

1. 右のリンク先 ([Radio Exercise No. 1](#)) をクリックし、動画を見ましょう。英語をよく聴いて、空欄を埋めましょう。解答をチェックして、答え合わせは自分で行ってください。

First stand tall and stretch your ( ) body.

One, two and back down. Stretch your back.

Next arms and ( ). One, two, three, four. Arms to the side and bend the ( ).

Repeat once more. Three, four, five, six.

Now arms revolving. First one way, then ( ) ( ). Arms outstretched, repeat once more. One, two, three, four. Legs spread out.

Now the ( ). Swing the arms to the side, then slowly up again. Five, six. Chest spread widely. One, two, three, four, five, six.

Next arm bends. First the left, and back again. Then the right and back again. One, two, three, four, five, six.

Now ( ) bends. With rhythmic bounces, bend three ( ), then hands on your hips. Bend ( ), then up again. One, two, three, four, five, six.

Now swing your arms and ( ) your body. Left, right, left, right, then diagonally to the back. And once again. Right, left, three, four, five, six.

( ) together. Now arms and legs. Arms up, arms down. With strong, sharp ( ). Arms up, arms down. One, two, three, four, five, six.

Now feet ( ). Bend forward twice to the left foot, then up and open wide. Next down to the right and back up again. Once again. Two, three, four, five, six.

Now rotate the whole body. ( ) the arms to the full length and make a full ( ). And the same way, the other way. Be sure to stretch those hip muscles. Four, five, six.

Feet back together and now jumps. One, two, three, four, open, ( ), open, ( ).

One, two, three, four, five, six. Arms and legs. One, two, three, four. Arms and knees moving together. One, two, three, four, five, six,

and we ( ) with deep breaths. Slowly in and slowly ( ). Five, six and one more time. One, two, three, four, five, six, seven, eight.



2. もう一度、動画を再生し、英語スクリプトをよく聴き、ラジオ体操を行ってみましょう。

3. 動画に出てくる単語を調べて、ラジオ体操にはどのような目的・効果があるのか学びましょう。

to improve :

tiredness :

stiff shoulders :

respiratory functions :

to supple :

lumbago :

blood circulation :

課題の提出は不要です。少し体を伸ばして、体と心のリフレッシュを図りましょう。

