

2024

年度

部活動年間指導計画表

青森県立田名部高等学校

陸上競技部

※原則週1日以上以上の休養日の確保しながら、年間で104日(平均して週2日)以上程度の休養日を設けましょう。

実施状況 1:週休日・祝日の活動日(振替休業等での活動日) 2:休養日(振替休業日での休養日) 3:平日活動日 4:平日休養日

Table for September (9月) showing activity status, rest days, and exam dates. Includes columns for days of the week, activity status (1-4), and rest days (O). Rows include dates, days of the week, implementation status, rest status, and exam notes.

Table for October (10月) showing activity status, rest days, and exam dates. Includes columns for days of the week, activity status (1-4), and rest days (O). Rows include dates, days of the week, implementation status, rest status, and exam notes.

Table for November (11月) showing activity status, rest days, and exam dates. Includes columns for days of the week, activity status (1-4), and rest days (O). Rows include dates, days of the week, implementation status, rest status, and exam notes.

Table for December (12月) showing activity status, rest days, and exam dates. Includes columns for days of the week, activity status (1-4), and rest days (O). Rows include dates, days of the week, implementation status, rest status, and exam notes.