



A Surprise Teacher at the Gym

By: Loren Landucci (Kurihara ALT)



Do you go to the gym? I never went to the gym in America. I liked staying at home and playing video games. I was interested in going, but I had a weak knee. After moving to Japan, I decided I wanted to try new experiences, so I went to the gym in my town.

A member of staff told me to take off my shoes. I was surprised. I didn't know that the shoe rules at my school and the gym were the same. Then I heard someone say, "Hello!" It was one of my 3rd-year students. He taught me how to use the different exercise machines. I was so happy, and I didn't feel nervous anymore. My student encouraged me to do my best and train hard. He was like a teacher! I started going to the gym often and my knee became stronger. I learned how to lift weights and gained confidence thanks to my student. Now, I always enjoy going to the gym. You should visit too! (171 words)

① 【重要】まずは、知らない単語や表現があつても文脈から推測しながら読み進めてみましょう。
 ② ①をした上で単語のヒントがほしい場合は、【B】ヒントありver.(次のページ)に進みましょう。

Questions

1 Did Mr. Loren go to the gym in America?

2 Was Mr. Loren surprised that he had to take off his shoes at the gym?

3 How did the 3rd-year student help Mr. Loren?

★ Mr. Loren wrote about exercise*. What exercise do you like? Do you want to try anything new?

I like _____ because _____.

I want to try _____ because _____.

I don't want to try _____ because _____.

* exercise: 運動



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※ exercise machines: 運動器具 train: 鍛える lift: 上げる weights: ウエイト
 ※ gained: 得た confidence: 自信

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ALT Journal 【解答例】

ジムに現れたサプライズ先生

Loren Landucci (栗原 ALT)

ジムに通っていますか？私はアメリカでは一度もジムに行ったことがありません。家にいてゲームをするのが好きでした。行きたい気持ちはあったのですが、膝が弱かったです。日本に来てから、新しい経験をしてみようと思い、地元のジムに行きました。

スタッフの方に靴を脱ぐように言われ、驚きました。学校の靴のルールとジムが同じだなんて知りませんでした。すると誰かが「ここにちは！」と声を掛けてきました。3年生の生徒の一人でした。彼は様々な運動器具の使い方を教えてくれました。とても嬉しくて、もう不安はなくなりました。その生徒は、私がベストを尽くして一生懸命鍛えるように励ました。まるで先生みたいでした！それからジムに通い続けるうちに膝も強くなりました。その生徒のおかげで重量挙げのコツも覚え、自信がつきました。今ではジムに行くのが楽しみで仕方ありません。あなたもぜひ行ってみてください！

Questions

1. Did Mr. Loren go to the gym in America?

ローレン先生はアメリカでジムに行っていましたか？

(例) No, he didn't. He never went to the gym in America.

2. What was Mr. Loren surprised by at the gym?

ローレン先生は、ジムでどんなことに驚いたでしょうか？

(例) He was surprised that he had to take off his shoes at the gym.

3. How did the 3rd-year student help Mr. Loren?

3年生の生徒はローレン先生をどのように助けたでしょうか？

(例) The 3rd-year student taught Mr. Loren how to use different exercise machines.

He encouraged Mr. Loren to do his best and train hard.

He helped Mr. Loren with lifting weights and gaining confidence.

★ローレン先生は運動について書いていました。あなたはどんな運動が好きですか？何か新しいことに挑戦してみたいですか？

I like tennis because it's fun.

I want to try swimming because my best friend swims and it looks interesting.

I don't want to try jogging because running for a long time sounds boring.

☆健康を保つのにどうしていますか？ローレン先生のように定期的に運動する人もいますが、健康を維持するためにできることはたくさんあります。食事や飲み物を注意深く管理する人もいます。日本を含む多くの国ではソーダやその他の甘い飲み物の代わりにお茶が健康的な飲み物の選択肢として親しまれています。また、国によってユニークな運動方法もあります。例えばフランスでは、「パルクール」という運動が人気で、体を鍛える活動として知られています。また、多くの国にはストレスを解消し、健康を保つためのリラクゼーション方法があります。ノルウェーでは「フリルフスリフ」という方法でリラックスし、ストレスを減らします。これは「野外で生きること」という意味で、広い自然の中で長い時間を過ごすことを指します。彼らは、フリルフスリフが目の健康を改善し、免疫力を高め、ストレスを軽減すると考えています。では、皆さんはどのように健康を維持していますか？ALTに自分の健康法について話し、彼らの方法も尋ねてみましょう。その答えに驚くかもしれません！