

Today's Pattern (今日のパターン)

It's (about/high) time – (仮定法 : It's time)

Today's Sentence (今日の例文)

It's about time you took your dog to the vet.

(そろそろ犬を獣医に診せた方がいいですよ。)



Objectives of this material (このテキストの目的)

1. Broaden word expressions, not only to understand but also to construct them.
(基本文型を理解するだけでなく、使いこなせるようになる)
2. Gain confidence in speaking by completing simple practice conversations.
(簡単な会話練習から始めて、英会話の自信をつける)
3. Feel your progress and enjoy English!
(自分の上達を実感し、英語を楽しむ)

Previous Lessons Review (これまでのレッスンの復習) (5-10 mins)

Directions: Practice the sentence pattern of your previous lessons. (これまで勉強したパターンを復習しましょう)

0-1. Type 2 Conditional Clauses

Tutor: Are you doing a research or anything similar?

Student: No, but my friend is. I would have been doing research too, if I _____ in a graduate school.

0-2. Type 2 Conditional Clauses

Tutor: I see. Has he mentioned to you the progress of his research?

Student: Not yet. If he _____ me about it, I _____ have helped him.

0-3. Type 3 Conditional Clauses

Tutor: If you had been me, what would you have done?

Student: If I had been you, _____.

0-4. Mixed Conditional Clauses

Tutor: If you could do any job, what would you like to do?

Student: If I had a choice, I _____.

0-5. I wish -, If only -

Tutor: What's your greatest regret in life?

Student: I wish I _____.

Tutor: That's sad.

Student: Yes. If only _____.

Grammar Review (文法の復習) (2-4 mins)

We use *It's time* – to talk about things which we think should have been done already but which have been put off. We use the past tense of a verb when the action was supposed to be done earlier.

Example: *It's time* he got out of bed.
 It's time we invested our money in stocks.
 It's time we visited the spa.

Sometimes, *It's about time* – or *It's high time* – is used because it is more forceful. Using these clauses shows that it might already be too late.

Examples *It's about time* you went to bed.
 It's high time you bought your own house.
 It's about time we visited the dentist.

仮定法 [It is (about / high) time]

現実と異なる仮定や願望を述べるために動詞を特別な形で使う用法を仮定法といいます。このレッスンでは、「もう～してもよい時間だ」という意味を表す *It's (about / high) time* ~の用法を学習します。

It's time～は「もう～するべきときなのに、実際にはまだしていない」という意味で、仮定している内容を動詞の過去形を用いて表します。また、*It's about time*、*It's high time* という強調の表現もあります。

例文: *It's time* he got out of bed.
 (もう彼は起きてもいい時間です。)
 It's about time you went to bed.
 (もうそろそろ(あなたが)寝てもいい時間です。)
 It's high time you bought your own house.
 (もうそろそろ自分の家を買ってもいい時期です。)

Exercise 1 (エクササイズ 1) (2-4 mins)

Directions: Repeat after your tutor. (講師に続けて言ってください)

Example (例文) : *It's about time you went to bed.*
(もうそろそろ寝てもよい時間です。)

- | | | |
|------|-----------------|--|
| 1-1. | It's time | he changed his attitude. (彼が態度を変える)
we had a glass of wine. (私たちがワインを飲む)
she resigned from her job. (彼女が仕事を辞める)
my brother went back to school. (私の兄／弟が学校に戻る) |
| 1-2. | It's about time | we took a break.
he apologized for his mistake.
they talked to each other.
I stopped worrying about the future. |
| 1-3. | It's high time | she stood up for herself.
we went on a girls' night out.
she learned how to do parallel parking.
he visited the dentist. |

stand up for oneself: 自立する

girls' night out: ガールズナイトアウト (夜に開催される女性のためのショッピングパーティー)

parallel parking: 縦列駐車

Exercise 2 (エクササイズ 2) (3-6 mins)

Directions: Complete the exercise below to make a sentence. (下の文章を完成させてください)

Example (例文) : *It's about time you went to bed.*
(もう寝てもよい時間です。)

- 2-1. It's high time he _____ his old car.
(もう彼が古い車を____してもよい頃です。)
- 2-2. It's about time you _____ your fears.
(もう恐怖心を____してもよい頃です。)
- 2-3. It's about time she _____ her enemies.
(もう彼女は敵を____してもよい頃です。)
- 2-4. It's time I _____ some exercises to lose weight.
(私はそろそろ痩せるために運動を____もよい頃です。)
- 2-5. My doctor says it's about time I _____ more vegetables and fruits.
(野菜やフルーツをたくさん____ようにしなさいと医者に言われています。)

Exercise 3 (エクササイズ 3) (3-6 mins)

Directions: Match the words below to make a correct sentence or phrase. There may be multiple combinations. Choose the best answer. (左と右の言葉を組み合わせて文を完成させてください。対応する組み合わせはひとつとは限りませんが、その中で最も適切な答えを選びなさい。)

It's high time _____

3-1. my mother	a different language.
3-2. we learned	him know my true feelings.
3-3. she rehearsed	her lines for the play.
3-4. I let	a promotion.
3-5. you got	learned how to use the computer.

It's about time _____

3-6. my sister left	shopping.
3-7. you and I went	the fruits of his labor.
3-8. he enjoyed	my goals in life.
3-9. she thought	for Europe.
3-10. I set	of her future.

Exercise 4 (エクササイズ 4) (3-6 mins)

Directions: Practice having a conversation with your tutor. (講師と会話を練習しましょう)

Tutor: I heard you started going to the gym. I am amazed.

Student: Well, it's about time I <change / changed / changing> my way of living.

Tutor: I'm glad to hear that. What are your plans?

Student: It's time I <stop / stopped / stooped> smoking and drinking.

Tutor: Good for you! How about your friends?

Student: I think it's about time they <think / thinks / thought> about their health as well.

Tutor: Have you talked to them about that?

Student: Yes I did. They agreed that it's time we <start / starts / started> living a clean life.

Tutor: Awesome!

Student: I also think it's about time we <thank / thanked / say thanks> you for reminding us.

Exercise 5 (エクササイズ 5) (3-6 mins)

Directions: Practice having a conversation with your tutor. (講師と会話を練習しましょう)

Tutor: I have been scared of heights since I was young.
(子どものころから高い所が怖いんだ。)

Student: I know. That's the reason why you can't ride a plane. I think it's high time you _____.
(ええ。だから飛行機に乗れないんですよ。いいかげん____してもいいんじゃない?)

Tutor: I know but how can I do that?
(だけど、どうしようもないんだよ。)

Student: It's about time you _____. Talking to a psychiatrist can help you find the cause of this phobia.
(そろそろ____したらどう?精神科の先生に相談して恐怖症の原因を探ってみたら?)

Tutor: I hope so. I really want to go to another country with you.
(そうだね。本当は君といっしょにほかの国へ行ってみたいんだ。)

Student: It's about time we _____. But we can't because you are scared of flying.
(私たちそろそろ____してもいい頃よね。でも、あなたが飛行機に乗れないじゃ無理だわ。)

Tutor: I know and I am sorry.
(本当にそうだね。ごめん。)

Student: I think it's time for me to be more _____.
(私をもっと____になるべきなのね。)

Exercise 6 (エクササイズ 6) (5-10 mins)

Directions: Practice and enjoy a free talk with your tutor. (講師とフリートークを楽しみながら練習してください)

Guide Questions from the tutor: (講師は次の質問で会話を始めます)

- 6-1. Which fear should you overcome?
- 6-2. Do you think it's time for you to change your perspective on life?
- 6-3. Is it time for you to be health-conscious?
- 6-4. Regarding your sleeping habits, do you think you should change them?

perspective: 見通し／考え方