

Reference list

Chapter 1

- Ministry of Education, Culture, Sports, Science and Technology (2012) Exercise guidebook for early childhood
- Japan Sports Agency (2019) Physical fitness and exercise capacity survey (2018)
- Japan Sports Agency (2019) The National Survey of Physical Fitness, Athletic Performance and Exercise Habits
- Japan Sport Association (2020) JSPO-ACP Guidebook
- Blair, S.N., Clark, D.G., Cureton, K.J. and Powell, K.E.(1989) Exercise and fitness in childhood: implications for a lifetime of health. In Perspectives in Exercise Science and Sports Medicine, Vol. 2: Youth, Exercise and Sport (edited by C.V. Gisolfi and D.R. Lamb), pp. 401 - 430. New York: McGraw-Hill.
- Ministry of Education, Culture, Sports, Science and Technology (2011) Report on research and study on practical activities in early childhood to cultivate the basis for improving physical fitness

Chapter 2

- Japan Sport Association (2020) JSPO-ACP Guidebook

Chapter 3

- Japan Sport Association(2020), JSPO-ACP Guidebook
- Okazawa, Y., KITA M., SUWA, Y.(1996) Factorial Structure of Physical Competence and its Developmental Tendency and Sex Difference. Japanese journal of sport education studies, 16: 145-555
- Japan Sport Association(2019) Guidebook for the Prevention of Heatstroke during Sports Activities

Chapter 4

- Kasuga, K., Otsubo, K., Sato, Y., and Aono, H. (2020)The effects of physical education classes incorporating the concept of The Active Child Program on physical activity, skill development, and awareness of children, Studies of growth and development, 86:10-20
- The practical approach in elementary school : The effect of physical activity on psychological and social aspects (2010) Pedagogy of Physical Education,67:50-53
- Research on improving physical fitness and athletic ability of children (2010) Kanagawa Prefectural Physical Education Center