

|    |   |          |       | 令和8年度 水海道第一高等学校 部活動予定・実績一覧（運動部） |    |       |    |     |    |    |  |      |    |    |    |     |  |         |    |     |         |    |    |       |    |  |       |     |    |        |    |     |    |    |    |     |    |    |    |      |    |        |    |      |         |    |    |         |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
|----|---|----------|-------|---------------------------------|----|-------|----|-----|----|----|--|------|----|----|----|-----|--|---------|----|-----|---------|----|----|-------|----|--|-------|-----|----|--------|----|-----|----|----|----|-----|----|----|----|------|----|--------|----|------|---------|----|----|---------|----|----|--------|------|----|---|----|------|--|--|--|------|--|--|--|------|--|--|--|------|--|--|--|
|    |   |          |       | (1)                             |    |       |    | (2) |    |    |  | (3)  |    |    |    | (4) |  |         |    | (5) |         |    |    | (6)   |    |  |       | (7) |    |        |    | (8) |    |    |    | (9) |    |    |    | (10) |    |        |    | (11) |         |    |    | (12)    |    |    |        | (13) |    |   |    | (14) |  |  |  | (15) |  |  |  | (16) |  |  |  | (17) |  |  |  |
| 5月 |   |          | 男子ハンド |                                 |    | 女子ハンド |    |     | 野球 |    |  | サッカー |    |    | 陸上 |     |  | 男子バスケット |    |     | 女子バスケット |    |    | 男子バレー |    |  | 女子バレー |     |    | バドミントン |    |     | 卓球 |    |    | 剣道  |    |    | 弓道 |      |    | ソフトテニス |    |      | 男子硬式テニス |    |    | 女子硬式テニス |    |    | 応援リーダー |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
|    |   |          | 計画    | 実績                              |    | 計画    | 実績 |     | 計画 | 実績 |  | 計画   | 実績 |    | 計画 | 実績  |  | 計画      | 実績 |     | 計画      | 実績 |    | 計画    | 実績 |  | 計画    | 実績  |    | 計画     | 実績 |     | 計画 | 実績 |    | 計画  | 実績 |    | 計画 | 実績   |    | 計画     | 実績 |      | 計画      | 実績 |    | 計画      | 実績 |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 1  | 金 |          | ○     | 2h                              | 2h | ○     | 2h | 2h  | ○  |    |  | ○    | 2h | 2h | ○  | 2h  |  | ○       | 2h | 2h  | ○       | 2h | 2h | ○     | 2h |  | ○     | 2h  | 2h | ○      | 1h | 1h  | ○  | 2h |    | ○   | 2h | 2h | 大会 | 6h   | 6h | ○      | 2h |      | ○       | 2h | 2h | ○       | 2h |    | ○      | 2h   | 2h | ○ | 2h | 2h   |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 2  | 土 | 定期戦      | ×     |                                 |    |       |    |     | ○  |    |  | 大会   | 2h | 2h | ○  | 2h  |  | ○       | 2h | 2h  | ○       | 2h | 2h | 大会    | 2h |  | 大会    | 2h  | 2h |        |    |     | ×  |    |    | 大会  | 6h | 6h | 大会 | 6h   | 6h | ×      |    |      | 大会      | 6h | 6h | 大会      | 6h | 6h | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 3  | 日 | 憲法記念日    | ○     | 3h                              | 3h | ○     | 3h | 3h  | ○  |    |  | 練試   | 2h | 2h | ×  |     |  | ×       |    |     | ×       |    |    | ○     | 3h |  | ○     | 3h  | 3h | ×      |    |     | ○  | 3h |    | ×   |    |    | ×  |      |    | ○      | 3h |      | 大会      | 6h | 6h | 大会      | 4h | 4h | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 4  | 月 | みどりの日    | ○     | 2h                              | 2h | ○     | 2h | 2h  | 練試 |    |  | 大会   | 3h | 3h | ○  | 2h  |  | ○       | 3h | 2h  | ○       | 2h | 2h | 練試    | 3h |  | ×     |     |    | 練試     | 3h | 3h  | ×  |    |    | ×   |    |    | ○  | 3h   | 3h | 大会     | 3h |      | ×       |    |    | ×       |    |    | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 5  | 火 | こどもの日    | ○     | 2h                              | 2h | ○     | 2h | 2h  | ×  |    |  | ○    | 2h | 2h | ○  | 3h  |  | ○       | 3h | 3h  | ○       | 2h | 2h | ×     |    |  | 練試    | 3h  | 3h | 練試     | 3h | 3h  | 大会 | 6h |    | ×   |    |    | ×  |      |    | 大会     | 3h |      | ○       | 3h | 3h | ○       | 3h | 3h | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 6  | 水 | 振替休日     | ○     | 2h                              | 2h | ○     | 2h | 2h  | ×  |    |  | ×    |    |    | ○  | 3h  |  | 練試      | 3h | 3h  | ○       | 2h | 2h | 練試    | 3h |  | ○     | 3h  | 3h | 練試     | 3h | 3h  | ×  |    |    | ○   | 3h | 3h | ○  | 3h   | 3h | ×      |    |      | ○       | 3h | 3h | ○       | 3h | 3h | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 7  | 木 | 定期戦代休    | ○     | 2h                              | 2h | ○     | 2h | 2h  | ○  |    |  | ○    | 2h | 2h | ×  |     |  | ×       |    |     | ×       |    |    | ○     | 3h |  | ○     | 3h  | 3h | ×      |    |     | ×  |    |    | ○   | 3h | 3h | ○  | 3h   | 3h | ○      | 3h |      |         |    |    | ×       |    |    | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 8  | 金 |          | 大会    | 1h                              | 1h | 大会    | 2h | 2h  | ○  |    |  | 大会   | 3h | 3h | ○  | 2h  |  | ○       | 2h | 2h  | ○       | 2h | 2h | ×     |    |  | ×     |     |    | ○      | 2h | 2h  | ○  | 2h |    | 大会  | 6h | 6h | 大会 | 6h   | 6h | ○      | 2h |      | ○       | 2h | 2h | ○       | 2h | 2h | ○      | 2h   | 2h |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 9  | 土 | PTA総会    | 大会    | 2h                              | 2h | 大会    | 2h | 2h  | ×  |    |  | ○    | 2h | 2h | ○  | 2h  |  | ×       |    |     | ○       | 2h | 2h | ×     |    |  | ×     |     |    | ×      |    |     | ○  | 2h |    | ○   | 1h | 1h | ○  | 2h   | 2h | ×      |    |      | ×       |    |    | ○       | 3h | 2h | ○      | 2h   | 2h |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 10 | 日 |          | 大会    | 1h                              | 1h | 大会    | 1h | 1h  | ○  |    |  | ×    |    |    | ○  | 2h  |  | ○       | 3h | 3h  | ×       |    |    | 練試    | 3h |  | ×     |     |    | ×      |    |     | ×  |    |    | ×   |    |    | 練試 | 3h   |    | ○      | 3h | 3h   | 練試      | 4h | 4h | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 11 | 月 | PTA総会代休  | ×     |                                 |    | ×     |    |     | ○  |    |  | 練試   | 3h | 3h | ×  |     |  | ○       | 3h | 3h  | ×       |    |    | ○     | 3h |  | ○     | 3h  | 3h | ○      | 3h | 3h  | ○  | 3h | 3h | ○   | 3h | 3h | ○  | 3h   | 3h | ○      | 3h |      | ×       |    |    | ×       |    |    | ×      |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 12 | 火 |          | ×     |                                 |    | ×     |    |     | ×  |    |  | ×    |    |    | ○  | 1h  |  | ○       | 2h | 2h  | ○       | 2h | 2h | ○     | 2h |  | ○     | 2h  | 2h | ×      |    |     | ×  |    |    | ×   |    |    | ×  |      |    | ○      | 2h | 2h   | ○       | 1h | 1h | ○       | 2h | 2h |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 13 | 水 |          | ○     | 2h                              | 2h | ×     |    |     | ○  |    |  | ×    |    |    | 大会 | 5h  |  | ×       |    |     | ○       | 2h | 2h | ○     | 2h |  | ○     | 2h  | 2h | ○      | 1h | 1h  | ○  | 2h |    | ○   | 2h | 2h | ×  |      |    | ○      | 2h |      | ×       |    |    | ○       | 2h |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 14 | 木 |          | ○     | 2h                              | 2h | ×     |    |     | ○  |    |  | ○    | 2h |    | 大会 | 5h  |  | ○       | 2h | 2h  | ○       | 2h | 2h | ×     |    |  | ×     |     |    | ○      | 1h | 1h  | ×  |    |    | 大会  | 6h | 6h | ×  |      |    | ○      | 2h |      | ○       | 2h | 2h | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 15 | 金 |          | ○     | 2h                              | 2h | ×     |    |     | ○  |    |  | ○    | 2h |    | 大会 | 5h  |  | 大会      | 3h | 3h  | 大会      | 2h | 2h | ○     | 2h |  | ○     | 2h  | 2h | ×      |    |     | ○  | 2h |    | 大会  | 6h | 6h | ×  |      |    | ○      | 2h |      | 大会      | 6h | 6h | ○       | 2h | 2h |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 16 | 土 | 土曜自主課外   | ○     | 2h                              |    | ×     |    |     | 練試 |    |  | 大会   | 3h |    | 大会 | 5h  |  | ×       |    |     | ×       |    |    | 練試    | 3h |  | 練試    | 3h  | 3h | ×      |    | 2h  | ×  |    |    | ×   |    |    | ×  |      |    | ○      | 3h |      | ×       |    |    | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 17 | 日 |          | 練試    | 2h                              |    | ×     |    |     | 練試 |    |  | ×    |    |    | ×  |     |  | ○       | 3h | 3h  | ○       | 2h |    | ○     | 3h |  | 練試    | 4h  | 5h | ○      | 3h | 2h  | ×  |    |    | ×   |    |    | ×  |      |    | ×      |    |      | ×       |    |    | ○       | 3h | 3h |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 18 | 月 |          | ×     |                                 |    | ×     |    |     | ×  |    |  | ○    |    |    | ×  |     |  | ○       | 2h | 2h  | ○       | 2h |    | ○     | 2h |  | ○     | 2h  | 2h | ○      | 1h | 1h  | ○  | 2h |    | ×   |    |    | ×  |      |    | ○      | 2h |      | ×       |    |    | ○       | 2h | 2h |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 19 | 火 |          | ×     |                                 |    | ×     |    |     | ×  |    |  | ×    |    |    | ×  |     |  | ×       |    |     | ○       | 2h |    | ×     |    |  | ×     |     |    | 大会     |    |     | ×  |    |    | ×   |    |    | ×  |      |    | 大会     | 2h |      | ×       |    |    | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 20 | 水 | 定期考査Ⅰ    | ○     | 2h                              |    | ×     |    |     | ○  |    |  | ○    |    |    | ×  |     |  | ○       | 2h |     | ○       | 2h |    | ×     |    |  | ○     | 2h  | 2h | 大会     |    |     | ×  |    |    | ×   |    |    | ×  |      |    | 大会     | 2h |      | ○       | 2h | 2h | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 21 | 木 | 定期考査Ⅰ    | ×     |                                 |    | ×     |    |     | ○  |    |  | 大会   |    |    | ×  |     |  | ○       | 2h |     | ○       | 2h |    | ○     | 2h |  | ○     | 2h  | 2h | ×      |    |     | ○  | 2h |    | ×   |    |    | ×  |      |    | ×      |    |      | ○       | 2h |    |         |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 22 | 金 | 定期考査Ⅰ    | ○     | 2h                              |    | ○     |    |     | ○  |    |  | ○    |    |    | ○  | 2h  |  | ×       |    |     | ×       |    |    | 大会    |    |  | ○     | 2h  | 2h | ○      | 2h | 2h  | 大会 | 8h |    | ×   |    |    | ○  | 2h   | 2h | ○      | 2h |      | ○       | 2h |    |         |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 23 | 土 |          | ○     | 3h                              |    | ○     | 3h |     | 練試 |    |  | ○    |    |    | ○  | 4h  |  | ○       | 3h |     | ○       | 2h |    | ○     | 3h |  | 大会    | 4h  | 4h | ○      | 2h | 2h  | 大会 | 8h |    | ○   | 3h |    | ○  | 3h   | 3h | ○      | 4h |      | 大会      | 6h | 6h | 大会      | 6h |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 24 | 日 | 修学旅行(中3) | 練試    | 3h                              |    | 練試    | 3h |     | 練試 |    |  | ×    |    |    | ×  |     |  | ○       | 3h |     | ○       | 2h |    | 大会    |    |  | ×     |     |    | 大会     |    |     | ×  |    |    | ×   |    |    | ×  |      |    | ×      |    |      | ○       | 3h |    |         |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 25 | 月 | 修学旅行(中3) | ○     | 2h                              |    | ○     |    |     | ×  |    |  | ○    |    |    | ○  | 2h  |  | ○       | 2h |     | ×       |    |    | ○     | 2h |  | ×     |     |    | ×      |    |     | ○  | 2h |    | ○   | 2h |    | ○  | 2h   | 2h | ○      | 2h |      | ○       | 2h | 2h | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 26 | 火 | 修学旅行(中3) | ×     |                                 |    | ×     |    |     | ○  |    |  | ×    |    |    | ○  | 2h  |  | ○       | 2h |     | ○       | 2h |    | ×     |    |  | ×     |     |    | ○      | 1h |     | ×  |    |    | ○   | 2h |    | ×  |      |    | ○      | 2h |      | ○       | 2h | 2h | ○       | 1h |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 27 | 水 |          | ○     | 2h                              |    | ○     | 2h |     | 大会 |    |  | ○    |    |    | ○  | 2h  |  | 大会      | 2h |     | 大会      | 2h |    | ○     | 2h |  | ○     | 2h  |    | ×      |    |     | ○  | 2h |    | ×   |    |    | ○  | 2h   | 2h | ×      |    |      | ○       | 2h | 2h | ○       | 2h |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 28 | 木 |          | ○     | 2h                              |    | ○     | 2h |     | ○  |    |  | ×    |    |    | ×  |     |  |         |    |     | ×       |    |    | ○     | 2h |  | ○     | 2h  |    | ○      | 2h |     | ○  | 2h |    | ○   | 2h |    | ○  | 2h   |    | ×      |    |      | ○       | 2h |    |         |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 29 | 金 |          | ○     | 2h                              |    | ○     | 2h |     | ○  |    |  | ○    |    |    | ○  | 2h  |  | ○       | 2h |     | ○       | 2h |    | ×     |    |  | ×     |     |    | ○      | 2h |     | ×  |    |    | ○   | 2h |    | ○  | 2h   |    | ○      | 2h |      | 大会      | 6h |    | 大会      | 4h |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 30 | 土 |          | ○     | 3h                              |    | ○     | 3h |     | 練試 |    |  | 練試   |    |    | ○  | 4h  |  | 大会      | 2h |     | 大会      | 2h |    | 練試    | 3h |  | 練試    | 3h  |    |        |    |     | ×  |    |    | 練試  | 3h |    | ○  | 3h   |    | ○      | 3h |      | 大会      | 6h |    | ×       |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |
| 31 | 日 |          | ○     | 2h                              |    | ○     | 2h |     | 練試 |    |  | ×    |    |    | ×  |     |  | 大会      | 2h |     | 大会      | 2h |    | ○     | 3h |  | 練試    | 3h  |    |        |    |     | ○  | 3h |    | ×   |    |    | ×  |      |    | ×      |    |      | ○       | 3h |    |         |    |    |        |      |    |   |    |      |  |  |  |      |  |  |  |      |  |  |  |      |  |  |  |