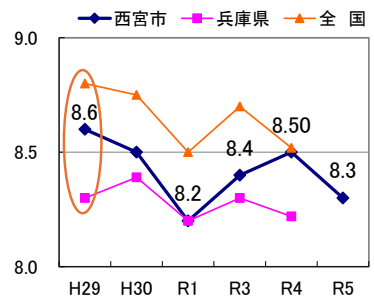
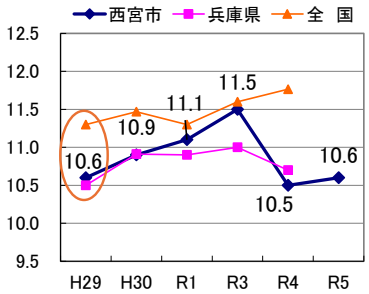
■図2：西宮市・兵庫県・全国の新体力テストの推移（女子）

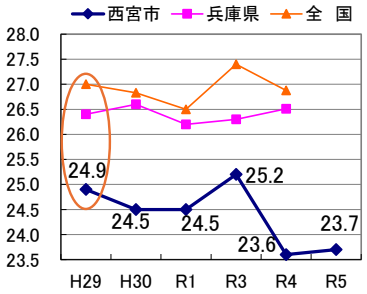
女　子	握　力　kg	上体起こし　回	反復横跳び　回	２０ｍシャトルラン　回	立ち幅とび　ｃｍ

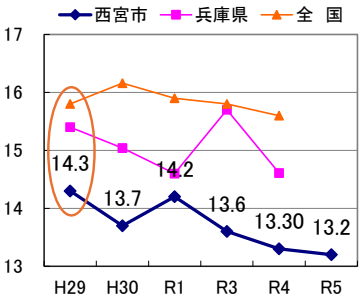
小学校

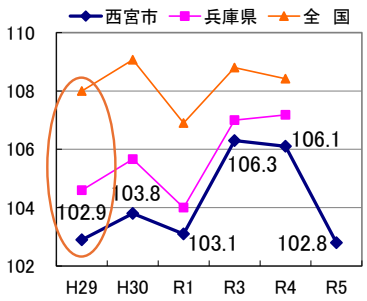
1年



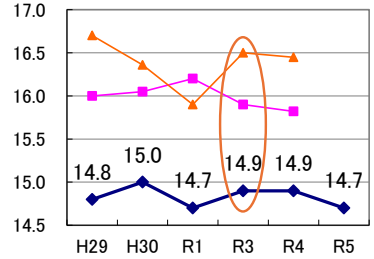


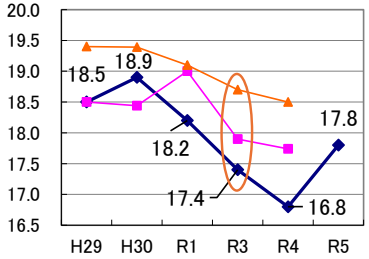


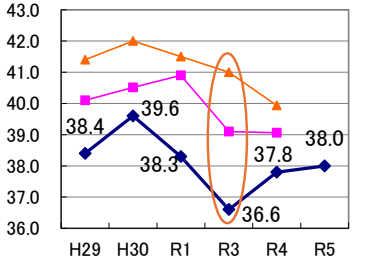


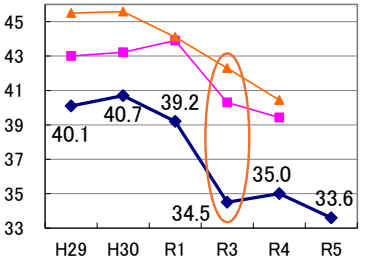


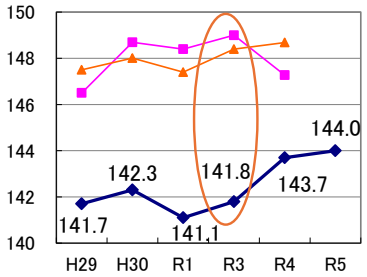
5年



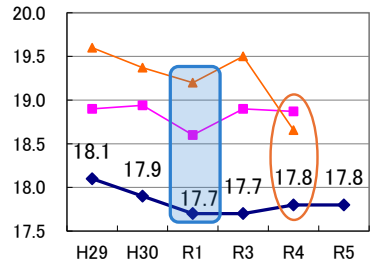


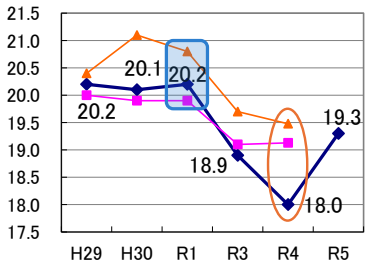


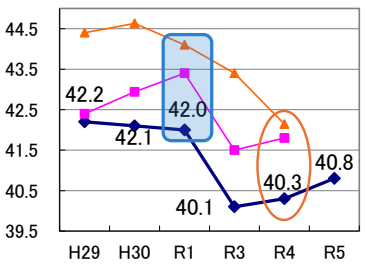


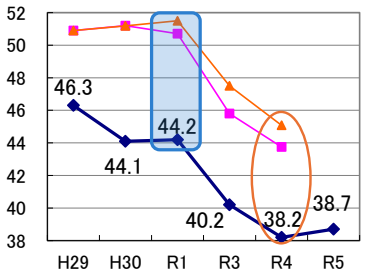


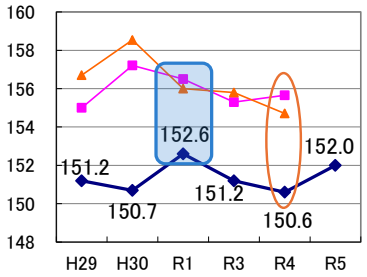
6年





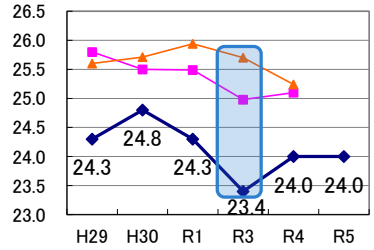


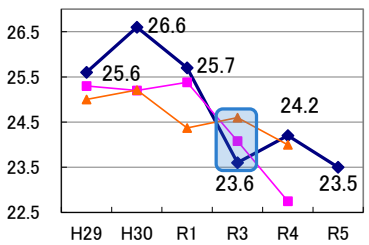


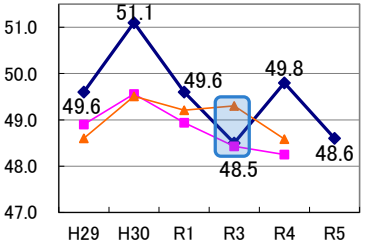


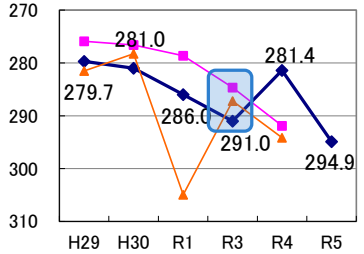
中学校	握　力　kg	上体起こし　回	反復横跳び　回	持久走　秒	立ち幅とび　ｃｍ

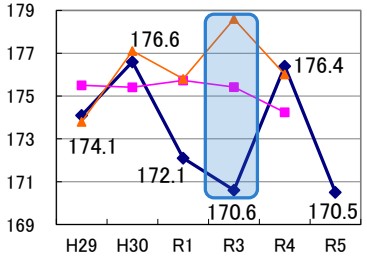
3年









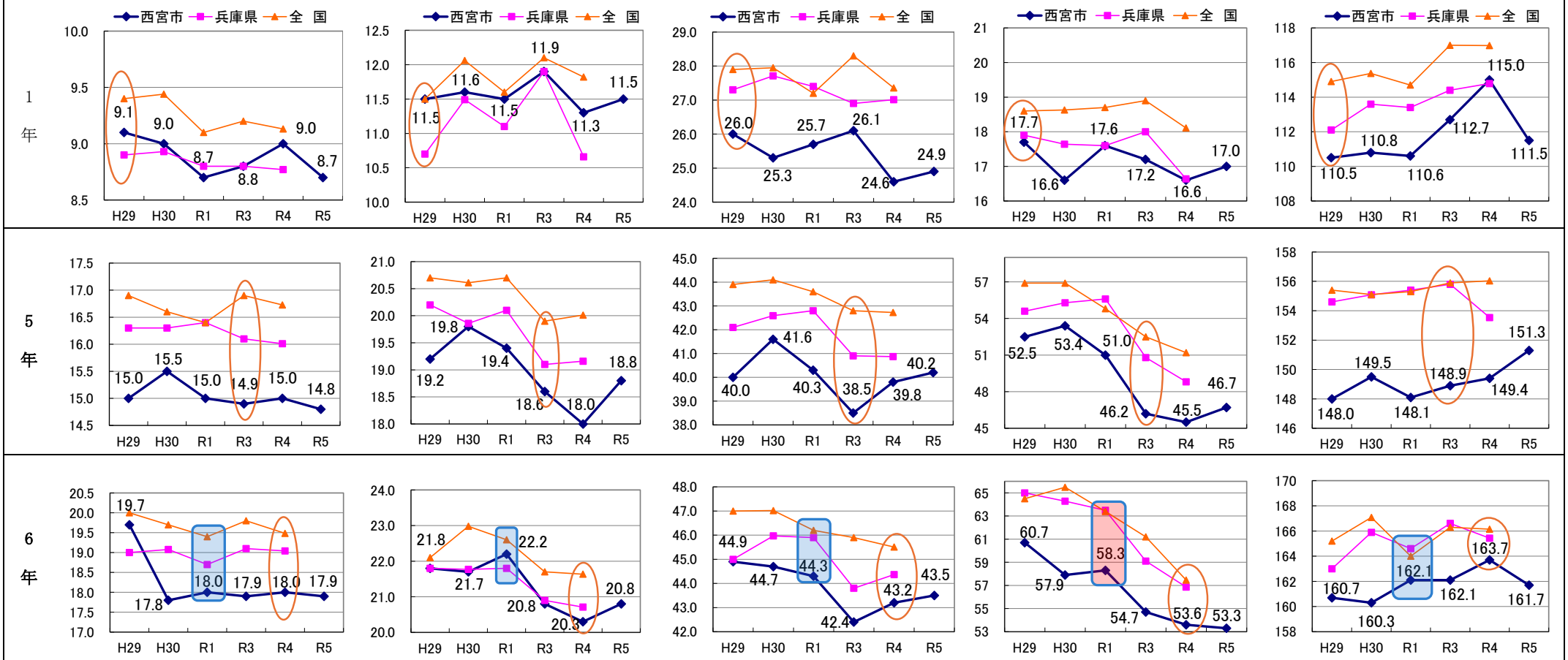


※紙面の都合上、体力テスト8項目のうち5項目の結果を掲載

■図3：西宮市・兵庫県・全国の新体力テストの推移（男子）

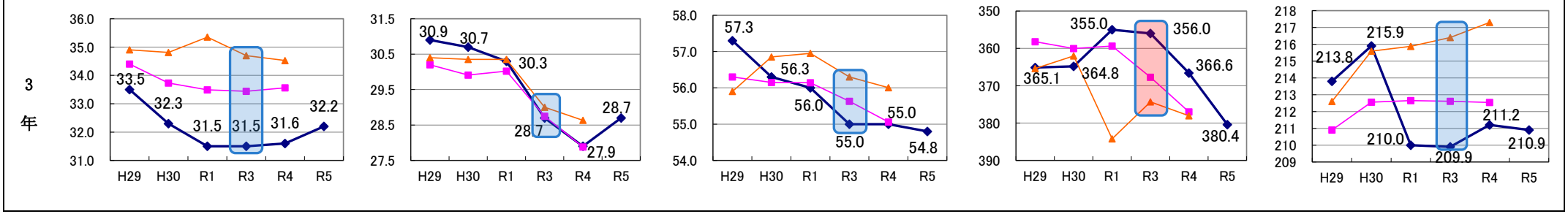
男　子	握　力　kg	上体起こし　回	反復横とび　回	２０ｍシャトルラン　回	立ち幅とび　ｃｍ

小学校



男　子	握　力　kg	上体起こし　回	反復横とび　回	持久走　秒	立ち幅とび　ｃｍ

中学校



※紙面の都合上、体力テスト8項目のうち5項目の結果を掲載