Physical Activity for Children and Adolescents

The purpose of this report card is to show the current state and determinants of physical activity and health in Japanese children and adolescents aged 6 to 17 years. Nationally representative Japanese data were used: this is a national report card. Grades were determined using the international method as follows:

※ The card grades are determined by the percentage of Japanese children and adolescents meeting the benchmark for each indicator.

A — A+ 94–100% A 87–93% A- 80–86%
We are succeeding with a large majority of children and adolescents

B — B+ 74–79% B 67–73% B- 60–66%
We are succeeding with well over half of children and adolescents

C — C+ 54–59% C 47–53% C- 40–46%
We are succeeding with about half of children and adolescents

D — D+ 34–39% D 27–33% D- 20–26%
We are succeeding with less than half of children and adolescents

F — F 0–20%
We are succeeding with very few children and adolescents

INC — **Incomplete**—insufficient or inadequate information to assign a grade

Table 1. Grades According to Physical Activity Indicator in the 2026 Japan Report Card on Physical Activity for Children and Adolescents

Indicators	2026	Girls	Boys	CAWD
Physical Activity, Health Behaviours and Outcomes				
Overall Physical Activity	C	C-	C+	INC
Organized Sport	C+	C	B	F
Active Play	INC	INC	INC	INC
Active Transportation	A	A	A	INC
Sedentary Behaviour	D	D+	D	C+
Physical Fitness	B-	B-	B-	F
Weight Status	A	A	A	B+
Sleep	D	D-	D	C+
Settings and Influences on Physical Activity and Health				
Family and Peers	C+	C+	B-	INC
School	A	–	–	A
Community and Environment	INC	–	–	INC
Government	B-	–	–	C

CAWD: children and adolescents with disabilities

The grades illustrate the state of physical activity in Japanese children and adolescents. The report card can be utilized as information to support policy development in physical activity for children and adolescents, families, schools, local communities and the country as a whole. Regarding CAWD, some of the results were based on analysis of individual data of students attending special needs schools from the 2024 National Survey on Physical Fitness, Athletic Performance, and Exercise Habits by the Japan Sports Agency.

Methodology and Detailed Findings

The detailed methodology and detailed findings of this report card (data and references etc.) are available on our website (www.activekids.jp).

Next Steps

This is the fourth version of the Japan Report Card on Physical Activity for Children and Adolescents. We are planning to publish it subsequently to monitor changes to each grade, in 2030. To do so, we need further funding and are seeking partnerships with individuals or organizations who might consider providing financial or other support. Please contact the Active Healthy Kids Japan Group (active.healthy.kids.japan@gmail.com) for further information.

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The 2026 JAPAN Report Card on

Physical Activity for Children and Adolescents

Physical Activity, Health Behaviours and Outcomes

1 Overall Physical Activity

Fifty-two percent of 12- to 17-year-olds accumulated at least 60 minutes of moderate- to vigorous-intensity physical activity per day on at least 4 days a week according to the WHO Health Behaviour in School-aged Children (HBSC) Japanese version (HBSC-J). The HBSC-J was a part of the 2025 SSF (Sasakawa Sports Foundation) National Sports-Life Survey.

C

2 Organized Sport

Participation in organized sports was reported as 54 % of 6- to 11-year-olds and 63 % of 12-to 17-year-olds by the Report of Survey on Physical Fitness and Athletic Performance of Japan Sports Agency (2024).

C+

3 Active Play

There is no data representing Japanese children and adolescents with regards to active and outdoor play. There are no Japanese government recommendations for active and outdoor play.

INC

4 Active Transportation

The 2025 SSF (Sasakawa Sports Foundation) National Sports-Life Survey reported that 91 % of 6-to 11-year-olds and 85 % of 12-to 17-year-olds regularly commuted actively (walking or cycling) to school.

A

5 Sedentary Behaviour

The National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2024) and the 2025 SSF (Sasakawa Sports Foundation) National Sports-Life Survey reported that 43 % of children aged 6 to 11 years and 24 % of adolescents aged of 12 to 17 years spent less than two hours per day on screen time.

D

6 Physical Fitness

We evaluated average percentiles for aged 9-17 years achieved on some physical fitness indicators based on the normative values published by Tomkinson et al. (2017,2018). The average number of laps in the 20-m shuttle run were 75 %ile for 9-to 11-year-olds and 83 %ile for 12-to 17-year-olds, respectively; those of the average distance in the standing broad jump were 70 %ile for 9-to 11-year-olds and 78 %ile for 12-to 17-year-olds, respectively; those of the average grip strength were 48 %ile for 9-to 11-year-olds and 38 %ile for 12-to 17-year-olds, respectively. These data come from the Report of the Survey on Physical Fitness and Athletic Performance of the Japan Sports Agency (2024).

B-

7 Weight Status

The School Health Survey data (2024) by the Ministry of Education, Culture, Sports, Science and Technology (MEXT) reported that 90 % of children aged 6-11 and 87 % of adolescents aged 12-17 were normal weight.

A

8 Sleep

The National Survey on Physical Fitness, Athletic Performance and Exercise Habits of the Japan Sports Agency (2024) reported that 29 % of 13- to 14-year-olds met the Guidelines for Healthy Sleep 2023 by Ministry of Health, Labour and Welfare, which recommended that adolescents get 8 to 10 hours of sleep per day.

D

Settings and Influences on Physical Activity and Health

9 Family and Peers

According to the 2025 SSF (Sasakawa Sports Foundation) National Sports-Life Survey, 43 % of primary to high school students engaged in exercise or sports with their guardians, and 72 % reported receiving encouragement from their guardians to do so. Additionally, 74 % of primary school students reported being encouraged by their friends. Data from the Specific Health Checkups (2023) indicated that 42 % of Japanese adults accumulated at least 60 minutes of moderate-to-vigorous physical activity per day.

C+

10 School

The Japanese government sets primary school, junior high school, and high school curricula including the content of physical education (PE) classes and the number of PE classes provided. All schools have recess time in primary school, junior high school, and high school. The MEXT produces guidelines for school infrastructure and equipment for PE or active play in primary schools, junior high schools, and high schools, such as the area of the school playground and the existence of a gymnasium and relevant equipment according to education guidelines. However, there are few physical education classes taught by specialist PE teachers in Japanese primary schools.

A

11 Community and Environment

There are no nationally representative Japanese data for community and environment.

INC

12 Government

Sixty-two percent of indicators were rated using the Ward et al. method (2021) based on the HEPA PAT v2.

B-