



Should children run a mile each day?
儿童应该每天都跑一英里吗?

- 关于台词的备注：
这不是广播节目的逐字稿件。本文稿可能没有体现录制、编辑过程中对节目做出的改变。
- 请注意：中文文字内容只提供简体版

英国发起了一项活动，号召英国的小学在课程安排中加入每天跑步一英里（1.6 公里）的时段，从而提高学生的身体健康状况。请听 BBC 记者 Robert Pigott 发回的报道。

The daily mile began four years ago at St Ninians primary school in Stirling and is now strongly **backed** by the Scottish government.

Although a university study into the effects of the 15-minute run round the playground is yet to publish its **findings**, St Ninians' former head teacher, Elaine Wyllie, claims it's reduced levels of obesity, improved fitness and benefitted **sleep patterns** and **concentration** in class.

Mrs Wyllie, who won last year's Pride of Britain Teacher of the Year award for coming up with the idea, says schools in several English counties, as well as others in the rest of Europe and the United States, are committed to **adopting** it.

In at least one case, in West Cheshire, the group that **commissions** health services is helping to **subsidise** the **initiative**, saying that it expects to benefit from improved adult health and lower costs in the future.

词汇表

backed	受到支持
findings	调查或研究结果
sleep patterns	睡眠规律
concentration	注意力
adopting	采纳
commissions	委任
subsidise	补贴、资助
initiative	新倡议、新方案

测验

请听报道并回答下列问题。

1. What did a university study discover about the benefits of running?
2. True or false: The idea for students to do a one-mile run came from a school in the United States.
3. Which word in the report means 'the state of being extremely overweight'?
4. How do some health experts in West Cheshire think this idea will help people's fitness?

答案

1. What did a university study discover about the benefits of running?

We don't know yet. It is yet to publish its findings.

2. True or false: The idea for students to do a one-mile run came from a school in the United States.

False: This idea started at a school in Scotland but some schools in the United States are committed to adopting it.

3. Which word in the report means 'the state of being extremely overweight'?

Obesity.

4. How do some health experts in West Cheshire think this idea will help people's fitness?

They think it will help to improve adult health and save them money at the same time.