



本集内容

A new scheme to encourage old play 新倡议鼓励儿童重新出门玩耍

学习要点

有关“social improvement 社会改善”的词汇

边看边答

In what way is 'Street Play' helping children meet governmental health guidelines?

文字稿

A street in Toronto, Canada, with children doing what they do best - playing together and having fun. They're able to play on the roads here because cars are banished every week for four hours at a time. This street is one of seven that have just finished a six-month **pilot scheme**.

Deborah Doncaster, President - Earth Day Canada

"It's all about getting kids outside playing again. It was a natural part of my childhood but it's a big piece of childhood that's missing from the modern day."

Often known as 'Street Play' - it's an idea that's **gaining traction** around the world. This Canadian scheme **drew its inspiration from** the streets of the UK - streets like this one in Bristol. This street plays together like this for two hours every Tuesday.

Scientists who have studied the scheme think it can also have health benefits for children.

Professor Angie Page, University of Bristol

"You can get an extra ten minutes of moderate-to-vigorous physical activity just from simple closure of a street for a short period of time, which can make a real difference on whether they meet the **government guidelines** for physical activity."

Alice Ferguson, Director - Playing Out

"Our children were not getting outside enough, they were not physically active enough, and we saw that we had this great space immediately outside their front doors, but they couldn't use it. "

More than forty local authorities across the UK are now supporting the ‘Street Play’ scheme she **championed**, and ‘Street Play’ seems to have an appeal that crosses national boundaries.

在加拿大多伦多的一条街道上，孩子们在做着他们最擅长的事情——一起开开心心地玩耍。他们能在马路上玩耍的原因是在这里每周都会有一次持续四个小时的禁车时段。这条街道也正是七条刚完成为期六个月的禁车试点计划之中的一条街道。

黛博拉·唐卡斯特 加拿大地球日组织总裁

“这一切都是为了让孩子们能像从前那样出门玩耍。在街上玩耍是我童年中自然而然的一部分，而如今，这样重要的一段童年经历已经消失不见了。”

这种通常被称作“上街玩耍”的概念在世界各地逐渐被人们接受并越来越受欢迎。这项发起于加拿大的倡议是从英国的大街小巷中汲取灵感，比如这条位于布里斯托市的街道。每到周二，孩子们就可以在这里玩耍两个小时。

对该倡议做过研究的科学家们认为，此举还有益于儿童的健康。

安吉·佩奇教授 英国布里斯托大学

“让孩子们获得额外的十分钟来进行中到高强度的体育活动，我们只需要把道路封锁很短的一段时间。此做法也会直接影响儿童的体育锻炼量是否能达到政府的指导标准。

艾莉森·弗格森 “外出玩耍”计划负责人

“我们的孩子们在室外呆的时间不够长，他们进行的体育运动也不够充分，与此同时，家家户户的大门外就有非常好的活动空间，但孩子们却无法利用这些地方。”

英国各地现已有四十余个地方部门支持她所号召的“外出玩耍”计划，同时，“外出玩耍”活动似乎跨越了国界，在其它地区也广受欢迎。

词汇

pilot scheme

试点计划，实验计划

gaining traction

被接受并变得受欢迎

drew inspiration (from)

（从...）得到了启发

government guidelines

政府的指导方针

championed

号召了、声援了

视频链接: <http://bbc.in/2Dn49K3>

你知道吗？

'Street Play' is an idea which was first created and organised by ordinary people to solve a problem they were having at a local level.

“上街玩耍”是一个最初由普通民众发起、组织安排的活动，旨在解决地方住户所面临的问题。

问题答案

'Street Play' is helping children meet governmental health guidelines by providing an extra ten minutes of moderate-to-vigorous physical activity.