

3. 身長別 計測値

1 計

区 分	男			女		
	体 重 (kg)	胸 囲 (cm)	座 高 (cm)	体 重 (kg)	胸 囲 (cm)	座 高 (cm)
90 cm	15.6	53.6	49.6	14.2	48.8	49.9
91	16.0	55.0	61.0	—	—	—
92	—	—	—	18.0	52.0	54.0
94	14.0	51.0	53.0	12.4	49.4	52.4
95	15.1	53.4	56.1	13.4	50.3	53.3
96	15.0	52.7	55.9	14.3	51.2	55.4
97	14.4	51.7	54.5	14.3	50.3	55.8
98	14.7	52.4	56.1	14.8	51.1	55.5
99	15.0	53.1	56.2	15.2	51.7	56.5
100	15.5	53.0	56.6	15.0	51.2	56.2
101	15.8	53.0	57.7	15.5	51.7	57.4
102	16.0	53.0	58.2	15.7	52.2	57.5
103	16.4	53.8	58.2	16.4	52.8	58.6
104	16.7	53.9	59.1	16.5	53.2	58.9
105	16.8	53.9	59.2	16.9	53.2	59.3
106	17.7	54.4	59.6	17.1	53.4	59.7
107	17.6	54.6	60.4	17.2	53.6	60.3
108	18.0	55.1	60.7	17.8	54.1	60.7
109	18.2	55.3	61.4	18.1	54.4	61.3
110	18.4	55.7	61.8	18.4	54.5	61.6
111	18.8	55.8	62.4	18.7	54.8	62.2
112	19.3	56.3	62.9	19.0	55.1	62.7
113	19.5	56.5	63.2	19.3	55.4	63.3
114	20.0	56.9	64.0	19.8	55.6	63.7
115	20.3	57.1	64.4	20.2	55.8	64.2
116	20.7	57.4	64.8	20.6	56.4	64.8
117	21.0	57.8	65.3	20.9	56.5	65.1
118	21.4	58.0	65.7	21.4	56.9	65.7
119	21.9	58.4	66.2	21.8	57.4	66.1
120	22.3	58.9	66.7	22.4	57.8	66.6
121	22.8	59.2	67.2	22.6	57.9	67.0
122	23.2	59.6	67.7	23.2	58.6	67.5
123	23.8	60.1	68.2	23.6	58.9	68.0
124	24.3	60.6	68.7	24.1	59.4	68.4
125	24.8	60.9	69.1	24.6	59.6	68.9
126	25.3	61.2	69.5	25.2	60.1	69.4
127	25.7	61.7	69.9	25.7	60.6	69.8
128	26.2	62.0	70.3	26.2	60.9	70.2
129	26.7	62.4	70.7	26.5	61.2	70.6
130	27.4	63.0	71.2	27.2	61.7	71.1
131	28.0	63.5	71.7	27.7	62.3	71.5
132	28.5	63.8	72.1	28.3	62.7	72.0
133	29.0	64.2	72.5	29.0	63.3	72.5
134	29.8	64.8	72.8	29.4	63.6	72.9
135	30.5	65.5	73.3	30.1	64.2	73.3
136	31.1	65.7	73.7	30.7	64.7	73.7
137	31.8	66.3	74.2	31.3	65.1	74.2
138	32.5	66.8	74.5	31.9	65.6	74.7
139	33.1	67.2	74.9	32.6	66.5	75.2
140	33.6	67.7	75.3	33.4	67.2	75.8

の平均値

区 分	男			女		
	体 重 (kg)	胸 囲 (cm)	座 高 (cm)	体 重 (kg)	胸 囲 (cm)	座 高 (cm)
141 cm	34.5	68.3	75.8	34.4	67.9	76.3
142	35.1	68.6	76.2	35.5	68.9	76.9
143	35.7	69.0	76.5	36.3	69.6	77.4
144	36.7	69.8	77.1	37.1	70.5	78.0
145	37.4	70.1	77.5	38.8	71.9	78.7
146	37.9	70.5	77.9	39.5	72.5	79.2
147	38.9	71.1	78.3	40.8	73.6	79.8
148	39.6	71.8	78.8	42.1	74.7	80.5
149	39.9	71.8	79.3	43.1	75.3	81.1
150	41.1	72.6	79.9	44.6	76.6	81.6
151	41.9	73.0	80.3	45.6	77.2	82.1
152	43.0	74.0	81.0	46.5	77.9	82.6
153	43.3	73.9	81.4	47.3	78.3	83.1
154	44.4	74.8	81.9	47.8	78.6	83.6
155	45.1	75.2	82.6	48.9	79.2	84.0
156	46.2	75.9	83.2	49.6	79.4	84.5
157	46.9	76.6	83.7	50.4	79.9	85.0
158	47.8	77.2	84.3	51.1	80.2	85.3
159	48.9	77.8	84.9	51.8	80.6	85.7
160	50.4	79.0	85.6	52.4	80.8	86.2
161	51.3	79.7	86.1	53.3	81.2	86.7
162	52.1	80.2	86.7	54.2	81.7	87.1
163	52.8	80.6	87.0	54.8	81.8	87.5
164	53.9	81.3	87.7	55.4	81.9	88.0
165	54.9	81.8	88.1	56.1	82.3	88.3
166	56.0	82.4	88.6	56.7	82.3	88.6
167	56.7	82.9	89.1	58.1	83.3	88.8
168	57.4	83.3	89.6	57.8	82.7	89.3
169	58.2	83.6	90.0	58.9	83.5	89.4
170	59.5	84.3	90.4	61.1	84.8	90.6
171	60.0	84.5	91.1	61.0	84.1	91.1
172	60.9	85.1	91.3	61.0	83.7	90.8
173	61.5	85.1	91.8	63.3	85.2	90.8
174	62.3	85.5	92.3	61.5	85.7	92.7
175	63.3	86.0	92.7	65.0	87.6	90.8
176	64.2	86.7	93.2	66.6	87.2	89.1
177	64.7	86.7	93.7	68.2	90.9	92.7
178	65.1	86.8	93.6	59.0	79.0	93.0
179	66.2	87.4	94.2	—	—	—
180	66.5	87.5	94.7	61.8	83.2	91.2
181	68.0	88.2	95.2	66.0	88.0	97.0
182	68.1	88.2	95.7	55.0	72.0	93.0
183	69.9	89.2	96.3	—	—	—
184	70.8	89.9	96.2	—	—	—
185	72.9	90.8	97.1	—	—	—
186	67.7	85.7	96.5	67.0	83.0	98.0
187	73.1	88.1	95.2	54.0	85.0	87.0
188	69.6	87.5	98.8	—	—	—
189	65.1	86.9	97.5	—	—	—
190	71.1	89.8	96.1	58.0	87.0	88.0

3. 身長別 計測値

2 幼稚園

区 分	男			女		
	体 重 (kg)	胸 囲 (cm)	座 高 (cm)	体 重 (kg)	胸 囲 (cm)	座 高 (cm)
90 cm	15.6	53.6	49.6	—	—	—
91	16.0	55.0	61.0	—	—	—
94	14.0	51.0	53.0	13.0	50.0	53.0
95	14.8	51.9	56.1	14.4	51.2	52.5
96	15.0	52.7	55.9	14.4	51.3	55.4
97	14.4	51.7	54.5	14.2	50.2	55.6
98	14.9	52.5	56.1	14.9	51.0	55.5
99	15.0	53.3	56.0	15.3	51.7	56.6
100	15.6	53.0	56.4	15.0	51.2	56.1
101	15.5	52.7	57.4	15.5	51.5	57.3
102	16.1	53.1	58.2	15.7	52.3	57.5
103	16.3	53.7	58.2	16.4	52.7	58.5
104	16.7	53.9	59.0	16.5	53.3	58.7
105	16.8	53.8	59.0	16.9	53.2	59.1
106	17.2	54.5	59.5	17.2	53.5	59.5
107	17.7	54.6	60.2	17.2	53.7	60.1
108	18.1	55.3	60.5	17.9	54.2	60.4
109	18.3	55.3	61.2	18.3	54.6	61.2
110	18.5	55.8	61.6	18.7	54.8	61.3
111	19.0	55.9	62.2	18.9	55.1	61.9
112	19.4	56.4	62.5	19.3	55.7	62.3
113	19.6	56.7	62.8	19.6	55.7	63.0
114	20.1	57.1	63.8	20.2	56.1	63.4
115	20.6	57.6	64.1	20.5	56.2	64.1
116	20.9	57.7	64.5	20.9	56.7	64.2
117	21.2	58.2	64.8	21.1	56.5	64.4
118	21.3	58.3	65.0	21.6	58.1	65.0
119	22.2	58.8	65.5	22.4	57.9	65.5
120	22.4	59.3	66.5	23.2	60.8	66.0
121	25.8	63.0	67.2	22.9	58.8	66.5
122	22.5	59.4	67.4	23.7	59.1	66.7
123	27.1	66.2	65.9	22.8	57.3	67.6
124	24.2	61.9	68.4	25.1	60.2	69.0
125	23.3	60.2	68.1	25.5	61.0	69.4
126	24.3	60.7	68.1	25.0	61.0	70.0
127	—	—	—	25.0	57.0	71.0
128	26.8	61.8	68.8	—	—	—
129	36.0	71.0	73.0	—	—	—

の平均値(つづき)

3 小学校

区 分	男			女		
	体 重 (kg)	胸 囲 (cm)	座 高 (cm)	体 重 (kg)	胸 囲 (cm)	座 高 (cm)
90 cm	—	—	—	14.2	48.8	49.9
92	—	—	—	18.0	52.0	54.0
94	—	—	—	12.0	49.0	52.0
95	16.0	58.0	56.0	11.0	48.0	55.0
96	—	—	—	12.9	49.9	55.5
97	—	—	—	15.2	52.2	58.4
98	12.0	51.0	55.0	14.0	53.2	55.8
99	14.9	50.5	60.9	14.5	51.9	55.7
100	14.9	53.1	58.5	14.7	50.9	57.0
101	17.1	54.7	59.7	15.5	52.6	58.0
102	14.9	52.0	58.1	15.6	51.7	58.0
103	16.7	54.9	58.5	16.4	53.4	58.9
104	16.3	53.9	59.5	16.4	52.4	59.9
105	16.9	54.4	59.9	16.9	53.2	59.9
106	19.4	54.1	59.8	16.8	53.2	60.3
107	17.2	54.5	61.1	17.1	53.5	60.6
108	17.6	54.7	61.1	17.7	53.9	61.0
109	18.0	55.2	61.6	17.9	54.1	61.6
110	18.3	55.5	62.2	18.2	54.2	61.8
111	18.7	55.7	62.6	18.6	54.7	62.4
112	19.3	56.3	63.2	18.9	54.8	62.9
113	19.5	56.4	63.5	19.3	55.2	63.4
114	20.0	56.8	64.1	19.7	55.5	63.8
115	20.2	57.0	64.5	20.2	55.7	64.3
116	20.7	57.4	64.9	20.5	56.3	64.8
117	21.0	57.7	65.4	20.9	56.5	65.2
118	21.4	58.0	65.8	21.3	56.8	65.8
119	21.8	58.4	66.3	21.8	57.4	66.2
120	22.3	58.8	66.8	22.3	57.7	66.6
121	22.8	59.2	67.2	22.6	57.9	67.1
122	23.2	59.6	67.7	23.2	58.6	67.5
123	23.7	60.0	68.2	23.6	58.9	68.0
124	24.3	60.5	68.7	24.1	59.4	68.4
125	24.8	60.9	69.1	24.6	59.6	68.9
126	25.3	61.2	69.5	25.2	60.1	69.4
127	25.7	61.7	69.9	25.7	60.5	69.8
128	26.2	62.0	70.3	26.2	60.9	70.2
129	26.7	62.4	70.7	26.5	61.2	70.6
130	27.4	63.0	71.2	27.2	61.7	71.1
131	28.0	63.5	71.7	27.7	62.3	71.5
132	28.5	63.8	72.1	28.3	62.7	72.0
133	29.0	64.2	72.4	28.9	63.2	72.5
134	29.8	64.8	72.9	29.4	63.6	72.9
135	30.5	65.4	73.3	30.1	64.2	73.3
136	31.0	65.7	73.8	30.7	64.7	73.7
137	31.7	66.3	74.2	31.2	65.1	74.2
138	32.5	66.8	74.5	31.9	65.5	74.6
139	33.1	67.2	74.9	32.5	66.3	75.2
140	33.5	67.6	75.3	33.3	66.9	75.7
141	34.5	68.3	75.9	34.1	67.4	76.2
142	35.2	68.7	76.3	34.8	67.9	76.7
143	35.8	69.1	76.5	35.4	68.4	77.1
144	36.8	69.8	77.1	36.0	69.0	77.6
145	37.6	70.3	77.5	37.3	69.9	78.2
146	38.3	70.8	78.0	37.7	70.3	78.8
147	39.6	71.8	78.5	39.0	71.1	79.2
148	39.9	72.1	78.8	40.0	72.0	79.8
149	40.2	72.2	79.1	40.5	72.2	80.2
150	41.7	73.2	79.7	40.9	72.6	80.7
151	42.6	73.1	80.2	42.7	73.9	81.1
152	44.8	75.4	80.9	43.6	74.6	81.7
153	42.8	73.5	81.1	43.7	74.6	82.1
154	45.7	75.7	81.7	44.3	74.5	82.8
155	46.8	76.1	82.9	45.2	75.7	83.0
156	46.5	75.6	82.5	45.9	75.8	83.5
157	49.5	78.8	83.3	46.3	76.4	84.1
158	49.1	78.2	83.4	48.6	77.5	84.7
159	49.0	77.7	84.4	49.6	78.1	84.8
160	50.6	77.7	85.4	49.8	78.8	85.6
161	51.7	79.9	84.8	51.5	80.4	85.5
162	49.8	76.7	84.3	52.7	79.4	86.0
163	54.4	81.0	86.0	47.1	74.7	85.4
164	51.1	78.1	86.8	55.4	81.9	88.0
165	54.6	79.9	89.2	59.0	85.0	89.0
166	59.7	82.8	88.1	54.5	82.4	86.6
167	52.9	77.6	90.3	—	—	—
168	49.0	77.6	86.1	57.0	80.0	90.0
169	58.0	79.0	89.0	58.0	87.0	90.0
170	52.0	73.0	87.0	—	—	—
171	—	—	—	—	—	—

3. 身長別 計測値

4 中学校

区 分	男			女		
	体 重 (kg)	胸 囲 (cm)	座 高 (cm)	体 重 (kg)	胸 囲 (cm)	座 高 (cm)
110 cm	—	—	—	17.0	54.0	63.0
111	17.0	53.0	59.0	—	—	—
115	25.0	65.0	66.0	20.0	57.0	62.0
118	—	—	—	31.0	68.0	75.0
120	20.0	58.0	64.0	—	—	—
121	—	—	—	24.0	57.7	66.7
122	32.0	68.0	73.0	31.0	67.0	68.0
123	27.3	65.7	68.3	30.4	68.9	67.2
124	26.1	64.0	67.5	—	—	—
125	26.0	63.0	68.0	29.9	68.3	70.2
126	23.4	60.3	69.3	23.7	58.3	68.0
127	26.9	63.4	66.5	34.0	70.3	73.0
128	24.8	60.9	68.5	26.0	62.3	70.4
129	27.1	63.5	69.8	27.2	62.5	69.3
130	30.8	65.7	72.6	28.3	65.1	70.9
131	28.2	64.4	70.6	28.5	63.5	71.0
132	29.2	65.1	71.1	29.0	64.9	73.2
133	29.4	65.1	72.6	30.2	66.2	72.3
134	29.9	65.4	72.3	30.1	65.0	73.6
135	31.0	66.1	72.8	30.5	66.1	73.7
136	31.6	66.7	73.4	30.9	65.8	74.4
137	32.0	66.7	73.7	31.8	66.4	74.7
138	32.6	67.0	74.5	32.8	67.7	75.1
139	32.9	67.2	74.5	33.3	68.7	75.6
140	33.9	68.2	75.2	34.0	68.7	76.2
141	34.5	68.5	75.6	35.3	69.7	76.6
142	34.9	68.5	75.9	36.5	70.9	77.5
143	35.5	69.0	76.4	37.2	71.3	77.8
144	36.5	69.7	77.1	37.9	71.9	78.4
145	37.0	69.8	77.4	39.4	73.2	78.9
146	37.5	70.2	77.8	39.5	73.0	79.3
147	38.5	70.6	78.2	40.5	73.7	79.9
148	39.4	71.5	78.7	41.6	74.4	80.5
149	39.7	71.6	79.4	42.5	75.0	81.0
150	40.8	72.2	79.9	43.7	75.7	81.5
151	41.6	72.8	80.3	44.4	76.1	82.0
152	42.5	73.5	80.9	45.0	76.6	82.4
153	43.1	73.8	81.4	45.9	77.0	83.0
154	44.1	74.4	81.8	46.4	77.3	83.4
155	44.7	74.8	82.4	47.5	77.8	83.8
156	45.6	75.3	83.0	48.1	78.1	84.3
157	46.3	75.9	83.5	49.0	78.6	84.8
158	47.0	76.3	84.0	49.5	78.8	85.1
159	48.1	77.0	84.5	50.3	79.3	85.5
160	49.3	77.7	85.1	50.9	79.4	85.9
161	50.2	78.3	85.5	51.7	79.8	86.5
162	50.8	78.5	86.1	52.6	80.4	86.9
163	51.5	79.2	86.4	53.2	80.3	87.3
164	52.6	79.5	87.1	54.3	80.7	87.7
165	52.8	79.7	87.5	54.4	81.1	88.1
166	54.4	80.6	88.1	55.8	81.3	88.6
167	55.4	81.2	88.4	56.4	81.8	88.8
168	56.3	81.8	89.0	56.5	81.9	88.6
169	56.9	82.0	89.4	56.7	82.7	89.0
170	57.9	82.4	89.9	61.5	85.0	90.3
171	58.2	82.3	90.4	57.0	82.1	90.3
172	59.4	82.9	90.8	56.7	81.4	90.9
173	59.6	82.9	91.3	63.7	83.8	91.8
174	60.2	83.6	91.6	77.2	97.6	93.8
175	62.1	84.1	92.2	54.1	77.3	86.5
176	62.4	84.5	93.2	67.0	87.0	92.0
177	63.4	85.2	93.4	64.0	83.0	93.0
178	65.2	86.0	93.2	59.0	79.0	93.0
179	65.2	85.3	94.1	—	—	—
180	67.7	86.0	94.2	44.0	76.0	82.0
181	66.0	86.9	94.6	—	—	—
182	67.4	84.9	96.4	—	—	—
183	77.3	94.0	96.9	—	—	—
184	73.3	90.4	95.5	—	—	—
185	61.0	81.0	94.0	—	—	—
186	52.0	75.0	93.0	—	—	—
187	66.0	84.0	97.0	—	—	—
189	74.0	88.0	102.0	—	—	—

の平均値(つづき)

5 高等学校

区 分	男			女		
	体 重 (kg)	胸 囲 (cm)	座 高 (cm)	体 重 (kg)	胸 囲 (cm)	座 高 (cm)
120 cm	26.0	60.0	64.0	—	—	—
128	—	—	—	42.8	63.4	74.3
132	—	—	—	34.0	79.0	69.0
134	38.0	79.0	69.0	—	—	—
135	43.6	79.4	79.9	—	—	—
136	—	—	—	39.0	75.0	77.0
137	—	—	—	42.2	77.4	76.9
138	37.6	75.5	75.3	38.3	73.3	77.7
139	36.0	72.0	68.0	39.3	72.9	76.2
140	46.0	75.0	89.0	43.7	77.4	78.2
141	42.5	76.6	76.3	40.7	76.8	78.5
142	37.0	69.0	71.0	44.8	79.5	79.0
143	36.6	70.6	78.7	44.4	78.9	79.7
144	37.7	71.7	75.5	45.4	78.8	80.0
145	37.8	74.7	78.1	45.1	78.4	80.4
146	40.3	75.3	78.4	45.7	78.8	80.6
147	42.7	74.3	79.9	46.1	79.4	81.1
148	41.0	74.1	81.7	46.0	78.9	81.3
149	41.3	75.2	81.1	47.1	79.2	82.0
150	45.9	77.9	82.2	48.0	80.0	82.2
151	44.8	76.8	81.6	48.6	80.2	82.7
152	45.2	77.2	82.4	49.2	80.5	83.1
153	47.0	76.9	83.0	49.8	80.6	83.6
154	46.8	78.6	83.1	50.0	80.6	83.9
155	47.5	78.1	83.9	50.7	81.0	84.3
156	49.3	79.2	84.7	51.4	81.1	84.8
157	49.0	79.0	84.7	51.9	81.2	85.2
158	50.2	79.9	85.5	52.5	81.5	85.6
159	50.7	80.0	85.8	53.0	81.7	85.9
160	52.3	81.4	86.3	53.5	81.8	86.4
161	52.9	81.7	86.9	54.3	82.1	86.8
162	53.8	82.1	87.4	55.1	82.4	87.3
163	54.1	82.0	87.6	55.7	82.6	87.6
164	55.0	82.7	88.1	55.9	82.6	88.1
165	56.2	83.2	88.5	56.7	82.8	88.3
166	56.8	83.4	89.0	57.1	82.7	88.6
167	57.4	83.7	89.5	57.8	83.9	88.8
168	57.9	83.9	89.8	58.4	83.1	89.7
169	58.7	84.2	90.2	59.6	83.8	89.5
170	59.9	84.8	90.6	60.9	84.7	90.8
171	60.5	85.1	91.2	61.9	84.5	91.3
172	61.3	85.6	91.5	62.8	84.7	90.7
173	61.8	85.6	91.9	63.3	85.4	90.6
174	62.7	85.8	92.4	64.1	84.1	92.5
175	63.5	86.3	92.8	69.5	91.9	92.5
176	64.5	87.1	93.2	66.6	87.2	88.7
177	64.9	86.8	93.8	68.9	92.0	92.6
178	65.1	87.0	93.7	—	—	—
179	66.3	87.6	94.3	—	—	—
180	66.4	87.6	94.7	67.2	85.4	94.0
181	68.3	88.3	95.3	66.0	88.0	97.0
182	68.2	88.4	95.6	55.0	72.0	93.0
183	69.1	88.7	96.2	—	—	—
184	70.4	89.8	96.4	—	—	—
185	73.3	91.1	97.2	—	—	—
186	70.8	87.7	97.2	67.0	83.0	98.0
187	74.0	88.6	95.0	54.0	85.0	87.0
188	69.6	87.5	98.8	—	—	—
189	64.5	86.8	97.2	—	—	—
190	71.1	89.8	96.1	58.0	87.0	88.0