.17	21.32	46.83	9.06
13	30.58	27.57	54.13	7.90	24.17	22.63	48.57	8.79
14	35.35	30.35	56.95	7.45	25.94	24.37	49.21	8.75
15	36.93	27.80	54.34	7.49	25.69	22.33	47.85	8.89
16	39.60	29.03	56.49	7.31	26.09	23.53	48.33	8.96
17	40.74	30.79	57.68	7.23	26.68	23.57	47.93	9.05
18	40.40	29.55	56.27	7.34	26.00	23.40	47.49	9.17
19	42.22	30.25	58.06	7.27	25.47	23.22	48.52	8.90
20-24	45.56	28.25	55.64	...	27.37	20.44	45.91	...
25-29	45.13	26.79	53.84	...	27.43	19.42	44.77	...
30-34	46.35	26.51	51.80	...	28.76	18.56	43.31	...
35-39	45.27	24.70	50.20	...	28.49	16.92	41.58	...
40-44	45.32	22.55	47.30	...	28.20	15.81	40.95	...
45-49	45.29	22.07	47.08	...	28.30	14.90	40.80	...
50-54	45.01	20.98	45.68	...	27.86	13.12	39.94	...
55-59	45.43	20.12	44.33	...	26.90	12.52	38.51	...
60-64	42.38	18.99	43.74	...	26.56	12.02	37.26	...
65-69	39.70	14.72	25.09	9.07
70-74	38.39	13.35	23.91	7.48
75-79	35.20	10.79	22.58	7.48

資料 スポーツ庁「体力・運動能力調査」

Source: Japan Sports Agency.