体力、運動能力のあゆみ

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|  | | | | 名前 | |  | |
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| 種目 | 単位 | ／ | ／ | | ／ | | ／ |
| ５０ｍ走 | 秒 |  |  | |  | |  |
| ソフトボール投げ | ｍ |  |  | |  | |  |
| 走り幅跳び | ㎝ |  |  | |  | |  |
| ジグザグドリブル | 秒 |  |  | |  | |  |
| 連続さかあがり | 回 |  |  | |  | |  |
| 反復横とび | 回 |  |  | |  | |  |
| 垂直とび | ㎝ |  |  | |  | |  |
| 立位体前屈 | ㎝ |  |  | |  | |  |
| 伏臥上体そらし | ㎝ |  |  | |  | |  |
| 握力右 | ㎏ |  |  | |  | |  |
| 握力左 | ㎏ |  |  | |  | |  |
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