

この紙のゴール：初めて読む英文から、大意と必要な情報を制限時間内につかむ / 本文はこの教材のための書き下ろし（初見用）です。

If you find it nearly impossible to drag yourself out of bed on school days, you are not simply lazy. You may be fighting your own biology.

Every human body runs on an internal clock known as the circadian rhythm, which controls when we feel alert and when we feel sleepy. Research has shown that during adolescence, this rhythm shifts. The teenage brain begins to release melatonin, the hormone that tells the body to prepare for sleep, roughly two hours later than a child's brain does. Consequently, most teenagers cannot fall asleep before eleven, even when they go to bed early. Since school still begins early, many students end up chronically short of sleep, which affects memory, mood, and concentration.

The evidence from schools that have acted on this science is striking. When some American high schools delayed their start time from 7:30 to 8:30, students not only slept longer but also showed better attendance and higher academic performance. Leading medical organizations in the U.S. now recommend that secondary schools start no earlier than 8:30.

Most students cannot change their school's timetable. What they can control is their evening routine: avoiding bright screens in the hour before bed, and getting sunlight soon after waking. Both help the body clock stay closer to the school clock.

〔語注〕 circadian rhythm＝概日リズム（体内時計） adolescence＝思春期 chronically＝慢性的に

設問 本文の内容に合うものを選ぼう。

- (1) What is the main point of the passage? 思考・判断・表現 答え () 3点
- ア Teenagers' sleep problems have a biological cause, not a moral one.
- イ Teenagers who cannot wake up early lack self-control.
- ウ Every American high school has delayed its start time.
- エ Bright screens in the evening have no real effect on how well teenagers sleep.
- (2) What happens to melatonin release during adolescence? 知識・技能 答え () 3点
- ア It stops almost completely during adolescence.
- イ It happens only in the early morning.
- ウ It starts about two hours later than in childhood.
- エ It becomes weaker but arrives earlier than in childhood.
- (3) What did the schools that moved their start time to 8:30 report? 知識・技能 答え () 3点
- ア No change at all in students' sleep.
- イ Longer sleep, better attendance, and higher grades.
- ウ More students arriving late for their first class.
- エ Complaints from most parents about the new timetable.
- (4) What does the writer say students can control? 思考・判断・表現 答え () 3点
- ア Changing the school timetable themselves.
- イ Taking medicine to fall asleep.
- ウ Managing their evening routine and morning light.
- エ Skipping first period when they feel tired.

学校の朝はなぜつらい（発展） | 解答と出題のねらい

解答

(1)	ア	第1段落 you are not simply lazy. You may be fighting your own biology. が主題文。
(2)	ウ	第2段落 roughly two hours later than a child’s brain does.
(3)	イ	第3段落 not only slept longer but also showed better attendance and higher academic performance.
(4)	ウ	最終段落 What they can control is their evening routine ...。

出題のねらい 定期テストに移すときの観点マップ

この4問は**大意→明示情報×2→筆者の提案**の階段です。初見の英文だからこそ「読む力」が測れます—教科書本文の再読で作った設問は、読解ではなく記憶のテストになりがちです。この紙をそのまま10分の帯・小テストに使えるほか、同じ構造で定期テストの読解大問を設計する見本にもなります。

設問	型	観点	テストでの使い方
(1)	大意（スキミング）	思考・判断・表現	概要把握。選択肢の「言い過ぎ」を切れるかを見る
(2)	明示情報	知識・技能	本文の言い換えを見抜く。数字を含む情報は作問しやすい
(3)	明示情報	知識・技能	事実関係の正確な読み取り
(4)	筆者の提案	思考・判断・表現	結論段落から「読者にできること」を選ぶ。主張の読解

3つの版の使い分け

同じトピック・同じ設問構造で、英文の語彙・構文と選択肢の言語だけを変えてあります（基礎=選択肢も日本語／標準=選択肢が英語／発展=設問も英語）。①クラスの帯に合わせて選ぶ ②同じクラス内で配り分ける ③基礎→標準→発展と日を空けて再挑戦—の3通りの使い方ができます。正解の記号は版ごとに違います（配り分けのときの写し合い対策にもなります）。

