

YMCA せとうち

JANUARY

30



ラジオ体操



YMCAせとうち SAG 1月30日 活動ご報告(ラジオ体操を世界に広めよう)



コロナの感染拡大が広がり始めて1年が経ちました。しかしながらまだまだ状況は落ち着きません。私たちはコロナに負けないために、自己免疫力を高めなければなりません。そこで今回は、インドネシアとネット中継を行い、ラジオ体操に取り組みました。講師として、ラジオ体操一級指導員である「めめちゃん」こと、三原保江さんをお招きしました。

まずはオリンピック開催の是非を共に考え、その後は外遊び。そしていよいよラジオ体操の始まりです。モニターの向こうからは、インドネシアの四人の若者たちが参加してくれました。ラジオ体操を正しく行くと、その健康効果は抜群。しかも動作が伴うこともあって、簡単に言語の壁を超えることができました。また脳を活性化させるには、脳に適度な刺激を繰り返し与えることが必要です。そこで今回は、「2つのことを同時に行う」「左右で違う動きをする」といった普段慣れない動きで脳を適度に混乱させるシナプソロジーにも取り組みました。結果、笑顔やコミュニケーションがたくさん生まれたので、楽しきときを過ごすことができました。今後ともぜひ、各ご家庭で取り組んでみてください。

古代オリンピック開催の間、主催地ギリシアでは、休戦協定（エケケイリア）が結ばれ、祭典期間の5日間とその前後3ヶ月間は、国内外のすべての争いごとの禁止や刑の執行停止などが徹底されていたそうです。今悩ましいのは、オリンピック開催が、平和ではなく、感染拡大という脅威を撒き散らしかねないこと。平和の祭典を謳うのであれば、やはりここでは今一度立ち止まることを考える必要があると思います。大人のエゴではなく。こどもたちの育ちのためにも決断が必要です。



These days the weather is suddenly becoming freezing cold. Despite though, it did not stop the kids from coming to the YMCA and practicing English conversation. Today's topic is about doing radio exercises. And we did the radio exercises with people from Indonesia and China. Due to the similar cultures shared between Japan and China, from a little age, we have the habit of doing radio exercises, however, it was the first time for Indonesia people to try to practice it. At the beginning, as usual, Q San leader started today's activity by introducing relative background which is about Olympic knowledge this time. When being asked what are the necessities to hold the Olympic games, a 6-year primary school student named Kohei gave the answer: for the purpose of enhancing immunity. Indeed, due to the coronavirus pandemic, numerous activities have been cancelled and some people have to change their workstyles, in this way, they have less activities than before, as a result, more people being suffered from illness. In order to stimulate our body mechanism and improve our health, we need find various ways to do exercise! In this regard, a Japanese amateur player who is professional at doing radio exercise was invited today to teach us how to perform radio exercise in the right way. Actually, there are 13 steps in total of radio exercise, which takes about 3.30 minutes to complete. It was extremely exhausting to complete all these steps with heart and great efforts. Only if allocating that amount of time, it a totally different impact would be posed on your health. Previous to doing it, everyone felt a little bit of sleepy, however, just after three minutes' exercise, since our blood circulation was stimulated and more oxygen could be carried to our brain, everyone become spirited up and excited. What's more, we were also told doing radio exercise could also make us become smart by enhancing connections between neurons in brain. At the end, during the report time, we even did the radio exercise with kids' parents. At last, personally speaking, I did acquire many things from radio exercise today. When recalling back my childhood, I really disliked doing radio exercise at that time since it was boring compared with other sports exercises and took some time everyday. However, when knowing numerous healthy benefits brought by it, I feel it obliged to do it, not just myself, but to tell my friends and family and as many as people surrounding me.