

CEFR-J レベル

B2.2

技能

Reading

Can Do descriptor

記事やレポートなどのやや複雑な文章を一読し、文章の重要度を判断することができる。綿密な読みが必要と判断した場合は、読む速さや読み方を変えて、正確に読むことができる。

テスト・タスク

You are the leader of a working group of the city hall. Your friend in the UK sent you the copy of a news article. Unfortunately, he forgot to inform you of the title of the article. *Read the article and work on the following tasks.*

?

You may consider staying fit and healthy to be dependent on individual efforts and expenses, but nowadays, local governments have taken on the responsibility of ensuring their people stay fit and active. Take for example, the case of Birmingham City in the UK. The city council has been encouraging its people to join the 'Be Active' scheme. The program allows them to use local leisure services for free. The city pays the expenses for the service from its budget, with grants from the National Health Service (NHS), which provides the most of healthcare in the UK. The process is fairly simple. First, if they want to use this service, they register for a Leisure Card either online or at their local leisure center. Then, they can use the facilities at registered leisure centers in the city at designated hours of the day.

To date, 29 leisure centers in the city have signed up to the 'Be Active' scheme. Each leisure center must offer to 'Be Active' members at least an hour of swimming time in the pool and an hour of workout time in the gym. Some centers in the poorer areas even reserve 70% of opening hours for 'Be Active' members. There, exercise classes and badminton courts are also available in addition to the standard facilities. Schools and community centers also contribute to the scheme by providing 'Be Active' classes. Furthermore, there are also opportunities to join outdoor activities such as guided bike rides, rounders games, and buggy push for new mothers.

Since the program was started in 2009, 400,000 people have signed up for the 'Be Active' scheme. The number represents a third of the local population. 60% of the members are from minority groups. The average age of all the members is 49, while the figure for private gyms is 29. The most had not belonged to a sports club of any kind before they joined the scheme. Half were regarded as being overweight. One fifth were aware that they were in poor health. This indicates that the scheme is successfully approaching the people who need it most. According to their research, since the scheme was set up, more and more people have been asking about other health information such as cutting alcohol intake and quitting smoking.

City officials claim that for every £1 spent on the 'Be Active' scheme, £21.30 in health costs will be saved, over the course of the person's lifetime. Unfortunately, over the past few years, the budget

for the 'Be Active' scheme has been cut. As a result, it has had to cut the number of free hours available to its members at certain leisure centers. However, because of its great success, other city councils have started to take great interest in this program. Officials from Birmingham have been holding workshops with officials from other councils to introduce the success of their program.

1. In order to distribute this article to your group members, you want to put a title. What is this article mainly about? [Choose ONE answer]

- a) The new work of Birmingham city officials.
- b) The new programs in local leisure centers.
- c) The new government project for public welfare.
- d) The new tips for maintaining health.

2. In order to organize the information for a meeting with another group, each of your members wrote one sentence about the content of the article after reading. As the leader, you have to check if their sentences are correct or not. [Choose THREE answers and check the box in the table below if it is correct]

Name	Information	Check
Chris	People must pay some money to register for 'Be Active'.	<input type="checkbox"/>
	The members can use the leisure facilities at any time of day.	<input type="checkbox"/>
Hanna	People can use their 'Be Active' membership card at any sports center in Birmingham.	<input type="checkbox"/>
	Some sports centers offer over half their opening hours to the 'Be Active' members.	<input type="checkbox"/>
Beth	Some 'Be Active' activities are carried out outside leisure centers.	<input type="checkbox"/>
	The scheme helps save the government money in health costs.	<input type="checkbox"/>
Andy	More money is spent on the 'Be Active' scheme now than in the past.	<input type="checkbox"/>
	The 'Be Active' scheme is available not only in Birmingham, but in the other cities.	<input type="checkbox"/>

正答・採点基準 正答：1.c)

2.

Name	Information	Check
Chris	People must pay some money to register for 'Be Active'.	<input type="checkbox"/>
	The members can use the leisure facilities at any time of day.	<input type="checkbox"/>

Hanna	People can use their 'Be Active' membership card at any sports center in Birmingham.	<input type="checkbox"/>
	Some sports centers offer over half their opening hours to the 'Be Active' members.	<input checked="" type="checkbox"/>
Beth	Some 'Be Active' activities are carried out outside leisure centers.	<input checked="" type="checkbox"/>
	The scheme helps save the government money in health costs.	<input checked="" type="checkbox"/>
Andy	More money is spent on the 'Be Active' scheme now than in the past.	<input type="checkbox"/>
	The 'Be Active' scheme is available not only in Birmingham, but in the other cities.	<input type="checkbox"/>

開発段階

第1期（作成） 第1期（実施） ✓ 第1期（分析）

第2期（改訂） 第2期（実施） 第2期（分析）

メモ

開発担当者

村越亮治・長沼君主