

Fit for Life

English through Sports and Health

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SANSHUSHA

〈図版出典〉

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Preface

It has often been said that good health is the greatest wealth. And that without health, you have nothing. We the authors started writing this English language textbook with the importance of health in our minds. There are too few English as a Foreign Language (EFL) textbooks that focus on this topic.

However, health in modern society is a very broad topic. It encompasses not only physical fitness, but also mental and emotional well-being. Sometimes even spiritual health. In recognition of this complexity, we have selected for this textbook a wide range of timely and unique issues related to health and fitness. We discuss these issues with the knowledge that all of the ideas are also somehow affected by the society in which we live.

We the authors hope that students using this textbook will use this material to reflect on health and fitness in their own lives. The content has been designed specifically for university-level students majoring in fields of study such as sports science, nutrition, and health science. However, since health and fitness is a topic of universal worth, students in any field of study should find the information and ideas stimulating.

We have also designed each unit to be accessible for students with TOEIC® L&R scores of around 350 to 450 points. This is equivalent to the A2 level of the Common European Framework of Reference for Languages (CEFR). For further reference, this is generally the Eiken Grade Pre-2 level.

There are a number of English-practice exercises in each unit, with the four skills of reading, writing, listening, and speaking all being employed in a balanced manner with an eye towards appropriateness of level. We have notably added multiple exercises related to each of the skills.

Throughout this book, we have tried to create interesting and relevant content that will 1) improve the students' English ability, 2) add to the students' knowledge of basic health and fitness topics, and 3) stimulate the students to have a greater interest in the English language. We hope that we have been successful in these goals, and that you the student enjoy your English studies.

本書の特徴

本書は、私たちの身体のみならず精神の健康の重要性を読み解く種となる話題を著者一同で綴ったテキストです。近年よく使われる「Well-being」という概念——身体的にも、精神的にも、感情的にも、社会的にも満足な状態——をわかりやすく英語で理解・説明できるようにまとめました。取り上げたトピックは、最近注目され始めたスポーツ、体の健康維持のために工夫されたエクササイズ、スポーツ選手たちの聞く音楽、睡眠習慣、住む地域ごとに特徴のある食習慣や摂取する食物の異なりなど多岐にわたり、すべてが身体・精神・感情のコントロールにつながる効果があることに気づき、ディスカッションにつながるような構成となっています。

大学でスポーツ科学、栄養学、健康科学を専攻している学生を意識して作成していますが、どのような専攻分野の学生も興味を持つことができる話題を取り上げています。ここに掲げた14のユニットのトピックは、多方面の観点から日常生活における心身の健康やフィットネスに生かし楽しめるものです。

英文は TOEIC®L&R スコア 350～450、英検®準2級などを**目指す学習者**を対象とし、各ユニットに読む・書く・聴く・話すの四技能を磨くための**バランスのとれた練習課題**を取り入れています。

ユニットの構成

〈Reading〉で展開される話題の**理解を促すため**次のような順で課題を出しています。〈Warm-up Classroom Discussion〉では、自分の経験に基づく答えを引き出す質問を用意しています。次に、各ユニットのキーワードとなる語を〈Vocabulary〉で確認し、続いて〈Comprehension〉には本文の**理解を確実なものとする**よう次の2つのセクションを用意し、[Summary]では和文で、[Main Topics]では英文で、それぞれ内容理解をサポートする空欄補充形式でポイントとなることばを補充し、本文の内容を把握するという順序です。本文の主旨が理解できた後、〈Writing〉に進み英問英答を行います。ここでは Yes/No だけで解答するのではなく、自力で文を作成するよう設問を工夫しています。

〈Conversation Practice〉ではそのユニット内容に関連した、日常で行われそうな対話を練習します。ここでは、ディクテーション、シャドーイング練習、ペアでの会話練習までを行います。〈Speaking〉では最初に〈Warm-up Classroom Discussion〉で行った3つの質問を再度クラスメートらと対話形式で行います。

楽しみながら学習できるよう、各ユニットの話題についてこぼれ話〈One-Point English〉や知って得する〈Mini Quiz〉を用意しています。多角的な健康やフィットネスのあり方に触れながら、皆さんが興味を持って英語の学習を有意義に進められる構成にしました。

Unit 1
Pickleball as a New Sport from the US



// Warm-up Classroom Discussion //

1. Do you enjoy sports?
2. Which do you prefer: playing sports or watching sports?
3. What sports do you like to play?

Vocabulary 次の英単語の意味を語群から選び記入しましょう。

1. originally ()	用具
2. invent ()	考案する
3. decade ()	遠距離な
4. similar ()	元々は
5. mainly ()	都市の
6. equipment ()	主に
7. urban ()	(〜と) 似ている
8. ideal ()	10 年間

Warm-up Classroom Discussion

本文で述べられる話題に関連する内容について、自分の経験に基づく答えを引き出す 3 つの質問を用意しています。タイトルと写真に目を向け、そのユニットで扱われる話題を思い浮かべ、ここに示された 3 つの質問に簡単なことばで答え、クラスメートと会話をしてみましょう。

まず、一言 Yes/No で答えるところから始め、少しずつことばを足していくようお互いに助け合いましょう。

Vocabulary

ユニットに使われているキーワードとなる語の音声を聞き、その意味を選択肢から選びましょう。聞き取った語の音声を数度繰り返し真似てみましょう。

Reading

各課のタイトルに沿った話題を展開しています。まず、文字を追いつながら音声を聞いてみましょう。シャドーイングをしてもよいでしょう。いきなり全体の内容把握が難しいと感じたら、パラグラフごとに音声を確認していくとよいでしょう。

Summary

〈Reading〉のパラグラフ番号と照らし合わせて確認しながら、まずは日本語で空欄に適切な語句を書き入れましょう。

Reading

Have you heard of a sport called pickleball? Originally invented in 1965, it has been the fastest-growing sport in the United States over the past decade, and in 2024 was enjoyed by 37 million Americans. This means that more than one in ten Americans actually played pickleball at least once in the year. While the sport has been most popular in the US, it also has grown in popularity in other countries too, such as Canada, Australia, Spain, and the United Kingdom. It has even reached Japan.

So, what is pickleball? And how do you play it? Most pickleballers—people who play pickleball—say that it's a combination of badminton, table tennis, and tennis. It's played on a badminton-sized court, uses a racket similar to that used in table tennis, and has basic rules that are similar to tennis. It can be played indoors or outdoors. It's also easy to learn. A five-minute lesson in the rules is usually enough to begin playing. There are even professional picklers, although most people think that pickleball is mainly a sport to play rather than watch.

Will pickleball continue to grow in the United States and around the world? Many people think so. It's easy to learn, can be played in a small space, needs only a little equipment, and can be enjoyed by people of all ages. Pickleball can be played in crowded urban areas, does not require years of practice to play, and is known as a very social sport, with picklers forming a close, friendly community. All of this might make it the ideal sport for the 21st century.

Comprehension

Summary 各パラグラフの要点を完成しましょう。

1. ビックルボールは _____ に考案された。

2. 過去 10 年間でアメリカで _____ が 1 年に 1 億回以上プレイされた。

3. ビックルボールは _____ のような国々でも人気がある。

4. ビックルボールは _____ と類似している。

5. ビックルボールは _____ に似ている。

6. ビックルボールは _____ を使ってプレイされる。

7. ビックルボールは _____ が少ない。

8. ビックルボールは _____ の人が楽しめる。

9. ビックルボールは _____ を形成する。

10. 21 世紀にふさわしい _____ スポーツ。

Main Topics 各パラグラフの主題に合う本文中の語句を入れましょう。

1. Pickleball is the _____ sport in the US.

2. Pickleball is a _____ badminton, table tennis, and tennis.

3. Many people think pickleball will _____ around the world.

Main Topics

空欄に当てはまる語を本文の各パラグラフから探して記入しましょう。〈Reading〉全体の内容を把握できたら次ページに進みましょう。

Speaking

〈Warm-up Classroom Discussion〉で行った3つの質問に加えて、ユニットの本文に関連する質問を新たに2問作成し、複数のクラスメートと対話練習を行います。初めに答えたことよりも少しだけ情報量の多い回答を心がけましょう。他のクラスメートの回答に対して、追加の質問をするのもよい練習になります。

Writing

Read the text and answer the questions. You/No question should be Yes/No or not, but not both. Write your answers in the space provided.

- In 1928, how many Americans enjoyed pickleball?
- Is pickleball popular just in the US?
- How long does it take to learn the rules of pickleball?
- Where can you play pickleball?
- Who can play pickleball?

Conversation Practice

① Dictation 音声を聞いて空欄に単語を書きましょう。
② Shadowing モデル音声に合わせて発音しましょう。
③ Conversation ペアで会話練習をしましょう。

A: Have you ever _____ pickleball?
B: No, _____ it like?
A: It's similar to tennis, _____ easier.
B: Sounds _____, But where _____ we play it?
A: I've _____ that we can play it _____ the sports center.
B: Let's _____ this weekend!

Speaking

Peers in pairs or groups of 3-5. Ask each other questions about the text and answer them. 4-5 questions are 1-2 minutes. Ask questions freely.

Questions

- Do you enjoy sports?
- Which do you prefer: playing sports or watching sports?
- What sports do you like to play?
- _____
- _____

Partner's answer

- _____
- _____
- _____
- _____
- _____

Your answer

- _____
- _____
- _____
- _____
- _____

Writing

〈Reading〉に關しての英問英答が5問用意されています。まずは各自の答えられる範囲で簡単な答えを書き、そして、本文から読み取れる範囲でもう少し詳しい答えが作れるか、〈Reading〉を読み返して確認しましょう。

Conversation Practice

手順に従ってクラスメートとの会話を楽しみましょう。シャドーイングで追いかけるのが難しいと感じたときは、文字を見ながら追いかけてみましょう。追いかけるのが楽になってきたら、文字を見ないで追いかけてみましょう。

One-Point English

ユニットごとに「え、そうだったの!」となるようなこぼれ話、英語と日本語の表現の比較、英語語彙を増やす方法、カタカナ語、スポーツに関する格言などを紹介していますので、気軽に読み進めてください。

Mini Quiz

写真を見てそのスポーツ名を当てはめる、よく知っているマンガの英語タイトルを当てはめる、ヨガのポーズを表す英語を当てはめるなど、色々なクイズを用意しています。ヒントとなる選択肢から選んでください。

One-Point English

The Origin of the Names of Various Sports

様々なスポーツの名前の由来

Pickleball は1965年生まれの比較的新しいスポーツで、名前の由来ははっきりしていません。他のスポーツはどうでしょうか。Badminton は、イギリスのバドミントン村にあるボート公団「バドミントンハウス」でこの遊びが行われていたことから、1870年代に「バドミントン」という名称が定着したと考えられています。Squash はボールが壁に当たった時の「squash」という音が由来だという説や、ボールが手で握りつぶれるほど柔らかいことから、英語の「押しつぶす」という意味の「squash」になったという説もあります。外国語が由来のスポーツも少なくありません。例えば、Lacrosse はもとモネディニアメリカン（北米の先住民）が楽しんでいたスポーツです。17世紀にフランス人がそれを見て、楯が持つ杖に似た道具を使っていたことから、名前を付けたと言われています。La【その】とCrosse【杖】を合わせたことばです。

Mini Quiz

写真の競技名を〔 〕に記入し、その名前の由来を a.~e. から選び〔 〕に記入しましょう。



Ping pong () Rugby () Parkour () Soccer () Tennis ()

- From the name of the British school where it was first played
- A shorter version of the official name, Association Football
- From the French word "tenez" that means in English "receive (the serve)"
- From the French word that means in English "the course"
- From the sound of the ball hitting the racket and then the table

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SAMPLE

Unit
1

Pickleball as a New Sport from the US



//Warm-up Classroom Discussion//



01

1. Do you enjoy sports?
2. Which do you prefer: playing sports or watching sports?
3. What sports do you like to play?



Vocabulary

次の英単語の意味を語群から選び記入しましょう。



02

1. originally	()	用具
2. invent	()	考案する
3. decade	()	理想的な
4. similar	()	元々は
5. mainly	()	都市の
6. equipment	()	主に
7. urban	()	(〜と) 似ている
8. ideal	()	10 年間



1 Have you heard of a sport called pickleball? Originally invented in 1965, it has been the fastest-growing sport in the United States over the past decade, and in 2024 was enjoyed by 37 million Americans. This means that more than one in ten Americans actually played pickleball at least once in the year. While the sport has been most popular in the US, it also has grown in popularity in other countries too, such as Canada, Australia, Spain, and the United Kingdom. It has even reached Japan.

2 So, what is pickleball? And how do you play it? Most picklers—people who play pickleball—say that it's a combination of badminton, table tennis, and tennis. It's played on a badminton-sized court, uses a racket similar to that used in table tennis, and has basic rules that are similar to tennis. It can be played indoors or outdoors. It's also easy to learn. A five-minute lesson in the rules is usually enough to begin playing. There are even professional picklers, although most people think that pickleball is mainly a sport to play rather than watch.

3 Will pickleball continue to grow in the United States and around the world? Many people think so. It's easy to learn, can be played in a small space, needs only a little equipment, and can be enjoyed by people of all ages. Pickleball can be played in crowded urban areas, does not require years of practice to play, and is known as a very social sport, with picklers forming a close, friendly community. All of this might make it the ideal sport for the 21st century.

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 ピックルボールについてのあらし

- _____ に考案
- 過去 10 年間でアメリカで _____
- 2024 年、_____ が 1 年に 1 回ピックルボールをプレイ
- _____ のような国々でも人気上昇

2 ピックルボールは _____ を組み合わせたもの

- コートの広さ：_____ とほぼ同じ
- ラケット：_____ と似ている
- ルール：_____ に似ている
- _____ を学べばプレイを始められる

3 ピックルボールの利点

- 必要な _____ が少ない
- _____ の人が楽しめる
- プレイヤーは _____ を形成
- 21 世紀にふさわしい _____ スポーツ

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Pickleball is the _____ sport in the US.
- 2 Pickleball is _____ badminton, table tennis, and tennis.
- 3 Many people think pickleball will _____ around the world.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. In 2024, how many Americans enjoyed pickleball?

2. Is pickleball popular just in the US?

3. How long does it take to learn the rules of pickleball?

4. Where can you play pickleball?

5. Who can play pickleball?

Conversation Practice

 04

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: Have you ever _____ pickleball?

B: No. _____ it like?

A: It's similar to tennis, _____ easier.

B: Sounds _____. But where _____ we play it?

A: I've _____ that we can play it _____ the sports center.

B: Let's _____ this weekend!

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you enjoy sports?
2. Which do you prefer: playing sports or watching sports?
3. What sports do you like to play?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

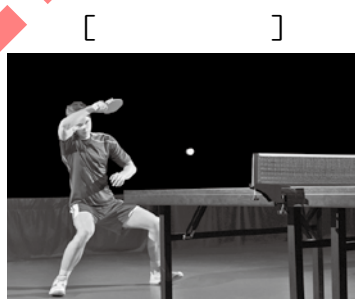
The Origin of the Names of Various Sports

様々なスポーツの名前の由来

Pickleball は 1965 年生まれの比較的新しいスポーツで、名前の由来ははっきりしていません。他のスポーツはどうでしょうか。Badminton は、イギリスのバドミントン村にあるボーフォート公爵邸「バドミントン・ハウス」でこの遊びが行われていたことから、1870 年代に「バドミントン」という名称が定着したと考えられています。Squash はボールが壁に当たった時の「squash」という音が由来だという説や、ボールが手で握りつぶせるほど柔らかいことから、英語の「押しつぶす」という意味の「squash」になったという説もあります。外国語が由来のスポーツも少なくありません。例えば、Lacrosse はもともとネイティブアメリカン（北米の先住民）が楽しんでいたスポーツです。17 世紀にフランス人がそれを見て、僧侶が持つ杖に似た道具を使っていたことから、名前を付けたと言われています。La【その】と Crosse【杖】を合わせたことばです。

Mini Quiz

写真の競技名を [] に英語で記入し、その名前の由来を a. ～ e. から選び () に記入しましょう。



Ping pong () Rugby () Parkour () Soccer () Tennis ()

- a. From the name of the British school where it was first played
- b. A shorter version of the official name, Association Football
- c. From the French word "tenez" that means in English "receive (the serve)"
- d. From the French word that means in English "the course"
- e. From the sound of the ball hitting the racket and then the table

Unit 2

Why Is Dance So Popular?



//Warm-up Classroom Discussion//



05

1. Do you like dancing?
2. Do you watch dance videos on social media?
3. What kind of dance did you do in P.E. class in junior high school?



Vocabulary

次の英単語の意味を語群から選び記入しましょう。



06

1. attractive	()	自信に満ちた
2. required	()	投稿する
3. increase	()	増やす
4. post	()	減らす
5. spread	()	義務付けられた
6. express	()	表現する
7. reduce	()	魅力的な
8. confident	()	広がる



- 1 In recent years, dance has become very popular all around the world. And more and more Japanese people, especially young people, are enjoying dancing. Why is dance so attractive to many people?
- 2 One reason is that dance became a required part of P.E. in Japanese middle schools in 2012. Because of this change, many students had a chance to try dance for the first time. As a result, many children joined dance clubs or dance schools. This helped increase the number of people who enjoy dancing.
- 3 Another reason is the influence of social media. Apps like TikTok make it easy to watch and share dance videos. Young people often copy the dances of popular J-POP or K-POP artists and post their own videos. These videos spread quickly, and people from different countries can learn from each other. Dance is now something many people enjoy in their daily lives.
- 4 Dancing also has many benefits for both the body and the mind. It helps us move our bodies in fun ways, and it can improve our strength, flexibility, balance, and rhythm. It also allows us to express our feelings through movement. When we dance, we often feel happier and more relaxed, which helps reduce stress. Many people say that dancing with friends or in groups makes them feel more confident and connected. These physical and emotional benefits make dance a great activity for people of all ages.
- 5 In today's busy digital world, dance gives people a fun and creative way to relax and be active. This is why the dance boom is expected to continue growing in the future.

Comprehension

Summary

各パラグラフの要点を完成しましょう。

- 1 近年、ダンスの人気の高まっている。なぜか
- 2 1つ目の理由：2012年、ダンスが日本の _____ で必修化
➤ _____ がダンス部やダンススクールに参加
- 3 2つ目の理由：SNSの影響
➤ TikTokなどで簡単にダンス動画を視聴・ _____
➤ 若者たちは人気アーティストのダンスを真似て、 _____ を投稿
➤ _____ はたちまち拡散
- 4 3つ目の理由： _____ と _____ に良い
➤ 筋力、柔軟性、 _____ 、 _____ を高める
➤ 幸せな気分になり、 _____ する
- 5 こうした理由から _____ は広がっていくだろう

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Dance _____ very popular. Why _____ this happened?
- 2 One of the _____ that many children joined dance clubs or schools after dance became _____ in Japanese middle schools in 2012.
- 3 Another reason is that young people easily copy the dances of popular artists and _____ their _____ videos through social _____.
- 4 One more reason is that dancing _____ both _____ and _____ benefits. It _____ build up our physical strength and _____ stress.
- 5 For these reasons, the dance _____ is _____ to continue _____.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. What has become very popular all around the world these days?

2. Did dance become a required part of P.E. in the USA in 2012?

3. What makes it easy to watch and share dance videos?

4. Is it true that only young people can enjoy physical and emotional benefits through dancing?

5. What does dance give people?

Conversation Practice

 08

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: Can you teach me _____ do this dance I found on TikTok?

B: Sure. _____ me see the video.

A: _____ it is.

B: OK. It's _____ simple. The first move...Just _____ forward, tap your foot, step back, tap.

A: _____ this?

B: Yeah! Feel the rhythm of the _____!

A: How's this?

B: Good. Just relax and enjoy _____. Street dance is about _____ fun!

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you like dancing?
2. Do you watch dance videos on social media?
3. What kind of dance did you do in P.E. class in junior high school?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

Dance Styles in English

ダンススタイルの英語名

ダンスにはさまざまなスタイルやジャンルが存在します。かつてはクラシックバレエやジャズダンスが主流でしたが、今ではヒップホップやブレイクダンスを始め、多様なジャンルが広く親しまれています。

次のダンスについてどのようなものか知っていますか。正しく説明しているものをa.～e.から選び()に記入しましょう。

1. () Ballet 2. () Breakdance (Breaking)
3. () Hip-Hop Dance 4. () Jazz Dance 5. () Ballroom Dance

- a. an exciting style of street dance characterized by freestyle movements
b. an artistic dance form performed to classical music
c. a dance style characterized by African rhythmic stepping with ballet styles of movement
d. an energetic style of dance characterized by a series of acrobatic movements that often touch the back or head to the ground
e. an elegant partner dance enjoyed socially, such as waltz or tango

Mini Quiz

現代のダンスブームは、音楽、メディア、教育、テクノロジーの変化とともに広がってきました。説明文の空所に適切な語をa.～f.から選び記入しましょう。

2000s	- Street dance (like hip-hop and breakdance) became popular among () people. - J-POP () (like EXILE) danced on stage and became very popular.
2010s	- In 2012, dance became a () subject in Japanese junior high schools. - Dance videos on social media made dance fun and easy to ().
2020s	- In (), breakdance became an Olympic sport. - Dance became a part of daily life—for fun, health, and social ().

a. school b. young c. media d. try e. groups f. 2024

Unit 3

How to Have Good Sleep Habits



//Warm-up Classroom Discussion//



1. What time did you go to bed last night?
2. How many hours do you usually sleep?
3. Do you think you get enough sleep?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



1. the amount	()	さらに
2. recommend	()	残念ながら
3. suffer from	()	推奨する
4. concentration	()	回復する
5. restore	()	総数
6. unfortunately	()	避ける
7. avoid	()	集中力
8. in addition	()	～に苦しむ



1 Do you get enough sleep? Although the amount of sleep needed is different from person to person, seven to nine hours are usually recommended for young adults. With enough sleep, you are likely to live a longer, healthier, and even happier life. But, without enough sleep, you might suffer from poor concentration and memory. You might get colds easily and be a little depressed. You might get angry easily and feel more anxiety.

2 Sleep helps to restore your mind and body, but unfortunately many Japanese young adults don't get enough sleep. Around 70 percent of young adults in their twenties get less than seven hours of sleep, and around 35 percent get less than six hours. According to experts, using a smartphone too much, having unhealthy eating habits, and not getting enough exercise are just some of the reasons young Japanese adults don't get enough sleep.

3 So, how can you make sure to get enough sleep? First, you should keep a regular sleep schedule: go to bed and wake up at the same time every day of the week. Then, try not to look at your computer, television, or smartphone right before bedtime. Avoid exercise and stressful activities before bedtime too. You need to relax your mind and your body. In addition, reduce your daily caffeine, especially caffeine taken six or less hours before bedtime. Finally, create a peaceful and relaxing sleep environment—perhaps a warm bath and a chamomile tea, then rest in a dark, quiet, and clean room for your eight hours of sleep.

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 十分な _____ を取ることの大切さ

- 若者に推奨される睡眠時間： _____
- 十分な睡眠の利点：長寿、 _____、 _____
- 睡眠不足の弊害： _____ の低下、 _____、
少し気分が落ち込むなど

2 日本の _____ は睡眠不足

- 睡眠時間 20代の約70%： _____
約35%： _____
- 原因： _____

3 十分な睡眠を取る方法

- 毎日 _____ に寝て、起きる
- _____
- 寝る前は激しい運動をしない
- _____ のカフェイン摂取を控える
- 落ち着いた快適な _____ を作る

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

1 The merit of having _____ is that you may live a longer, _____, and happier life. Lack of sleep can cause _____ concentration and _____. It also may lead to a _____ physical or mental condition.

2 Sleep helps to _____ your mind and body. But young Japanese _____ don't get enough sleep. Some of the reasons are _____ use of smartphones, unhealthy eating _____, and lack of exercise.

3 Tips for a good night's sleep: _____ a _____ sleep schedule; turn off all your electronic devices and _____ heavy exercise before bedtime; _____ your daily caffeine; _____ a peaceful and relaxing sleep environment. The recommended amount of sleep is _____.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Is the recommended amount of sleep the same for all people?

2. Does your concentration get better or worse without enough sleep?

3. How does sleep help you?

4. What is one reason from the passage why young Japanese adults don't get enough sleep?

5. What is the final recommendation for getting eight hours of sleep?

Conversation Practice



- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: I _____ in the news that most Japanese people _____ their 20s don't get enough sleep.

B: I'm _____ surprised. I'm _____ most days.

A: How _____ do you usually sleep?

B: It depends. Some days eight hours, some days only _____.

A: Me too. I'm often looking at my smartphone _____ late at night.

B: Same _____. It's a really bad _____.

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. What time did you go to bed last night?

2. How many hours do you usually sleep?

3. Do you think you get enough sleep?

4. _____ ?

5. _____ ?

Partner's answer

1.

2.

3.

4.

5.

Your answer

1.

2.

3.

4.

5.

Sleep-Related Idioms

睡眠関連の英語イディオム

睡眠に関する英語イディオムはたくさんあります。例えば、“I need to catch some Z’s.” は「私は少し寝ないと」という意味です。この“Z”は英語のコミック雑誌で「眠っている音」を表現するために昔から使われています。“I slept like a log.” は、丸太（log）のようにじっと動かずに眠る様子を表し、「ぐっすり眠った」という意味です。また、朝目覚めた時に機嫌が悪い人のことを“He/she got up on the wrong side of the bed.”と表現します。

次の英語のイディオムの意味を a. ～ e. から選び（ ）に記入しましょう。

1. () I’m going to hit the hay/sack.
2. () I slept like a baby.
3. () I’m a night owl.
4. () I want to take a snooze.
5. () I didn’t sleep a wink.

- a. 私はひと眠りしたい。
- b. 私は夜型人間だ。
- c. 私はそろそろ寝る。
- d. 私は一睡もできなかった。
- e. 私はぐっすり眠った。

Mini Quiz

次の英文のうち、十分な睡眠をとるための良い提案には“G”、悪い影響を与える提案には“B”を（ ）に記入しましょう。

1. () Don’t eat too much just before you go to bed.
2. () Avoid heavy exercise before bedtime.
3. () Do regular physical activity during the daytime.
4. () Clean your room just before bedtime.
5. () Keep your room bright and noisy.
6. () Take long daytime naps.
7. () Listen to energetic music close to bedtime.
8. () Listen to calm music close to bedtime.

Unit 4

Are Childhood Sports Just for Fun?



//Warm-up Classroom Discussion//



13

1. What sports or activities did you do when you were a child?
2. Did you take any sports lessons when you were a child?
3. Do you still do any of the sports or activities you did in childhood?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



14

1. related to	()	～に関係のある
2. fairness	()	競い合う
3. emotional	()	投げる
4. throw	()	～の他に
5. besides	()	公平さ
6. organize	()	組織する
7. opportunity	()	感情の
8. compete	()	機会



1 When you were a child, did you play soccer? Go swimming? Practice dance? Sports and other physical activities like these are enjoyed by children all over the world. These activities are popular because they have simple rules, need little equipment, and are fun ways to use energy. But, what are the benefits of sports for children?

2 First, playing sports—especially team sports—helps teach children how to work together and communicate with each other. Through sports, children learn how to live in society. They learn important ideas related to rules and fairness.

3 Second, playing sports can help children's emotional well-being too. Joining sports can increase self-confidence and reduce stress levels. It also can help children learn to manage their emotions and work towards long-term goals.

4 Third, playing sports is great exercise for the whole body. It gives children a strong heart and muscles. It also teaches children important physical skills such as moving quickly, throwing, and catching.

5 There are lots of sports and physical activities that are good for children. Besides organized sports such as soccer and baseball, there are also activities that are less organized and easy for children to participate in. Think of dodgeball, for example. This is a simple and ancient sport played around the world mainly by children. Like other childhood sports, dodgeball creates opportunities for children to grow socially, emotionally, and physically. But, for the children themselves, it's mostly about having fun competing with their friends.

6 So, what sports and physical activities did you enjoy? And, what benefits did you get from them?

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 子どもに人気のスポーツ

➤ サッカー、____、____

理由：____ が簡単、____ がほとんどいない、楽しい

2 スポーツの利点 1

➤ 協力する方法、____ を取る方法、____ や____ に関
わる考え方を学ぶ

3 スポーツの利点 2

➤ ____ を高める

➤ ____ を減らす

➤ ____ をコントロールする、____ に向かって努力することを学ぶ

4 スポーツの利点 3

➤ ____ や筋肉を強くする

➤ 身体 ____ が身につく

5 気軽にできる運動：例 ドッジボール

➤ 社会的、____、____ に成長する機会

➤ 子どもたちにとっては ____ と競うことを楽しむことが大事

Main Topics

各パラグラフの主旨に合う語句を入れましょう。

1 Children enjoy sports that have _____ rules, need _____ equipment, and are _____ to play.

2 The benefit of sports 1: Children learn how to _____ together and the importance of rules and _____.

3 The benefit of sports 2: Children can increase _____, reduce stress levels, and learn to work towards _____.

4 The benefit of sports 3: Children can build a _____ and muscles and improve _____ skills.

5 Dodgeball is one of the _____ sports. Such a sport gives children _____ to grow socially, emotionally, and physically while they are _____ competing with their friends.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Are soccer, swimming, and dance popular among children because they have simple rules?

2. What kind of sports especially help teach children how to work together?

3. Can joining sports increase self-confidence and reduce stress levels?

4. What physical skills are important for children?

5. What is a simple sport played around the world mainly by children?

Conversation Practice

 16

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: What _____ sports did you enjoy when you were _____ elementary school?

B: I guess I liked soccer _____. I was on a soccer team _____ second to sixth grade.

A: Wow, that's pretty _____. What position did you _____?

B: I was mostly a midfielder.

A: Oh, you _____ pretty good.

B: Maybe.

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. What sports or activities did you do when you were a child?
2. Did you take any sports lessons when you were a child?
3. Do you still do any of the sports or activities you did in childhood?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

English Names for Childhood Sports and Games

子どものスポーツやゲームの英語名

子どもの時に親しんだスポーツやゲームはたくさんあるでしょう。幼い頃、それらのスポーツやゲームの名前は自然と口をついて出てきたはずです。しかし、同じゲームでも、英語での呼び方は習ったことも使ったこともないものが多いでしょう。ドッジボールは dodgeball と、よく似た発音です。国によってルールが多少違って同じスポーツとして通用しています。一方、ケイドロは cops and robbers と逐語訳で、語の意味の説明が必要なこともあります。

次の 1～5 は、日本の遊びに対応する英語表現です。a. ～ e. の日本語名の中から適切なものを選び（ ）に記入しましょう。

1. () tag
2. () hide-and-seek
3. () jump rope
4. () red light, green light
5. () hopscotch

- a. 鬼ごっこ
- b. けんけんぱ
- c. 縄跳び
- d. だるまさんが転んだ
- e. かくれんぼ

Mini Quiz

子どもの習い事としてスポーツは人気があります。次のスポーツの説明として適切なものを a. ～ e. から選び（ ）に記入しましょう。

1. () dance
2. () swimming
3. () martial arts
4. () soccer
5. () gymnastics

- a. People use their bodies to move in water.
- b. People kick a ball and try to score goals.
- c. People jump, turn, and balance on things like bars or the floor.
- d. People learn how to fight and protect themselves.
- e. People move their bodies to music.

Enjoying Sports through Reading Manga



// Warm-up Classroom Discussion //



17

1. Do you like reading manga?
2. What genres of manga do you read?
3. What is your favorite sports manga?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



18

- | | | |
|------------------------|--------------------------|---------|
| 1. genre | () | 出版する |
| 2. be dedicated to ... | () | 乗り越える |
| 3. popularity | () | ジャンル |
| 4. publish | () | 部数 |
| 5. struggle | () | 奮闘する |
| 6. overcome | () | ～に影響される |
| 7. copy | () | 人気 |
| 8. be inspired by ... | () | ～に特化した |



- 1 Sports can be played. And watched. And even read. In fact, one popular way sports can be enjoyed is through manga. You might already know that a very popular genre of manga is dedicated to sports.
- 2 Sports manga did not really exist as a genre in Japan until the 1950s, and saw an increase in popularity after the 1964 Tokyo Olympics. For example, the first sports anime made for young women—*Attack No. 1*, about high school volleyball—was published originally as a manga in 1968. Around the same time, baseball-related manga became popular as well. *Star of the Giants*, published as a manga in 1966, tells the fictional story of Hyuma Hoshi, a young star pitcher for the Yomiuri Giants. In both of these manga, the main characters must struggle to overcome many problems.
- 3 One more recent sports manga is *Slam Dunk*, first published in 1990. *Slam Dunk* tells the story of a high school boys' basketball team. It is one of the best-selling manga series in history, with at least 185 million copies sold worldwide. NBA player Rui Hachimura himself was inspired by the story.
- 4 *Haikyuu!!*, from 2012, has been very popular too. This story is about Shoyo Hinata, a rather short boy who works hard to become a great high school volleyball player. Over 70 million copies of this manga series have been sold worldwide.
- 5 Sports manga have entertained Japanese readers since at least the 1950s. And they have more recently entertained people worldwide, as the struggles of “doing your best” are easy to understand in other languages.

Comprehension

Summary

各パラグラフの要点を完成しましょう。

- 1 _____ はスポーツを楽しむ方法の 1 つ
- 2 _____ 年代の人気スポーツ漫画
 - 『アタック No.1』(1968) : 高校 _____ のストーリー
 - 『巨人の星』(_____) : 若い _____ を描いた _____ のストーリー
 - これらの漫画では _____ が困難を乗り越えようと努力する
- 3 『スラムダンク』(1990)
 - 高校 _____ チームのストーリー
 - 歴史上 _____ の 1 つ
- 4 『ハイキュー !!』(2012)
 - 背の低い主人公が _____ の素晴らしい選手になるために _____
 - 世界中で _____ 以上売れた
- 5 スポーツ漫画は近年 _____ を楽しませている
 - 「 _____ 」という (主人公の) 奮闘がことばの壁を越えて伝わるから

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Sports can be played, _____, and through manga even _____.
- 2 Sports manga _____ appeared in the _____ and became popular after the _____ Tokyo Olympics.
- 3 *Slam Dunk*, first published in 1990, is one of the _____ manga _____ worldwide. It _____ NBA player Rui Hachimura.
- 4 *Haikyuu!!*, from 2012, has been very _____ and its series have _____ worldwide too.
- 5 Sports manga have more recently _____ people worldwide because the struggles of “doing your best” are _____ to _____ in other languages.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Is reading sports manga one popular way to enjoy sports?

2. Was there a genre of sports manga before the 1950s?

3. What was the first sports anime made for young women?

4. How many copies of *Slam Dunk* were sold worldwide?

5. Have sports manga entertained people worldwide since the 1950s?

Conversation Practice

 20

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: What are you _____ now?

B: It's *Haikyuu!!*

A: Oh, *Haikyuu!!* I've heard _____ that. It's about high school volleyball.

B: Yeah. I like the _____ character. He's short but _____ very _____.

A: It became an _____ film too, _____ it?

B: Yeah. That's really good too, but I _____ the manga. I can really enjoy the story _____ reading the whole series.

A: Maybe I should try it. I like _____ sports and manga.

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you like reading manga?
2. What genres of manga do you read?
3. What is your favorite sports manga?

4. _____ ?
_____ ?
5. _____ ?
_____ ?

Partner's answer

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....

Your answer

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....

Manga Titles in English

英語になったマンガのタイトル

日本のマンガは海外でとても人気があります。最近では、外国の書店に行くと、必ずと言っていいほどマンガのコーナーがあります。その国の言語に訳されているものがほとんどで、ストーリーの訳はコマの流れに合わせて内容がよくわかるように工夫されています。では、マンガの題名はどのように訳されているのでしょうか。〈Reading〉に出ていた *Attack No. 1*、*Slam Dunk*、*Haikyu!!* はそのままです。一方、「巨人の星」は *Star of the Giants* と逐語訳になっています。スポーツマンガに限らず、他のマンガの英語タイトルはどのように訳されているのでしょうか。

次のマンガの英語タイトルに、適切な日本語の原題を a. ～ e. から選び（ ）に記入しましょう。

1. () Attack on Titan*
2. () Boys Over Flowers
3. () Case Closed
4. () The Prince of Tennis
5. () JoJo's Bizarre* Adventure

- a. テニスの王子様
- b. 進撃の巨人
- c. 花より男子
- d. ジョジョの奇妙な冒険
- e. 名探偵コナン

Notes: *Titan ギリシャ神話の巨人族 *bizarre 奇妙な

Mini Quiz

次の1～5は One-Point English で出題した5つのマンガの概要です。それぞれの説明文に適切なマンガの英語タイトルを（ ）に記入しましょう。

1. () This is a story about a smart detective who becomes a child and solves many mysteries.
2. () This story is about a boy who promises to beat giants who attack and eat humans.
3. () This story is about people who face and overcome their difficulties in a world with supernatural forces.
4. () This story is about a poor girl's struggles after entering a school with many wealthy students.
5. () The setting of this story is based on a school that is known for its strong tennis club.

Unit 6

Do You Want to Be an Olympian?



//Warm-up Classroom Discussion//



1. Do you watch the Olympics?
2. What is your favorite Olympic sport?
3. Who is the most memorable Olympic athlete for you?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



- | | | |
|--------------------|-----|-----------|
| 1. depend on... | () | 費やす |
| 2. be likely to... | () | 犠牲にする |
| 3. whatever | () | ～する可能性が高い |
| 4. spend | () | 裕福な |
| 5. worth | () | ～次第である |
| 6. individual | () | 個人的な |
| 7. wealthy | () | 価値がある |
| 8. sacrifice | () | どんな～でも |



1 Have you ever thought “I’d like to participate in the Olympics?” Well, maybe you can be an Olympian. Let’s see what it takes to* achieve this goal.

2 First, what is the average Olympic athlete? The average age for all sports is around 27 years old. The average height is around 182 centimeters for men and 170 centimeters for women. The average weight is around 80 kilograms for men and 63 kilograms for women. Of course, the ideal age, height, and weight depend on the sport being played. Studies also show that people from richer countries—such as the United States, Britain, and Australia—are more likely to participate.

3 Is there a good sport to choose? Some sports are more popular than others. In the United States, with popular sports such as basketball, only about 1 in 30,000 professional athletes will be able to play for the US in the Olympics. In much less popular sports such as judo, about 1 in 100 professional US athletes will be selected. However, whatever sport you choose, you’ll probably still have to spend at least 10 years and 10,000 hours of practice and competition just to reach the Olympics.

4 So, is it worth being in the Olympics? That depends on your individual goals and beliefs. You can feel pride knowing that you’re an athlete at the world’s biggest sporting event. You also might become famous and respected. You might even build a career in your sport and become wealthy. However, the costs are also pretty big. You have to sacrifice much of your social life. You have a greater risk of physical and mental problems. Your career is usually short, and you might not become wealthy. It’s easy to see that being an Olympian is not for everyone.

Note: *what it takes to ~するのに必要なこと

Comprehension

Summary

各パラグラフの要点を完成しましょう。

- 1 オリンピック選手になる目標を _____ ために必要なことは何か
- 2 オリンピック選手
 - 理想的な年齢、_____, _____ は競技によって決まる
 - _____ の人々のほうがオリンピックに参加できる可能性が高い
- 3 オリンピック競技
 - 人気のあるものと _____ ないものがある
 - オリンピックに出場するには少なくとも _____、_____ の _____ と試合が必要
- 4 オリンピックに出場する価値
 - 良い面
 - _____ を感じる
 - 有名になり _____
 - キャリアを築いて _____
 - 悪い面
 - _____ を犠牲にする
 - _____ 問題のリスクがある
 - 競技人生は _____、裕福になれないかもしれない
 - _____ は誰にでも向いているわけではない

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 What do you need to do if you want to be an _____?
- 2 The _____ age, height, and weight _____ the sport being played. Studies also show that people from richer countries are _____ to participate.
- 3 Whatever sport you _____, you likely have to spend at least 10 _____ and 10,000 _____ of practice and competition just to reach the Olympics.
- 4 It's _____ to see that being an Olympian is _____ everyone.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. What is the average age for all sports among Olympic athletes?

2. Is the average height for women in the Olympic games 182 centimeters?

3. As for popular sports such as basketball, will 30,000 professional athletes be able to play for the US?

4. Is it worth being in the Olympics for everybody?

5. Do Olympic athletes usually have a long career?

Conversation Practice

 24

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: _____ about the upcoming Olympics?

B: Not really. I don't enjoy _____ them. Except _____ one or two sports.

A: Is that so? I want to watch _____ as I can.

B: Not me, although I might watch the soccer and _____.

A: I love the sports in which Japan might _____ a medal, like judo or swimming.

B: And sometimes figure skating _____ winter.

Speaking

ペアになってお互いに 1 ～ 5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1 ～ 3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you watch the Olympics?
2. What is your favorite Olympic sport?
3. Who is the most memorable Olympic athlete for you?

4. _____ ?
_____ ?
5. _____ ?
_____ ?

Partner's answer

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....

Your answer

1.
.....
2.
.....
3.
.....
4.
.....
5.
.....

Building Vocabulary with Word Families

ワードファミリーで語彙力を増やそう

「ワードファミリー」とは簡単に言えば、品詞等が異なる単語のグループのことです。例えば、compete（動詞：競争する）と competition（名詞：競争・競技会）、competitive（形容詞：競争的な）などが1つのグループにまとめられます。ワードファミリーをたくさん覚えれば、語彙の理解力や発音が向上するとされています。また、語幹（word root）に接頭辞や接尾辞を組み合わせるだけで、実際に使える単語の数もぐんぐん増えていきます。

次のよく使われる例を参考に、スポーツに関連する6つのワードファミリーを完成させましょう。

◇ 接頭辞（prefix）の例

- ・「反対」の意味を表す接頭辞： “un-” fair → unfair
- ・「再び」の意味を表す接頭辞： “re-” play → replay

◇ 接尾辞（suffix）の例

- ・「～する人」を表す接尾辞： “-er” play → player
- ・ “-ant” apply → applicant
- ・ 動詞につけて名詞を表す接尾辞： “-tion” act → action
- ・ 名詞につけて形容詞を表す接尾辞： “-ic” athlete → athletic

1. professional（プロの） → _____（プロ意識に欠ける）
2. schedule（[試合を] 予定する） → _____（[試合日程を] 変更する）
3. participate（参加する） → _____（参加者）
4. react（反応する） → _____（反応）
5. achieve（達成する） → _____（達成者）
6. participate（参加する） → _____（参加）

Mini Quiz

オリンピックについての豆知識クイズです。正しい方を選びましょう。

1. The ancient Olympic games were held in Greece about [280 / 2800] years ago.
2. The first modern Olympic Games were supported by [a Frenchman / an Englishman] named Baron* Pierre de Coubertin in 1896.
3. The first modern Olympic Games were held in [Greece / France].
4. The first winter Olympics were held in [1924 / 1898].
5. The Olympics first awarded gold, silver, and bronze medals in [1896 / 1904].

Note: *Baron 男爵

Unit 7

Yes to Yoga!



// Warm-up Classroom Discussion //



25

1. What kind of exercise do you do?
2. Are you interested in yoga?
3. What do you do when you want to feel peaceful?



Vocabulary

次の英単語の意味を語群から選び記入しましょう。



26

1. combine	()	資格
2. meditation	()	自己実現
3. certification	()	瞑想
4. nationwide	()	全国的に
5. unite	()	引き締まった
6. mindful	()	組み合わせる
7. lean	()	1 つにする
8. self-realization	()	意識を向けた



- 1 Yoga is not exactly a sport. It might be called a physical activity, but it's actually more than this too. It's a mind-body practice; It combines controlled physical movement, breathing techniques, and meditation in order to improve a person's well-being.* And a lot of research suggests that yoga is a fantastic activity for people to do.
- 2 Yoga's origins are in ancient India, with strong connections to the religions of Buddhism and Hinduism. Yoga came to the attention of the Western world in the mid-1800s, and became increasingly popular in the 1900s. The modern Western versions of yoga are more physical activity than spiritual, and yoga as exercise has spread around the world. Now it's big business, with classes, teacher certification, clothing, books, videos, equipment, and special yoga vacations. Starting from the year 2015, the United Nations even made June 21st International Day of Yoga.
- 3 Yoga in Japan is also big business. It's said that there are over 1,800 yoga studios just in Tokyo, and over 4,000 nationwide. Yoga is very popular in large cities such as Tokyo. This yoga boom started in the early 2000s. And yoga is particularly popular among women in the 30-49 age group.
- 4 Many people who do yoga want to unite their mind, body, and spirit through mindful practices. The physical purpose of yoga is to build lean muscles to support overall health. And the mental purpose of yoga is to gain mindfulness. For many participants, the final goal is self-realization. And by practicing yoga regularly, these people say that they can learn how to manage their thoughts positively.

Note: *well-being 心身ともに健康な状態

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 ヨガは心と身体を整える練習

➤ _____、_____、_____を組み合わせて、心と身体の健康を

2 ヨガの歴史

➤ _____で始まり、_____やヒンズー教と関係
➤ 現代の西洋ヨガ：精神的というよりも _____活動
運動としてのヨガは _____広まった
➤ 現在：_____、インストラクター資格、ウェア、_____、
_____等で大きなビジネス

3 日本でのヨガ人気

➤ 東京だけで _____のヨガスタジオ、日本全国では _____
➤ ヨガブームは _____に始まった
➤ 特に _____歳の女性に人気

4 ヨガの目的

➤ 身体的な目的：健康のため引き締まった _____をつける
➤ _____：マインドフルネス（今この瞬間の自分の思考・感情をありのままに
受け入れる心の状態）を得る
➤ 定期的なヨガ実践：思考を _____コントロールする方法を _____

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

1 Yoga is a mind-body _____ done in order to _____ a person's _____.

2 Yoga originated in _____ India, with strong _____ to the _____ of Buddhism and Hinduism. Now it's big _____ around the world.

3 The yoga boom in Japan _____ the early 2000s especially _____ women in the 30-49 age group.

4 The final _____ for most people who practice is _____ and they say that they can learn how to _____ their thoughts _____.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Is yoga only a physical activity?

2. Does yoga have connections to Buddhism and Hinduism?

3. Are the modern Western versions of yoga more physical activity than spiritual?

4. Is yoga big business only in the Western world now?

5. Did the United States of America make June 21st International Day of Yoga?

Conversation Practice

 28

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: Why do you think yoga is so _____ now?

B: Maybe because it's a blend of physical and _____. People are stressed, and yoga helps people feel less stress while getting fit*.

A: That's _____. And you don't need to be a super athlete to start.

B: _____! I think it matches the _____ of many Japanese in their 30s and 40s.

A: Well, I'm not in my 30s _____, but _____ try it someday.

B: You _____.

Note: *get fit 体を鍛える

Speaking

ペアになってお互いに 1 ～ 5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1 ～ 3 番を参考に、自由に質問を作りましょう。

Questions

1. What kind of exercise do you do?
2. Are you interested in yoga?
3. What do you do when you want to feel peaceful?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

Places for Doing Sports and Other Physical Activities

スポーツなどを行う場所

ヨガはさまざまな場所で楽しむことができます。自然に囲まれた公園や海辺でも、自宅でも行えます。ただ、studio（スタジオ）でヨガをする人が多いようです。studio と言えば、yoga studio の他にも、dance studio や aerobics studio などもあります。

次のスポーツや運動を行う場所として適切な語を選択肢から選び（ ）に記入しましょう。

- | | | | |
|----------------|-----|------------|-----|
| 1. bowling | () | 2. tennis | () |
| 3. judo | () | 4. rugby | () |
| 5. ice skating | () | 6. boxing | () |
| 7. baseball | () | 8. surfing | () |

dojo / ring / beach / alley / rink / court / pitch / stadium

Mini Quiz

ヨガの動きを表す表現について適切な語を選び（ ）に記入しましょう。

- | | |
|--------------------------|--------|
| 1. () your breath | 呼吸を止めて |
| 2. () breathing | 呼吸を保って |
| 3. () your chest | 胸を開く |
| 4. () your arms | 腕をのばして |
| 5. () to the other side | 反対側に |

extend
hold
keep
open
switch

次のヨガのポーズは何の動物を表しているか適切な語を選び [] に記入しましょう。



[] pose [] pose [] pose

dolphin
cat
cow

Unit 8

Food for Healthy Habits



//Warm-up Classroom Discussion//



29

1. What food do you like?
2. What do you usually have for breakfast?
3. Do you try to eat healthy food?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



30

1. fuel	()	機能
2. balanced	()	料理
3. religion	()	筋肉
4. cuisine	()	エネルギー源
5. muscle	()	保つ
6. physical	()	身体の
7. maintain	()	バランスの取れた
8. function	()	宗教



1 Food—we enjoy it every day. It's the spice of life, a shared experience of pleasure. Think of how happy and satisfied you feel after a good meal, especially when you eat with family and friends. But, it's also the fuel that allows us to have an active life. We need a healthy and balanced diet in order to keep our bodies strong. Do you have a clear idea of what is healthy and balanced food for you?

2 The types of food we eat and the way we eat depend on our culture and religion. For example, kimchi (a fermented* cabbage dish) is very important to Korean cuisine. And sushi is a big part of Japanese cuisine. In the Islamic religion, people do not eat or drink anything from dawn until sunset during their non-eating month called Ramadan. In any case, people with different eating cultures should stay healthy. Then, how do you find the right food to stay healthy?

3 Whatever culture we live in, the most essential thing in having a meal is to stay healthy. All of us learned about this in elementary school. Protein found in foods such as meat and fish builds muscles. Carbohydrates* found in rice and pasta give us energy. Minerals found in dairy foods* and seaweed* give us strong bones and keep us in good physical condition. Vitamins found in fresh fruit and vegetables help maintain so many body functions. For example, they give us healthy skin and good eyesight. Even fats found in oils and nuts have so many uses, from helping to protect essential organs* to helping us produce hormones. Food and health professionals say we need a wide variety from all of these five essential food groups. So, eat well!

Notes: *fermented 発酵した *carbohydrates 炭水化物 *dairy foods 酪農食品・乳製品
*seaweed 海藻 *organs 臓器

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 食べ物とは

- 毎日の _____
- _____ 生活を送るエネルギー源
- 丈夫な体を保つために _____ バランスの取れた食事が必要

2 何をどのように食べるかは _____ や宗教と関係する

- 文化に結びついた食べ物の例：
 - キムチ（ _____ 料理）
 - 寿司（ _____ 料理）
- 宗教に結び付いた食べ方：
 - 定められた期間、夜明けから _____ まで何も食べたり _____ だりしない（イスラム教）

3 食事をする上で一番大事なことは _____ に気を付けること

栄養素	含まれる食品	働き
たんぱく質	魚や肉	_____
炭水化物	米やパスタ	_____ 源となる
ミネラル	乳製品や海藻	_____ を強くする
ビタミン	果物や野菜	健康な _____ や _____ を保つのに役立つ
脂肪	油やナッツ	重要な臓器を _____ したりホルモンを _____ したりするのに役立つ

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。動詞は必要に応じて適切な形に変えましょう。

- 1 To have a _____ and _____ diet is essential for us to enjoy life.
- 2 What and how you eat _____ where you live and what you believe.
- 3 The most important thing in eating is to take _____ of foods from among the five essential food _____.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. What do we enjoy every day?

2. What do we need to keep our bodies strong?

3. Do people all over the world have the same eating habits?

4. What is the role of protein in our body?

5. What do food and health professionals recommend?

Conversation Practice

 32

- ① Dictation 音声聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: Do you _____ a _____ food?

B: Well, I _____ like pizza and ramen.

A: That doesn't _____ very _____.

B: How about you? _____ kind of food do you like?

A: My favorite _____ probably Japanese food. Miso soup, tofu, soba noodles...

B: Wow! That's really healthy. It _____
for pizza!

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. What food do you like?
2. What do you usually have for breakfast?
3. Do you try to eat healthy food?

4.

_____?

5.

_____?

Partner's answer

1.

2.

3.

4.

5.

Your answer

1.

2.

3.

4.

5.

How to Say Various Japanese Foods in English

日本のさまざまな料理の英語名

日本の代表的な料理は、英語でどのように表現されるのでしょうか。Japanese cuisine（和食）がグローバルな料理になりつつある現在、日本語をそのままローマ字で表記しても通じる食べ物が多くあります。例えば、「寿司」はそのまま *sushi*、「天ぷら」は *tempura* として世界中で親しまれています。日本料理に精通した外国人なら、「梅干し」を *umeboshi* と言いますが、英語では pickled plums（漬けた梅）の方が一般的かもしれません。「納豆」もそのまま *natto* で通じる場合がありますが、fermented soybeans（発酵させた大豆）と説明するほうが伝わりやすいこともあります。

次の和食や調味料に適切な英語名を a. ～ e. から選び（ ）に記入しましょう。

1. () 漬物
2. () 醤油
3. () おせち料理
4. () 餅
5. () ラーメン

- a. ramen
- b. New Year's dishes
- c. soy sauce
- d. rice cake
- e. pickled vegetables

Mini Quiz

本文と下記の図を参照し、5 大栄養素の名前 (group name)・役割 (role) の空欄に適切な語句を選び記入しましょう。ただし、それぞれ当てはまらない語句が1つずつあります。



	group name	role
1		builds _____
2		produce _____
3		give us _____
4		give us _____
5		give us _____

group name	Carbohydrates / Fats / Food fiber / Minerals / Protein / Vitamins
roles	strong bones / a bitter taste / energy / healthy skin / hormones / muscles

Unit 9

Using Music in Sports as Motivation



//Warm-up Classroom Discussion//



1. What kind of music do you like?
2. Who is your favorite singer?
3. What song do you listen to when you want to feel better?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



- | | | |
|------------------|--------------------------|---------|
| 1. motivate | () | 観客 |
| 2. interactive | () | 参加 |
| 3. encourage | () | ～を連れていく |
| 4. participation | () | 残念 |
| 5. take...out | () | 促す |
| 6. crowd | () | 帰る |
| 7. get back | () | やる気にさせる |
| 8. shame | () | 双方向の |



1 Music plays an important role in the world of sports. Many athletes have a favorite song or band that motivates them. Figure skater Yuzuru Hanyu has said that he enjoys listening to upbeat music from Bump of Chicken and ONE OK ROCK. Tennis player Naomi Osaka has said that songs by Beyoncé and Eminem give her energy. Many teams also have special songs. For example, the Liverpool Football Club uses “You’ll Never Walk Alone,” a song made famous by the 1960s band Gerry and the Pacemakers.

2 Perhaps the most famous song used in sports is “We Will Rock You,” originally written and performed by Queen. It’s used with various sports in stadiums and arenas throughout the world. Its electric up-tempo beat is simple but powerful. It also is an interactive song that encourages audience participation. Interestingly, it’s often used as a pair with “We Are the Champions,” another Queen hit.

3 The most famous baseball song in the US is the classic “Take Me Out to the Ball Game,” written in 1908. It’s known by fans of all ages and is usually sung during the “seventh-inning stretch*” of baseball games. Here are the words to the song:

Take me out to the ball game,

Take me out with the crowd.

Buy me some peanuts and Cracker Jacks*,

I don’t care if I never get back.

Let me root*, root, root for the home team,

If they don’t win it’s a shame.

For it’s one, two, three strikes you’re out,

At the old ball game.

Notes: *seventh-inning stretch 野球で7回表の後、観客が立って伸びをし、リフレッシュをする習慣

*Cracker Jacks キヤラメルコーンの一種 *root (味方のチームに) 声援を送る

Comprehension

Summary

各パラグラフの要点を完成しましょう。

- 1 音楽はスポーツで重要な _____ を果たす
 ➤ アスリートにはやる気になる _____ や _____ がある
- 2 スポーツで使われる _____ : “We Will Rock You” (クイーン)
 ➤ _____ スポーツで使われる
 ➤ 世界中の _____ やアリーナで使われる
 ➤ そのエレクトリックなアップテンポのビートは _____ だが _____
 ➤ _____ の参加を促す参加型の曲
- 3 アメリカでもっとも有名な野球の曲: “_____” (1908)
 ➤ あらゆる年代の _____ が知っている
 ➤ _____ 回表の後に歌われる

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 In the world of sports, music _____ important _____ and _____ many athletes to try hard.
- 2 “We Will Rock You,” originally written and performed by Queen, is an _____ song that _____ audience _____.
- 3 “Take Me Out to the Ball Game,” _____ in 1908, _____ the most famous baseball song in the US and _____ by fans of all ages.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. What plays an important role in the world of sports?

2. According to the first paragraph, what do many athletes have?

3. Does the song “We Will Rock You” encourage audience participation?

4. Is “Take Me Out to the Ball Game” used as a pair with “We Will Rock You?”

5. When is “Take Me Out to the Ball Game” usually sung?

Conversation Practice

 36

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: What kind of _____ you like?

B: Well, _____ my favorite bands is Mrs. Green Apple.
_____ you heard of them?

A: Oh, yeah. Their “Apollodōros” song is played at _____ sports events, isn't it?

B: _____ right. I often listen to it while I'm _____.
It _____ motivate me.

A: One song that really motivates me is Hero _____ Amuro Namie.

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. What kind of music do you like?
2. Who is your favorite singer?
3. What song do you listen to when you want to feel better?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

Rhyming Words in Songs

英語の歌での「韻（ライム）」

Rhyme（韻）は英語の歌、詩、絵本などでよく使われる表現方法です。sand と band、big と pig のように、語尾が同じ音の単語を連ねることを「韻を踏む」と言います。“Take Me Out to the Ball Game” では、Jacks と back、shame と game が rhyme になっています。韻を踏むことで、歌や詩に音楽的な美しさ、ことばの楽しさや軽快さを与え、ことばが覚えやすくなる効果があります。

子どもの歌の定番として、次のような例があります。

Rain, rain, go away.

Come again another day.

[Daddy] wants to play. [Mommy / Brother / Sister / Baby / All the family]

Rain, rain, go away.

歌詞の下線部が rhyme になっています。[] 内の語は次々と入れ替えて歌います。

次の 1 ～ 5 と同じ rhyme を持つ語を選び（ ）に記入し、rhyme に下線を引きましょう。

1. gray ()
2. seat ()
3. door ()
4. hate ()
5. shoe ()

more
display
true
complete
create

Mini Quiz

Vocabulary に出てきた語の英語の説明として適切なものを a. ～ f. から選び（ ）に記入しましょう。

1. () motivate
2. () interactive
3. () encourage
4. () participation
5. () crowd
6. () shame

- a. feelings of sadness
- b. involving working together and having an influence on each other
- c. the act of taking part in an activity or event
- d. to give someone the courage to do something
- e. to make someone want to do something
- f. a large number of people gathered together in a public place

Unit 10

Handling Stress



//Warm-up Classroom Discussion//



37

1. Do you feel stressed?
2. When do you usually feel stressed?
3. What do you do when you feel stressed?



Vocabulary

次の英単語の意味を語群から選び記入しましょう。



38

1. response	()	同様に
2. include	()	改善する
3. occur	()	解消する
4. handle	()	起こる
5. as well as	()	～を利用する
6. make use of	()	反応
7. decrease	()	減らす
8. improve	()	含む



1 Stress is our body's natural response to changes in our environment. We might feel it before an exam or job interview. Or we might feel it living alone for the first time. Or even simply when we speak a foreign language. Stress, however, isn't always a bad thing. Sometimes it can be positive, like when it motivates us to perform better.

2 According to researchers, stress is increasing in the modern world. It's said that the three most common sources of stress are 1) money, 2) family responsibilities, and 3) work. Some highly stressful life events include losing a family member, getting divorced, getting hurt or sick, and losing a job.

3 With stress over the short term, we have an increased heart rate*, higher blood pressure*, and increased energy levels. However, problems occur when the stress becomes long-term. In this case, stress becomes a significant health risk. It has a bad effect on the body's systems. It can lead to heart disease, high blood pressure, and trouble with eating and sleeping. It can make us sick more easily. It can also lead to anxiety*, depression*, and memory or concentration* problems.

4 Something stressful for one person might not be stressful for another person. We experience stress differently because we have different ways of handling it. Healthy ways to manage stress include exercise, mindfulness*, social connections, and time management. Regular exercise—even just stretching—is good at reducing stress. Relaxation techniques are also helpful. And, enjoying time with friends and family, as well as making good use of time, can decrease our stress levels. Simple things like these can improve our physical and mental health, making us stronger against stress. In the end, it's impossible to avoid all stress, but it is possible to reduce the stress we feel.

Notes: *heart rate 心拍 *blood pressure 血圧 *anxiety 不安 *depression うつ病 *concentration 集中力
*mindfulness マインドフルネス (今この瞬間の自分の思考・感情をありのままに受け入れる心の状態)

Comprehension

Summary

各パラグラフの要点を完成しましょう。

- 1 ストレス： _____ に対する自然な反応
 - ストレスを感じる時： _____ や _____ の前など
 - ストレスはいつも _____
 - より良い成果を出す原動力となることもある
- 2 ストレスは現代社会で _____
 - 一般的なストレスの原因 1) _____
 - 2) 家族のこと
 - 3) _____
- 3 ストレスによる症状
 - 短期的なもの： _____ 増加、 _____ 上昇、活力過多
 - 長期的なもの： _____、高血圧、 _____ や _____ の問題
不安、うつ病、 _____ や _____ の問題
- 4 ストレスを管理する方法
 - _____、マインドフルネス、人とのつながり、 _____
 - このようなことが _____ と _____ の健康を改善し、 _____ に強くなる

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Stress is our body's natural _____ to _____ in our _____. It might have both negative and _____ effects on our body and mind.
- 2 The three most common _____ stress are 1) money, 2) family responsibilities, and 3) work.
- 3 Short-term stress brings problems such as an _____ heart rate, or _____ blood pressure. With long-term stress we develop not only physical problems but also mental problems like anxiety, depression and so forth.
- 4 Healthy ways to _____ stress _____ exercise, mindfulness, _____, and time management. Simple things like these can improve our physical and mental health, _____ us stronger _____.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Is stress our body's unnatural response to changes in our environment?

2. Is stress always a bad thing for us?

3. What are the common sources of stress?

4. Do we experience stress in the same way?

5. How can we reduce the stress we feel?

Conversation Practice

 40

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: I'm feeling a _____ stress about our presentation next week.

B: Really? I'm not so _____. It will be okay.

A: Don't you _____ any stress?

B: Of course I do! I worry about my _____ all the time. I just don't worry _____ about school.

A: I see.

B: Yeah. Thinking about my future _____ always gives me stress. Sometimes I worry so much I can't fall _____.

A: Yes, that's _____ I get before a presentation.

Speaking

ペアになってお互いに 1～5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1～3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you feel stressed?
2. When do you usually feel stressed?
3. What do you do when you feel stressed?

4. _____ ?
_____ ?
5. _____ ?
_____ ?

Partner's answer

1.
.....
2.
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3.
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4.
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5.
.....

Your answer

1.
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2.
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3.
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4.
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5.
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Katakana Words

カタカナ語

「ストレス」はカタカナ語の1つです。カタカナ語には大きく2種類あります。外来語の発音をそのままカタカナで表記したもの、もう1つは英語などをもとに日本人が独自に作り出した和製英語です。和製英語には元の語の意味とは異なるものや、全く別の語から作られたものも少なくありません。カタカナ語と英語では発音がかなり異なり、「ストレス」もその1つです。強く発音する部分のアクセントが、英語ではstréssとeの音にあります。また、意味にも違いがあり、日本語の「ストレス」は主に精神的負担を指しますが、英語の“stress”は名詞では「圧力」、動詞では「強調する」といった意味です。

次の表の空欄に English または和製英語を記入しましょう。

English	和製英語 カタカナ表記	Notes
entertainer	() (芸能人の意)	英語“talent”「才能あふれる人」「才能」などの意
microwave oven	()	“range”「ガスや電気の調理用道具」「値の変動幅」などの意
outlet / socket	()	“concentric plug” 明治に日本に入り、大正末期にコンセントと略語を使用開始
() bottle	ペットボトル	PET プラスチック素材の略 正しくは Polyethylene Terephthalate
()	ミス (間違いの意)	“miss” 動詞「～がいないのを寂しく思う」「～に当たらない」などの意
() stores	コンビニ	“convenience”「利便性」
volunteer	()	“volunteer”「自発的に物事をする人」
() job	アルバイト	“arbeit” はドイツ語「仕事・労働」の意
questionnaire	()	“enquete” はフランス語

Mini Quiz

ストレスの対処法として良いと考えられるものに○を付けましょう。

- () Get enough sleep. Go to bed and get up at the same time every day.
- () Sleep 5 or less hours per night.
- () Eat foods with unhealthy fats, salt, and added sugars.
- () Take deep breaths, stretch, or meditate.
- () Talk with people you trust about how you are feeling.
- () Keep using SNS 7 or more hours per day.

Unit
11

The Whys and Hows of Jogging



//Warm-up Classroom Discussion//



41

1. Do you jog **sometimes**?
2. If you jog, where do **you** do it?
3. If you jog, **how far** do **you** run?



Vocabulary

次の英単語の意味を語群から選び記入しましょう。



42

1. benefit	(	)	最小限度に抑える
2. effective	(	)	けが
3. anxiety	(	)	不思議ではない
4. allow...to	(	)	恩恵
5. minimize	(	)	取り組みやすい
6. injury	(	)	効果的な
7. no wonder	(	)	…が～できるようにする
8. accessible	(	)	不安



1 You were born to* jog. Or, in other words, humans are well-designed for jogging. Among animals, they are particularly good at jogging long distances. And unsurprisingly, jogging—running at a comfortable pace—has many health benefits. It's effective in increasing human lifespan* and decreasing the effects of aging*. It's also good for the heart and lungs. Jogging even improves mental health. Many joggers experience less stress and anxiety than non-joggers.

2 For beginners, slow jogging can be recommended. The idea of slow jogging was made popular by Hiroaki Tanaka, a former professor of sports and health science at Fukuoka University. Tanaka said that slow joggers should run at a *niko niko* (or *smile*) pace. This pace of jogging also allows people to enjoy conversation with a jogging partner. According to Tanaka, slow jogging provides the benefits of regular jogging and is easier to start for people of all ages and lifestyles. This relaxed way of jogging also minimizes impact, reducing the risk of injuries. No wonder it's gaining more and more popularity worldwide.

3 Jogging has been called the world's most accessible sport. It can be done almost anywhere, and with almost no equipment (basically just a good pair of running shoes). A popular jogging spot in Tokyo is the Imperial Palace run, a five-kilometer circular course around the outside of the palace grounds. This course has even been used by the Emperor himself. For people who love jogging, the annual Tokyo Marathon is a major event. First held in 2007, the most recent version had nearly 40,000 participants and is known as one of the seven World Marathon Majors (along with Berlin, Boston, Chicago, London, New York, and Sydney), attracting professional and amateur athletes from around the world.

Notes: *... were born to ~ ...は生まれつき～する能力がある *lifespan 寿命 *aging 老化

Comprehension

Summary

各パラグラフの要点を完成しましょう。

- 1 ジョギングは _____ に良い
 - _____ を延ばし、_____ を遅らせる
 - _____ や肺にも良い
 - _____ の健康さえ改善し、ストレスや _____ を軽減する
- 2 スロージョギング
 - _____ にお勧め
 - 一緒に走っている人と _____ ことができるペース
 - _____ と同じ効果
 - どんな年齢やライフスタイルの人でも _____
 - 衝撃を抑えて _____ を減らす
- 3 ジョギングは _____ で最も身近なスポーツ
 - ほとんど _____ でき、_____ もほとんど不要
 - 東京で人気のジョギングスポット： _____
 - マラソン好きにとって一大イベント： _____

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Humans are especially fit for _____. It has many health _____ including physical and _____ health.
- 2 Slow jogging is recommended for beginners, because it _____ the risk _____.
- 3 Jogging is a simple sport that anybody can start with _____.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. What is jogging?

2. Do many joggers experience more stress and anxiety than non-joggers?

3. Which is easier to start for people of all ages and lifestyles, regular jogging or slow jogging?

4. Do you need special equipment to go jogging except a pair of shoes?

5. When was the first annual Tokyo Marathon held?

Conversation Practice

 44

① Dictation 音声を聞いて空所に単語を書きましょう。

② Shadowing モデル音声に重ねて発話しましょう。

③ Conversation ペアで会話練習をしましょう。

A: I really _____ get more exercise.

B: Why _____ you start jogging? I've heard it's a great
_____ increase your fitness.

A: I don't know. I'm _____ if I can just suddenly start
jogging.

B: Well then, how _____ slow jogging? It's _____
_____ on the body.

A: Maybe. Want to _____ me?

B: Sure.

Speaking

ペアになってお互いに 1 ～ 5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1 ～ 3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you jog sometimes?
2. If you jog, where do you do it?
3. If you jog, how far do you run?

4.

_____ ?

5.

_____ ?

Partner's answer

1.

.....
.....

2.

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3.

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4.

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5.

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Your answer

1.

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2.

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How to Use *Play, Do, & Go* with Various Sports

様々なスポーツでよく使われる「Play, Do, Go」の使い方

日本語では「テニスをする」「空手をする」「ジョギングをする」などのように表現しますが、英語では競技により異なる動詞を使います。主に3つの動詞 [play, do, go] が使われます。“I play tennis every Sunday.”のように、ボールなどを使う球技や対戦相手がいるスポーツには“play”が使われます。格闘技・武道や個人競技には“do”や“practice”が使われ、“I do/practice karate twice a week.”のようにどちらの動詞も使えます。ただし、“do”より“practice”の方が本格的にそのスポーツに取り組んでいるというニュアンスを含みます。“I go jogging around the park.”のように語尾に“-ing”が付くスポーツには“go”が使われています。

次の競技に動詞 [play, do, go] のいずれか適切なものを選び、下線部に記入しましょう。

1. We _____ bowling every Tuesday.
2. I want to _____ pickleball someday.
3. Do you _____ swimming often?
4. We _____ judo in a club.
5. I've heard that you _____ yoga.

*4番5番で practice を使う場合は、上記の解説の通り、本格的な取り組みという意味合いが含まれます。

Mini Quiz

次の1-5はJoggingの説明文です。下の枠内から適切なものを選び、下線部に記入しましょう。ただし、選択肢には当てはまらないものが1つ含まれています。

1. Jogging has _____.
2. Slow jogging is _____.
3. Jogging is effective in _____.
4. The pace of slow jogging allows people to _____.
5. The Imperial Palace run has been used _____.

- enjoy conversation with a jogging partner
- recommended for beginners
- by the Emperor himself
- decreasing the health benefits
- many health benefits
- increasing a person's lifespan

Unit 12

A Beginner's Guide to Well-Being



//Warm-up Classroom Discussion//



1. Are you happy today?
2. When do you feel happy?
3. Which is more important for you, happiness, health or money?

✿ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



1. whole	()	政府
2. relationship	()	全体の
3. purpose	()	不安な
4. environment	()	組織
5. organization	()	目的
6. government	()	関係
7. measure	()	環境
8. anxious	()	測る



1 Maybe you've heard of the word well-being, but do you know what it is? Experts say that it's about quality of life—about how well someone's whole life is going. This includes a person's physical, mental, and social well-being. It means feeling good in your body and mind, having positive social relationships, and feeling like you have something meaningful to do.

2 However, a person's well-being does change* over time; everyone experiences ups and downs. But there are ways to give yourself more well-being. For example, physical well-being can be improved by healthy foods, exercise, and good sleeping habits. Better social connections—spending enjoyable time with family and friends—can improve your mental well-being. Having a sense of purpose, perhaps through hobbies or work, can give your life a deeper meaning and make you feel satisfied. Having enough money, and living in a safe environment, can also make your everyday well-being better.

3 Many organizations, including governments and businesses, are recently spending more time focusing on well-being. For example, the United Nations' Sustainable Development Goal 3 is about “good health and well-being.” And the Japanese company Rakuten organizes yoga and exercise classes to support worker well-being. The government of the United Kingdom uses four simple questions to measure personal well-being. These are: 1) How satisfied are you with your life?, 2) How worthwhile* are the things you do in your life?, 3) How happy did you feel yesterday?, and 4) How anxious did you feel yesterday?

4 Thus, the idea of well-being is becoming more well-known throughout modern society.

Notes: *does change 強調したい語の前に “does” を置き、ここでは「必ず変化していく」という意味を含ませる。

*worthwhile 時間をかけて努力し労力を費やすだけの価値がある。

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 ウェルビーイングとは

- 生活の _____ ー人生がどれだけうまくいっているか
_____ と _____ の調子が良い
安心できる人間 _____ がある
何か意味のあることをしている

2 毎日のウェルビーイングを高める方法

- 身体的なウェルビーイング： _____、 _____、良い睡眠習慣
- 精神的なウェルビーイング： _____ や _____ と _____ 時間を過ごす
- _____ や _____ を通じて目的意識を持つ

3 多くの組織がウェルビーイングに注目

- 国連の持続可能な開発目標 3：「健康と _____」
- 日本企業の楽天：社員のウェルビーイングをサポートするため _____
_____ を提供
- イギリス政府： _____ を測定する _____ を作成

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Well-being means _____ someone's whole _____ is going.
- 2 Ways to improve your everyday well-being are having healthy _____, doing _____, having good sleeping _____, spending enjoyable _____ with family and friends, and having a sense of _____.
- 3 Many organizations, including governments and businesses, _____ recently _____ more time _____ well-being.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Have you heard of the word well-being before?

2. What does a person's physical, mental, and social well-being mean?

3. Does a person's well-being change over time?

4. Does the United Nation organize yoga and exercise classes to support worker well-being?

5. Does the government of Japan measure personal well-being by four simple questions?

Conversation Practice

 48

- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に合わせて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: Do you _____ I ask you about your well-being?

B: No problem. But _____?

A: It's for class. I _____ a few friends about their well-being.

B: I see.

A: So, do you feel _____ in your life?

B: Yeah, I guess so. Pretty satisfied.

A: And yesterday _____ you especially happy or anxious?

B: Well, I was a little anxious about a class _____, but mostly I was happy, I think.

A: OK. _____.

Speaking

ペアになってお互いに 1 ～ 5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1 ～ 3 番を参考に、自由に質問を作りましょう。

Questions

1. Are you happy today?
2. When do you feel happy?
3. Which is more important for you, happiness, health or money?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

Well-Being and Other Compound Nouns

ウェルビーイングなどの複合名詞について

Well-being は「well」（良い）と「being」（状態、存在）からなる複合名詞（compound noun）です。健康関連では healthcare や lifespan など、スポーツでは skateboarding や weightlifting など多くの複合名詞があります。

複合名詞でも、元の語の間にハイフンが入るものと、そうでないものがあるのに気づいて、なぜだろうと思うことがあるでしょう。これは 2 つの語をつなげた表記を多くの人が使うようになるとハイフンが省略されるためです。

例 e-mail → email（紙の文書に代わりインターネットでメッセージを送るようになった 90 年代にはハイフンを付けていましたが、多くの人が使うようになり、ハイフンが消えました。） Well-being も現在は両方の表記が混在していますが、次第にハイフンなしが主流になるでしょう。

A 群の語と B 群の語をつなぎ、よく使われる複合名詞を作りましょう。

A 群
1. body
2. score
3. work
4. basket

B 群
ball
out
board
building

1. ()
2. ()
3. ()
4. ()

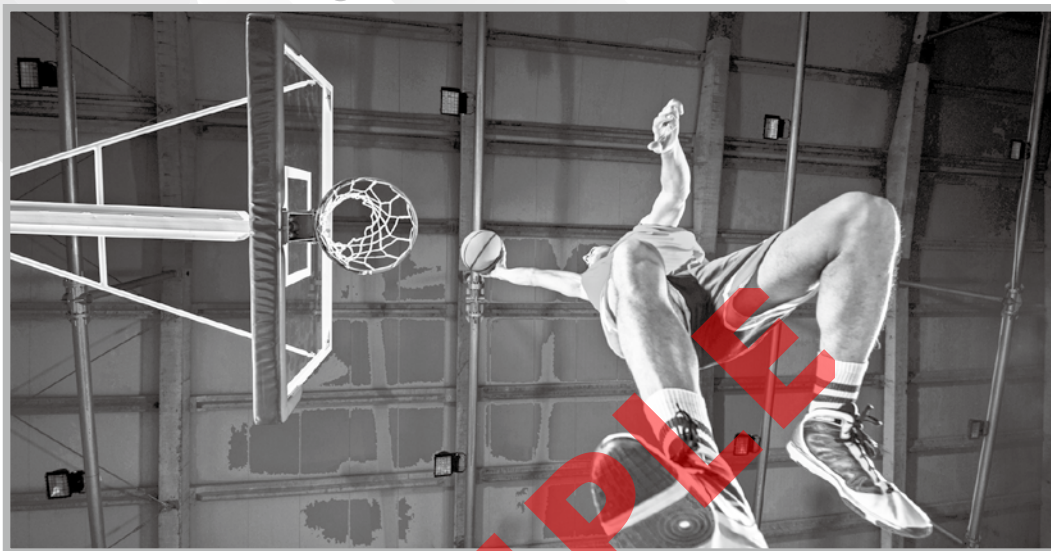
Mini Quiz

次の空欄に入る適切な語（句）を本文の中から探して記入しましょう。

Organization	What the organization does.
The government of the United Kingdom	Measures personal well-being using four questions: 1. How _____ are you with your life? 2. How _____ are the things you do in your life? 3. How _____ did you feel yesterday? 4. How _____ did you feel yesterday?
The United Nations	Sets the United Nations' _____ Development Goal 3—“good health and well-being.”
_____	_____ yoga and exercise classes to support worker well-being.

Unit 13

Athlete Branding as Selling One's Image



//Warm-up Classroom Discussion//



49

1. What do you know about Michael Jordan?
2. What do you know about Ichiro?
3. Do you buy products your favorite athlete sells in commercials?

✪ Vocabulary 次の英単語の意味を語群から選び記入しましょう。



50

- | | | |
|----------------|-----|-------------------------------|
| 1. make a deal | () | 表す |
| 2. advertise | () | (ビジネス分野で特定の商品などを公に) 推奨して利益を得る |
| 3. represent | () | 拒否する |
| 4. dedication | () | 守る |
| 5. promote | () | 契約を結ぶ |
| 6. endorse | () | 熱心さ |
| 7. refuse | () | 広告する |
| 8. protect | () | 販売促進する |



- 1 In many sports now, professional athletes have become more than just players; they have also become their own brands. They create a unique and popular image, both on and off the field, in order to sell themselves like a brand. This process is called athlete branding.
- 2 Perhaps the most famous example of successful athlete branding is Michael Jordan, the basketball legend. His branding started in 1984 when he became a National Basketball Association (NBA) rookie. He made a deal with Nike for \$2.5 million to advertise a pair of basketball shoes. These became the Air Jordan 1, shoes so popular that they continue to be a fashion and cultural statement. The Air Jordan series now makes over \$5 billion a year in sales. Jordan has also appeared in commercials selling everything from sports drinks to cereals, from Coca-Cola to McDonald's.
- 3 Let's now take a look at a Japanese superstar who has branded himself successfully: Ichiro Suzuki. His first name became the brand, starting from his time playing for the Orix BlueWave. His brand represented excellence, dedication, and uniqueness. After all, there is only one Ichiro. And, because of this, many companies wanted him to promote their products. He endorsed Kirin beer, Mizuno sporting goods, Yunker energy drinks, NTT telecommunications, and more. It is said that during his playing days he earned around \$7 million per year from product endorsement*. Interestingly, it is also said that he could have earned much more money but refused many endorsements in order to protect his brand.
- 4 This kind of athlete branding continues today. Shohei Ohtani is a great example. You can see and hear his advertisements and commercial messages all around Japan. The amount of his yearly income from endorsements is said to be around \$100 million!

Note: *endorsement 著名人が特定の商品を推奨し利益を得る契約

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 アスリートブランディングとは

- アスリートがブランドのように _____ を売り込むために唯一無二で _____ イメージを作ること

2 アスリートブランディングの成功例：マイケル・ジョーダン

- _____ の広告のため _____ と _____ ドルで契約
 ➤ これが _____。人気が出て、今でも _____ や文化で存在感
 ➤ _____ シリーズは今でも年間 _____ ドル以上の売り上げ

3 ブランディングに成功した日本のスター： _____

- 彼のブランドが表すものは _____、熱心さ、独自性
 ➤ _____ が彼に商品を広告してほしいと考えた
 ➤ 現役時代、広告契約で年間 _____ ドル _____
 ➤ _____ ため多くの広告契約を _____ と言われている

4 現在のアスリートブランディングの例： _____

- 日本中で彼の広告や _____ を _____ する

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

1 Athlete branding is the _____ of creating a _____ and _____ image for an athlete, both _____ and _____ the field.

2 Michael Jordan, the basketball _____, is the most famous example of successful _____. The Air Jordan series now _____ over \$5 billion _____ in sales.

3 Ichiro Suzuki, the Japanese superstar, made his first name the brand. His brand _____ excellence, _____, and _____. He is said to have _____ many endorsements in order to _____ his _____.

4 A recent example of athlete branding is Shohei Ohtani. It is said that his _____ from _____ may be around \$100 million.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Have professional athletes become only players in many sports today?

2. Does “off the field” mean the outside of a baseball stadium?

3. When did Michael Jordan’s branding start?

4. Why did many companies want Ichiro to promote their products?

5. If Ichiro didn’t refuse many endorsements, could he have earned much more money?

Conversation Practice

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- ① Dictation 音声を聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: I see Ohtani _____ advertisements nowadays!

B: Oh, you _____ the Los Angeles Dodgers’ Ohtani?

A: Yes, he’s so popular. His _____ is everywhere.

B: I know. Cosmetics, airlines, green tea, watches, cars, _____ stores...The list goes on!

A: I heard that he gets about _____ a year just from endorsing these products.

B: Wow! That’s a lot of money. _____ his salary from the Dodgers.

A: Well, he is a big _____.

Speaking

ペアになってお互いに 1 ～ 5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1 ～ 3 番を参考に、自由に質問を作りましょう。

Questions

1. What do you know about Michael Jordan?
2. What do you know about Ichiro?
3. Do you buy products your favorite athlete sells in commercials?
4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

Numbers in English

英語の数字の読み方

英語で数字をスラスラと言えるようになるための練習をしましょう。次に挙げる各種の数字の読み方の例を参考に、チャレンジしましょう。

- 2011 年 : twenty-eleven または two thousand and eleven
- 大きな数字はコンマで billion, million, thousand などの単位を挿入して言います。

1,000,000,000

↑ billion ↑ million ↑ thousand

例 5,434,117,222 の読み方 :

five billion four hundred thirty-four million one hundred seventeen thousand two hundred twenty-two

- 小数点以下の数字は 1 つずつ言います。
0.4 は zero point four、27.56 は twenty-seven point five six
- 分数の分子は基数詞、分母は序数詞、分子が 2 以上の場合分母に "s" をつけます。日本語と順番が逆です。
 $1/3$ = one-third、 $2/5$ = two-fifths
- 他にも色々な数字の読み方があります。
金額 : \$7.50 = seven dollars and fifty cents
時間 : 4:30 = four-thirty または half past four

次の数字を英語でどのように読むか () に英語で書きましょう。

1. $3/7$ ()
2. 8:50 ()
3. 3.14 ()
4. ¥11,325 ()
5. 453,798,188 ()

Mini Quiz

Athlete Branding に良い効果をもたらすと思われる行動を選んで○を付けましょう。

1. () To deliver vivid images of the athletes themselves
2. () To weaken the athlete's interaction with fans
3. () To build a spirit of teamwork
4. () To create a sense of oneness in using the specific goods
5. () To use social media just to communicate with their family
6. () To produce a unique style of the brand

Unit 14

Parkour Anyone?



//Warm-up Classroom Discussion//



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1. Do you usually exercise?
2. Have you heard of parkour?
3. Do you want to try parkour?



Vocabulary

次の英単語の意味を語群から選び記入しましょう。



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1. leap	()	引越す
2. object	()	避ける
3. practice	()	跳ぶ
4. discover	()	所有地
5. move	()	練習する
6. specific	()	物
7. avoid	()	特有の
8. property	()	見つける



- 1 Want to jump over walls, slide down stair rails, leap across gaps, and run on rooftops? Then parkour might be a great sport for you. Created in the 1980s by a young Frenchman, David Belle, it involves fast movement—running, jumping, climbing, and rolling—around, over, under, and through objects.
- 2 In Japan, it's not too difficult to find a parkour community in the big cities like Tokyo and Osaka. One participant is Brandon (31), who practices parkour in Tokyo. He discovered parkour about 15 years ago, when he was a high school student in Canada. "I first watched a lot of videos of it on the internet," he says about how he became interested in the sport. Then, he and a few of his friends started trying it out: "Luckily my hometown of Winnipeg has an active parkour community, so there were people who could teach us."
- 3 Brandon says that he just kept practicing after moving to Tokyo eight years ago. He explains, "There's a small but lively community here. If you want, there are clubs and gyms that will help you learn." He discovered that Tokyo has some great urban places to practice parkour with friends.
- 4 Brandon says, "A lot of the Japanese traceurs* (people who practice parkour) really seem to understand the art of parkour." For many traceurs, practice is key; it is as much a mental activity as a physical one. And, for them, parkour is more of an art than a sport. Brandon also says there are rules specific to Japan: "We really try to avoid private property, and shrines and temples." But, according to the traceurs in Brandon's group, Japan has some excellent parks for practicing parkour. Brandon adds: "I'd definitely recommend parkour to Japanese students."

Note: *traceur パルクールをよくやる人

Comprehension

Summary

各パラグラフの要点を完成しましょう。

1 パルクールとは

- _____ 年代、_____ の若者によって創られた
- _____、跳ぶ、_____、_____ などの速い動きで、障害物の _____、
上、_____、中を移動する

2 日本の大都市でパークール・コミュニティを見つけることは可能

- ブランドンは _____ でパークールをしている _____ 人
- カナダにいたときインターネットで _____ を見て _____ を持った
- カナダにはパークール・コミュニティがあり、_____ 人がいた

3 東京のパルクール事情

- 小さな _____ がある
- 教えてくれるクラブや _____ がある
- _____ と一緒にパークールを _____ できる場所がある

4 パルクールの芸術性

- パルクールは身体的な活動であると同時に _____
- スポーツというより _____

Main Topics

各パラグラフの主旨に合う本文中の語句を入れましょう。

- 1 Parkour _____ a great sport for people who love _____ such as running, jumping, and climbing around, _____, _____, and through _____.
- 2 In Japan, in the big cities _____ Tokyo and Osaka, you can _____ a parkour _____.
- 3 Brandon, a Canadian who moved to Tokyo eight years ago, _____ that Tokyo has some great _____ to _____ parkour.
- 4 According to Brandon, a lot of the Japanese traceurs _____ the art of parkour. And he _____ parkour to Japanese students.

Writing

Reading を読んで答えましょう。Yes/No question の場合は Yes/No のみではなく、読み取れる範囲で説明しましょう。

1. Who created the sport named parkour?

2. Is it very difficult to find a parkour community in Japan?

3. Was Brandon a high school student when he discovered parkour?

4. What does the word “traceurs” mean?

5. What are rules specific among Japanese traceurs?

Conversation Practice

 56

- ① Dictation 音声聞いて空所に単語を書きましょう。
- ② Shadowing モデル音声に重ねて発話しましょう。
- ③ Conversation ペアで会話練習をしましょう。

A: Wow, _____ this parkour video on YouTube! Amazing, isn't it?

B: Yeah, I'd like to try that _____.

A: Me too. I really think parkour should _____ an official Olympic sport.

B: Really? I'm not sure _____ it would be a good Olympic sport.

A: Why _____? Skateboarding has _____ in the Olympics.

B: I know, but I think parkour is not really about _____ and losing.

A: Maybe you're _____. It's not really a competitive sport.

Speaking

ペアになってお互いに 1 ～ 5 番の質問を行い、パートナーの答えと自分の答えをメモしましょう。4・5 番は 1 ～ 3 番を参考に、自由に質問を作りましょう。

Questions

1. Do you usually exercise?
2. Have you heard of parkour?
3. Do you want to try parkour?

4. _____ ?
5. _____ ?

Partner's answer

1.
2.
3.
4.
5.

Your answer

1.
2.
3.
4.
5.

Sports Sayings in English

英語でのスポーツのことわざや格言

パルクールに限らずスポーツはみな練習が不可欠です。また、勝敗だけが大切なわけでもありません。このことは saying (ことわざ・格言) にも表されています。

Practice makes perfect. 「練習あるのみ」(ことわざ：昔から伝わる教訓)

It's not whether you win or lose, it's how you play the game.

「勝敗よりも、どのように戦うかが重要だ」(格言：個人的経験から出た教訓)

次の 1～5 は、スポーツに関わる人々がよく使うことわざや格言です。() に適切なものを a. ～ e. から選び記入しましょう。

1. No (), no gain. (努力なくして成果なし)
2. There's no "I" in (). (チームに「私」はない)
3. Never say (). (決して諦めるな)
4. You miss () of the shots you don't take.
(打たないシュートは全部外れる)
5. Winning is (). (勝つこと以外に価値はない)

- a. everything
- b. 100%
- c. never
- d. team
- e. pain

上記の 1～5 に関連する逸話や日本語のことわざを紹介します。

1. 「虎穴に入らずんば虎子を得ず」－同様の意味を表すことわざ。
2. 「バスケットボールの神様」と言われる元プロバスケット選手の Michael Jordan (アメリカ人) が残した名言だと言われている。
3. ロート製菓のキャッチコピーとして使われていた。「どんな困難にもめげず常識の枠を超えてチャレンジし続ける」という決意を表している。
4. 「アイスホッケーの神様」と言われる元プロアイスホッケー選手の Wayne Gretzky (カナダ人) が残した名言だと言われている。
5. David Marlow が : Berkley Pub. Group というニューヨークの出版社から 1984 年に出版した本の題名。「勝つためには手段を選ばない態度」を表すこともある。

Mini Quiz

パルクールに関係することがらについての説明で、正しいものには T を、誤っているものには F を () に記入しましょう。

1. () Parkour is a great sport for people who like running, jumping, climbing, and rolling.
2. () After he watched many videos of parkour, Brandon became interested in it.
3. () In Brandon's hometown, it was difficult to find an active parkour community.
4. () Parkour is just a physical sport.
5. () Parkour is more of an art than a sport.

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