

Olympic Education in Junior High and
Senior High School at Komaba

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Health & Physical Education

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Abstract

Junior High and Senior High School at Komaba (we will refer as *Komaba School* from following text.), which is famous for sending out competitive students onto the stage of International Science Olympiads, is also involved in the Olympic sports.

At *Komaba School*, we have not only invited number of Olympians for lectures, but also held interactive classes to research Olympic, and learned Olympic sports event rules in physical education.

Additionally, our school's gymnasium is historically related to Olympic, since the location was used by national Volleyball teams practice during the Tokyo Olympic. That includes Japanese team, which was gold medal winner of the year.

Therefore, through these activities and history, our students tend to feel close to Olympic game rather than taking as a foreign event.

In this report, I am putting a spotlight on Olympic Education with brief explanation of our school features.

Key Words : olympic education

1 School Features

Komaba School is known for their Excellency in academic level.

Additionally, *Komaba School* is chosen as Super Science High School (SSH) by the Ministry of Education, Culture, Sports, Science and Technology. Super Science High School (SSH) has an advanced mathematical and scientific curriculum, with cooperation research by Tsukuba University, and promote activity, which nurture international minded individual with creativity and originality.

In respect of Super Science High School (SSH), our school gained a support by Japan Science and Technology Agency (JST) with cooperation of Tsukuba University, Tokyo University, and graduate of advanced scientist and technician.

Addition to above, our school strongly focused on the international exchange project. Lately,

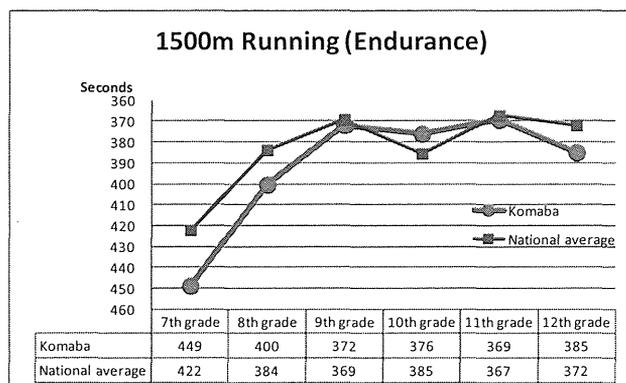
National Taichung First Senior High School (台湾国立台中一高級中学校 / Taiwan), Thomas Jefferson High School (U.S.A), Busan International High School (Korea), and The Experimental High School Attached to Beijing Normal University (北京師範大学附属实验中学 / China)

2 Sports ability of Komaba School students

Characteristic of our student's sports ability is their drastic growth in 6 years of school life. Following graph is 6 years of running time record of our students vs. National average.

When we see the result of 7th grade deviation, they are comparatively low: Running record is 30 seconds behind the national average. Since many of our students studied long hours during the time of elementary school, students tend to have less exercise than an average.

This graph indicates strong growth in running endurance from 7th grade up until 11th grade. In 12th grade, running record falls below the average. Reason for this is estimated to be less involvement in extracurricular activities in last year of high school year, which is taken as our task to be solved.



Above: Line graph of 1500 m Running (Endurance): Komaba School vs. National average

In conclusion, sports ability was below the national average in the beginning, but students can gain the drastic growth in sports ability through the enthusiastic participation in our school curriculum and activities.

Physical education's objective is to teach correct exercise, in addition to appropriate food and rest in order to reconsider and adjust own life style for the better. As a teaching method, we use Health Quality Control (HQC) sheet as one of the tool for the reference.

We believe through focusing on nurturing healthy and physically active body of students, resulted not only in growth of sports ability, but also led to high academic accomplishment.

3 Sports ability of Komaba School students

In the past, there were 3 lectures by Olympians at *Komaba School*. In year 2008, Judo Olympian Kaori Yamaguchi held a lecture named "Judo and Human education: from the prospect of Olympic training scene" in Tsukukoma Academia. As a social contribution project by Tsukuba University, Tsukukoma Academia was held sponsored by *Komaba School*, along with Setagaya Board of Education, and supported by Meguro Board of Education.



Above: Judo Olympian Kaori Yamaguchi's lecture (2008)



Above: Triple Jump Olympian and Scholar, Yukito Muraki's lecture (2009)

Japanese famous Manga "YAWARA!", a story of female Judo athlete who becomes a world class athlete, is inspired by the Kaori Yamaguchi as a role model. Her interesting story with clear speech not only gained a support from audience, but also brought up some topics that we should solve in modern education.

Besides *Komaba School* students, student's parents, and many of Meguro and Setagaya area residents also attended to this lecture.

In year 2009, Triple Jump Olympian and Scholar, Yukito Muraki held a lecture named "Complementarity of physical and technical nature of sports training exercise" as a part of "Program for educating wide range of Scientific Literacy required for future Scientist and Engineer" in Super Science High School (SSH) study.

Since this was the first attempt to have the

lecture by physical education department, we aimed to involve many students as possible. As we expected, soccer, baseball, basketball, track teams and students with high motivation in sports came to attend the lecture.

Main body of the lecture was about the physical training. Yukito Muraki introduced an importance of maximum repetition training from a prospect of relatively and complementarity aspect of motion. Lecture content was based on concrete data with professional experiences, such as:

“Rather than working out in maximum physical strength, physical training is effective to use few percent less than maximum strength of its own.”

“There are technique and mental to study in weight training.”

“In hammer throwing, light weight practice brings you to better result.”

“It is effective to practice technical skills during less repetition training, such as warm up.”

“There are things to learn by participating and watching specific sports of own profession, but also from other sports.”

Survey showed many of the students thought lecture was very useful in their future practice. There was also opinion that surprised to know how some content of the lecture was against their general knowledge.

In year 2010, Track and Field Olympian and Scholar, Satoru Tanigawa held a lecture named “Body’s challenge to run fast” as a part of “Program for educating wide range of Scientific Literacy required for future Scientist and Engineer” in Super Science High School (SSH) study. Even though class was not held on the school day, total of seventy eight students came to attend the lecture. (Number by grade: seven 7th grader, eleven 8th grader, twenty six 9th grader, eighteen 10th grader, sixteen 11th grader.)

In the lecture, Satoru Tanigawa introduced many of prior challenges by historical athletes to run faster. Content was concentrated especially on the

characteristic of body position in sprint and jogging to reconsider the Bodily Knowledge of Human. Since “standing position” is focused in every grade in our school in physical education class, reaction among students was positive, and content was understandable for all. Survey says:

“Whenever I sprint, I was careful to push arms and thigh up, but never aware of the body position when foot landed, so it was interesting to focus on body position. (8th grader)”

“I was concentrated on step during the sprint, but realized pitch is the most important factor. I want to be aware of the pitch and form from now on (9th grader).”

“This lecture became our opportunity to be aware of how to walk and run, which we were never aware of. (9th grader)”

“I came to realize after passing the “golden age”, we have to understand the physical movement in order to strengthen the physical ability of its own. It is important not only to be “aware” of each position, but also to “remember” those positions during the movement. This is difficult during sprint, so I want to start to be aware of each position during a walk. (10th grader).”

As survey shows, most of the opinion was based on own sports experience and knowledge from physical education, and many students thought they want to try what they have learned in their future practice.



Above: Track and Field Olympian and Scholar, Satoru Tanigawa's lecture (2010)

4 Connection between “Witch of the East”, first gold medal winner in women’s Volleyball, and our gymnasium



Above: Pictures of Japanese national volleyball team taken in our gymnasium (1964)

Japanese women’s volleyball team in 60’s was called “Witch of the East,” because not only they won the world championship in year 1962, but also won 157 games in a row up until Tokyo Olympic game. Volleyball became official Olympic event from Tokyo Olympic, and many believed their gold medal was certain, especially Japanese citizen whose expectation towards them was strong. Television audience rating for volleyball final reached 66.8%. This game against Soviet Union finished with 3-0 by Japanese strong team work with original “twisting receive”, which was inspired by Judo’s break-fall. So called “Damon” Manager of Japanese women’s volleyball team, Hirobumi Daimatsu analyzed the reason for the victory was their “strong fighting spirit.”

According to 60th anniversary memorial magazine of *Komaba School*, gymnasium was built in year of Tokyo Olympic game, when 10th grader at that time was 15th generation of the school. Surprisingly, “Witch of the East” used to practice at our gymnasium. Following is extract from 60th anniversary memorial magazine of *Komaba School*:

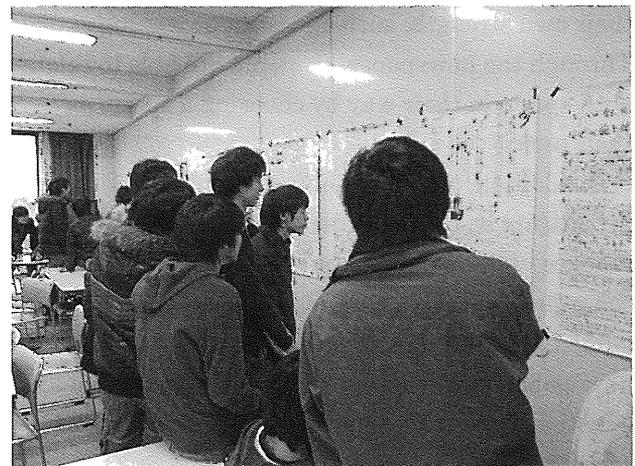
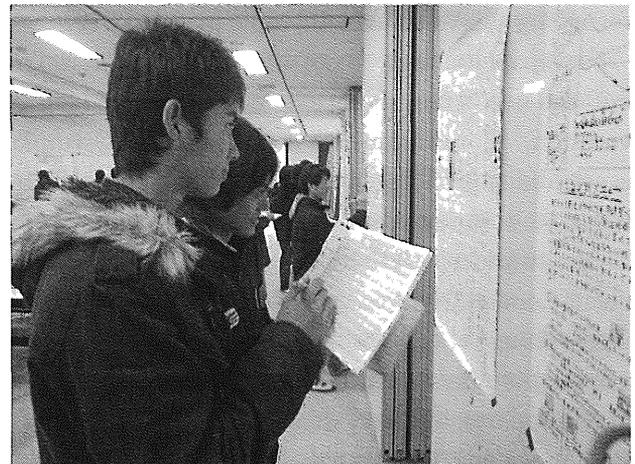
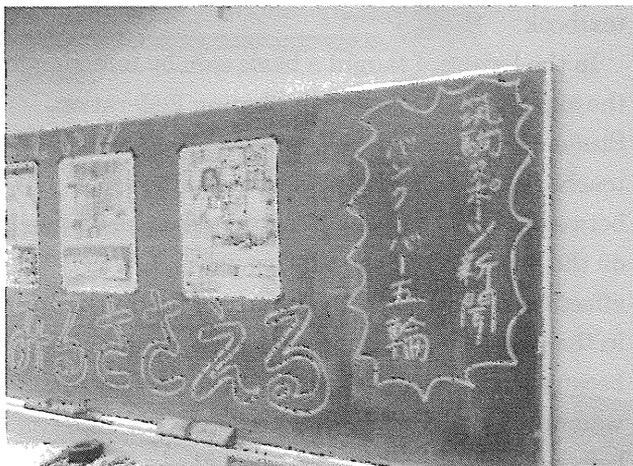
“It is possible to define one’s generation by asking which location comes to mind first from the word “Olympic.” Olympic memory of 15th generation will definitely be in “Tokyo.” In year 1964, we were 10th grader. “Let’s have a successful Olympic” as a key word for all, city boomed with building construction rush. “Shinkansen (express train)” opened right before the Olympic. On October 10th, opening ceremony was held under beautiful weather. School gymnasium was planned to be constructed before Olympic began. Gymnasium is ordinary in today’s world, but Komaba School never had the gymnasium before. Physical education classes and extra curriculum activity of sports were all done on the school field. (Imagine how difficult it was on a rainy day!) It was surprising to have a brand new gymnasium with two volleyball courts.

This gymnasium was planned to be used by professional volleyball team, and some Olympic teams came to practice. Team from Soviet Union was one of all, and there was beautiful player named Inna Ryskal. “Witch of the East” led by Daimatsu also came. Southpaw player Miyamoto was famous among all. Students rushed into gymnasium to peek into the window to see them. Students flashed their camera with cheer during the player’s short distance transport from gymnasium to school gate. Some even peeked into the small gap of gymnasium door. Depends on a day, but some time

entrance to watch practice was opened for everyone.”

We tell students that national volleyball teams use to practice in our gymnasium in orientation of physical education class. However, we do not strongly emphasize the fact. Since this gymnasium is historically related to Olympic, we should tell the story behind the gymnasium to students, which may get their further interests in Olympic and sports. We are planning to teach the brief history of gymnasium in the future activity in a relation with physical education.

5 Publication of the sports newspaper



Above: Our students during sports newspaper presentation

In our physical education, we are not only focusing on “playing” sports, but also to “watch” and to “support” sports. In prior physical education system, ability to “play” sports was tends to get evaluated more than any other factors. However, sports ability contains not only “can,” but also “watch” (includes analysis skill), and “support” (meaning management skill, such as sports festival

management). It is our goal to encourage these skills in physical education. Publishing sports newspaper was one of our attempts.

In first semester of social class in year 2002, class named "World Cup in prospect of history and geography" was held as an Integrated Study. First, students choose one country among Olympic participating countries, than research each nation's history and geography. This was accomplished with corporation of social studies and physical education class. Addition to above, we also succeeded to have a class called "Reading Sports," regarding the Vancouver Olympic in year 2010.

Newspaper activity is not only useful in a class, but also useful as student's homework before long vacation. For example, year 2012 London Olympic is scheduled from July 27th until August 12th, which falls onto summer vacation in our school calendar. Before summer vacation began, teacher can discuss about London Olympic in the class.

Advantage of newspaper publication is able to put a spotlight onto students, who are not strong at playing sports, but have deep knowledge of sports from magazine, and newspaper. Each student has their own strength, such as layout or writing skill. Through the newspaper, students are able to relate with sports in their way by choosing a sports as their topic.

In addition, activity enable students to investigate by own interests, and try to report to readers understandable as possible. As a consequence, their knowledge of sports will be gained. At the time of presenting their own newspaper, students can share the information and get stimulated from each other, which make this activity more effective.

In conclusion, those students, who had low interest in Olympic, learned not only about Olympic and sports itself, but also culture of foreign countries. In the after class questionnaire, many students commented how difficult it was to prepare a newspaper, but gained a sentiment of high establishment.

In other words, students learned a lesson to become sports journalist and analyst. We believe

sports newspaper activity is effective for Olympic Education.

5 Understanding the Olympic Events

To enjoy the Olympic, audience is recommended to know about the rule of sports events. If official Olympic events were contained in the physical education curriculum, it is a chance for teachers to have an explanation to students of these sports.

During the Olympic season, there are full of information of Olympic through television, newspaper, and internet. We start to hear the conversation among students about Olympic during this period. Even students, who are not interested in physical education or sports, do get interested in sport at this time of period. Therefore, it is effective to explain about Olympic event during this period for their motivation of learning.

For example, I explained the history, development, and characteristic of the figure skating using the textbook named "Latest sports rule by illustration" for 11th grader in a past year. We came to realize it was not well known among students that figure skating is "technical competition of skating form and curved line on the ice by edge, with the consideration of skating speed," as explained in the textbook.

In the lecture, I taught a basic spin by referring to the explanation from Japan Skating Federation. Students understood well, and get excited when teacher explained "triple Axel" and difference between "Axel" and "Lutz" by jump demonstration on the floor without the skating shoes. It was effective to show the actual image of figure skating in the past Olympic game after those explanation, because students can experience the new joy in watching by gaining different prospective than before.

S K A

アイススケート

スケートの起源は、あまりはっきりしないが、原始時代にすでに存在する。動物の骨でつくられたスケートが使われていた。それがやがてイギリスに伝わり、花嫁衣装のように、イギリスの人の間で流行りだしたと伝えられる。

19世紀、イギリスで最初のスピードスケートの競技会が行われ、以後スケートは国々各地に普及し、フィギュアスケートも流行るようになった。1924年には最初のスケート競技が開催され、1928年にはフランスで第1回冬季オリンピックが開催されるようになった。その後では、1977（昭和52）年に、札幌学院（現在の北海道大学）の学生がアルプス杯に、初出場したスケートで出場したとされている。

1977（昭和52）年には札幌オリンピックが開催され、以後、日本人選手も世界で活躍するようになった。1998（平成10）年の長野オリンピックでは、羽生結晶選手が初めて日本人の金メダルを獲得した。

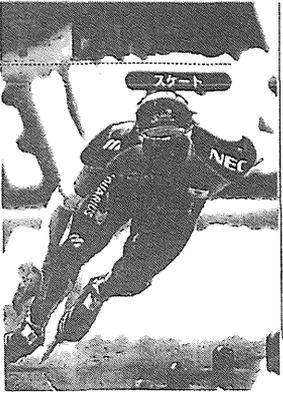
アイスホッケー

●スピードスケート、フィギュアスケート、アイスホッケーに分けられる。それぞれ、タイムや距離、あるいは得点などで順位を競う。

●スピードスケート競技は、スピード競走や短距離競走やスプリント、約4000メートル競走があり、また短距離には、ダブルラップレースとシングルラップレースの2種類がある。

●フィギュアスケート競技は、氷上にスケートのエッジで滑る独特の姿勢のよした、装束した美しいフォーム、ある程度スピードをもった滑走などでその魅力を競うスプリント、シングル、ペアスケーティング、アイスダンス、グループスケーティングなどがある。

朝日新聞スクーター部
<http://www.skatingpage.or.jp/>



スケート



スピンの基礎

基本例にスピンは3種類です。

- 1 真っすぐに着地したアップライト系スピン
- 2 しゃがみこんだ姿勢のシット系スピン
- 3 上体と下半身を異なる位置に置き、下半身はしゃがみこんだ姿勢のキャンメル系スピン

これら3つのスピンを習得することによって、回転方向はジャンプと同様、回転速度は大きく変わります。シット系は回転速度が速く、キャンメル系は回転速度が遅いので、練習の段階では必ずしも、回転速度は速くなくても構いません。

- ・軸がぶれていないか
 - ・同じ姿勢で回っているか
 - ・正しい姿勢がとれているか
- の基本ポイントに注意してください。

シットスピン

シットスピンは、その名の通り、お尻でしゃがみこんだ姿勢で回るスピン。フリーレングは軸に接していない足先部分で回転し、軸が揺れる。お尻でなく、少しお尻が落ちていくような傾いたポジションで回ります。



キャンメルスピン

お尻は軸を軸として、上半身と下半身を異なる位置に置き、下半身はしゃがみこんだ姿勢で回るスピン。上半身はしゃがみこんだ姿勢で回り、お尻は軸に接して、お尻を軸として回転します。



レイバックスピン

片足を軸に、上半身を後ろに倒して回るスピン。お尻が軸に接して、フリーレングを軸に接した足先が軸に接しています。傾いたポジションのレイバックスピンは、お尻が軸に接したように見えます。



ドーナツスピン

キャンメルスピンの変形。フリーレングを軸から離れ、ドーナツのように丸く見えます。こう呼ばれています。ドーナツスピンと名前が、傾いた姿勢が異なるため、日本の中管系競技会では「ドーナツスピン」は「ドーナツスピン」と呼ばれています。



ビールマンズスピン

傾いた姿勢で回り、軸は軸を軸として、アイススケート競技で初めて行われたことからも呼ばれています。傾いた姿勢で回り、軸は軸を軸として、アイススケート競技で初めて行われたことからも呼ばれています。傾いた姿勢で回り、軸は軸を軸として、アイススケート競技で初めて行われたことからも呼ばれています。



6 Olympic Education in Komaba School

By this report, we came to realize many of the Olympic related activities in our school were involved rather naturally. This shows how deeply physical education and Olympic are related to one another.

We strongly believe physical education, sports, and culture of health will be prosperous through Olympic education. Furthermore, through the study, it is possible to learn about science and culture by questioning: How sports are defined in the world competing level? Is there limit in physical and mental strength? What kind of athlete do exists? What kind of training does professional athlete do? What is their technique in world competing level? And so on.

At the time of school entrance (7th grade), our students are below the national average in physical strength. However, by fully participating in physical education and school events, many students gain their physical strength dramatically.

We wish students will become an individual who “endeavor, create, and contribute,” factors which are held as our educational objective, through understanding the Olympism.

Above: Japanese text of “Latest sports rule by illustration”