

| 年齢 | 反復横とび (点) | | | | | | 20mシャトルラン (折り返し数) | | | | | | 持久走・急歩 (秒) | | | | | |
|-------|-----------|-------|------|------|-------|------|-------------------|-------|-------|------|-------|-------|------------|--------|-------|-----|--------|-------|
| | 男 子 | | | 女 子 | | | 男 子 | | | 女 子 | | | 男 子 | | | 女 子 | | |
| | 標本数 | 平均値 | 標準偏差 | 標本数 | 平均値 | 標準偏差 | 標本数 | 平均値 | 標準偏差 | 標本数 | 平均値 | 標準偏差 | 標本数 | 平均値 | 標準偏差 | 標本数 | 平均値 | 標準偏差 |
| 6 | 1034 | 25.63 | 4.86 | 1024 | 25.25 | 4.06 | 1034 | 17.74 | 8.99 | 1025 | 14.85 | 6.23 | ... | ... | ... | ... | ... | ... |
| 7 | 1034 | 29.84 | 4.95 | 1032 | 28.29 | 4.52 | 1031 | 26.48 | 12.58 | 1026 | 20.75 | 8.74 | ... | ... | ... | ... | ... | ... |
| 8 | 1045 | 33.24 | 6.24 | 1021 | 31.10 | 5.66 | 1045 | 34.18 | 15.12 | 1020 | 25.25 | 10.65 | ... | ... | ... | ... | ... | ... |
| 9 | 1060 | 36.08 | 6.34 | 1043 | 34.11 | 5.86 | 1059 | 40.85 | 16.98 | 1044 | 31.73 | 12.63 | ... | ... | ... | ... | ... | ... |
| 10 | 1051 | 39.22 | 6.71 | 1058 | 37.04 | 6.13 | 1044 | 46.28 | 17.78 | 1055 | 37.22 | 14.31 | ... | ... | ... | ... | ... | ... |
| 11 | 1053 | 42.43 | 6.49 | 1045 | 38.67 | 5.83 | 1052 | 55.65 | 19.58 | 1043 | 42.07 | 15.49 | ... | ... | ... | ... | ... | ... |
| 12 | 1330 | 44.65 | 6.80 | 1306 | 40.00 | 6.11 | 816 | 64.01 | 21.04 | 793 | 44.56 | 16.26 | 634 | 418.95 | 55.22 | 624 | 292.89 | 34.56 |
| 13 | 1314 | 48.29 | 6.61 | 1300 | 41.72 | 5.67 | 805 | 79.66 | 21.71 | 799 | 52.07 | 17.20 | 618 | 383.16 | 49.95 | 611 | 285.00 | 36.32 |
| 14 | 1301 | 50.16 | 6.81 | 1299 | 42.46 | 5.79 | 801 | 85.64 | 22.68 | 788 | 52.89 | 17.66 | 632 | 368.22 | 46.64 | 633 | 289.70 | 39.71 |
| 15 | 1333 | 48.80 | 6.98 | 1334 | 40.89 | 5.81 | 710 | 76.34 | 23.48 | 702 | 43.42 | 15.76 | 691 | 386.66 | 54.33 | 685 | 307.36 | 41.36 |
| 16 | 1343 | 50.61 | 6.91 | 1336 | 41.71 | 6.24 | 711 | 82.71 | 26.06 | 723 | 46.62 | 18.37 | 736 | 376.45 | 55.09 | 704 | 304.87 | 45.04 |
| 17 | 1341 | 51.30 | 7.48 | 1340 | 41.79 | 6.56 | 701 | 86.07 | 26.54 | 708 | 48.09 | 19.75 | 731 | 372.21 | 54.40 | 721 | 307.11 | 48.94 |
| 18 | 1037 | 51.45 | 6.70 | 1014 | 42.00 | 5.87 | 587 | 77.58 | 22.97 | 668 | 42.39 | 15.52 | 455 | 382.18 | 47.95 | 343 | 308.96 | 38.91 |
| 19 | 855 | 51.52 | 6.08 | 867 | 43.25 | 5.34 | 461 | 76.99 | 20.88 | 558 | 44.03 | 15.43 | 393 | 395.13 | 50.31 | 301 | 301.82 | 31.11 |
| 20-24 | 1914 | 50.60 | 6.23 | 1812 | 43.05 | 5.53 | 1322 | 62.83 | 20.38 | 1200 | 36.17 | 13.43 | 606 | 681.69 | 94.24 | 619 | 514.50 | 53.85 |
| 25-29 | 1962 | 50.05 | 6.73 | 1818 | 42.78 | 5.60 | 1343 | 57.65 | 19.32 | 1208 | 33.63 | 12.30 | 629 | 684.25 | 98.10 | 636 | 518.66 | 56.56 |
| 30-34 | 1870 | 48.97 | 6.09 | 1861 | 42.47 | 5.62 | 1224 | 52.43 | 17.69 | 1224 | 32.04 | 12.00 | 659 | 693.02 | 84.06 | 643 | 522.88 | 49.42 |
| 35-39 | 1995 | 48.27 | 6.02 | 2020 | 42.55 | 5.41 | 1315 | 50.78 | 18.06 | 1282 | 30.90 | 11.97 | 671 | 700.31 | 84.49 | 705 | 524.78 | 51.80 |
| 40-44 | 2025 | 46.57 | 6.03 | 2018 | 41.46 | 5.68 | 1279 | 44.39 | 16.23 | 1255 | 27.27 | 10.40 | 740 | 709.09 | 83.21 | 742 | 528.25 | 50.56 |
| 45-49 | 1916 | 44.64 | 5.98 | 1985 | 39.68 | 5.68 | 1239 | 39.30 | 15.06 | 1239 | 23.35 | 9.32 | 683 | 722.24 | 83.93 | 728 | 539.20 | 55.15 |
| 50-54 | 1865 | 41.81 | 6.19 | 1924 | 36.82 | 5.68 | 1205 | 34.13 | 13.98 | 1180 | 20.02 | 8.00 | 682 | 740.94 | 87.44 | 721 | 543.86 | 53.31 |
| 55-59 | 1753 | 39.28 | 6.28 | 1829 | 34.44 | 5.84 | 1138 | 28.94 | 12.19 | 1098 | 17.45 | 7.75 | 631 | 757.71 | 85.70 | 724 | 558.99 | 58.35 |
| 60-64 | 1772 | 36.22 | 6.83 | 1802 | 31.78 | 6.29 | 1052 | 24.06 | 10.31 | 999 | 14.31 | 6.34 | 723 | 775.90 | 91.95 | 788 | 576.77 | 81.34 |

(注) 12～19歳は20mシャトルランと持久走を、20～64歳は20mシャトルランと急歩を選択実施