

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 () tall and stretch your whole body.

One, two and back down. Stretch your back.

Next () . One, two, three, four. Arms to the side and () the knees. Repeat once more. Three, four, five, six.

Now arms () . First one way, then the other. Arms outstretched, repeat once more.

One, two, three, four. Legs () .

Now the chest. () , 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 forward bends. With rhythmic bounces, () , then hands () your hips. Bend backwards, then up again. One, two, three, four, five, six.

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

() . Now arms and legs. Arms up, arms down.

() . Arms up, arms down. One, two, three, four, five, six.

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

Now () the whole body. Stretch the arms to the full length and make a () . 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, close, open, close. 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 end with () . Slowly in and slowly out. 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。

