

保健体育 実習授業

～女の子の身体のしくみ編～

せいじんむけ
成人向





IS SHE A GUY?

QUIET DOWN!

WHY IS SAITO HERE?

HEY, WE'RE GOING TO START SOON!

HUH~?

MALES AND FEMALES WILL STUDY HEALTH & PHYS-ED IN SEPARATE GROUPS TODAY



DOES THAT MEAN SHE'S GOING TO STRIP?

I JUST NEED TO HELP OUT WITH A FEW THINGS AROUND HERE!!

YOU'RE SUCH A STUPID PERV

EHH~ HELPING OUT WITH HEALTH & PHYS-ED?

SH... SHUT UP!



NO, SAITO-SAN ACTUALLY WILL TAKE HER CLOTHES OFF

HUH!?



THE HEALTH COMMITTEE MEMBERS ASSIST US WITH THIS LESSON EVERY YEAR!

THIS SUCKS ...

I DIDN'T KNOW ABOUT THAT WHEN I JOINED...



SECOND YEAR CLASS 1, NO.14 HEALTH COMMITTEE SAITO MUSUMI



ISN'T IT TOO EMBARRASSING?

SHE'S REALLY GOING TO STRIP!?

IT'D BE SICK IF SHE DID THOUGH

UGUGU ...



REALLY?

HUH?

THAT'S WHY I ASKED SAITO-SAN!



HEY GUYS! QUIT BEING SO LOUD DURING CLASS!

I'M NOT DOING THIS BECAUSE I WANT TO!!

IT... IT CAN'T BE HELPED!!

SWEET!

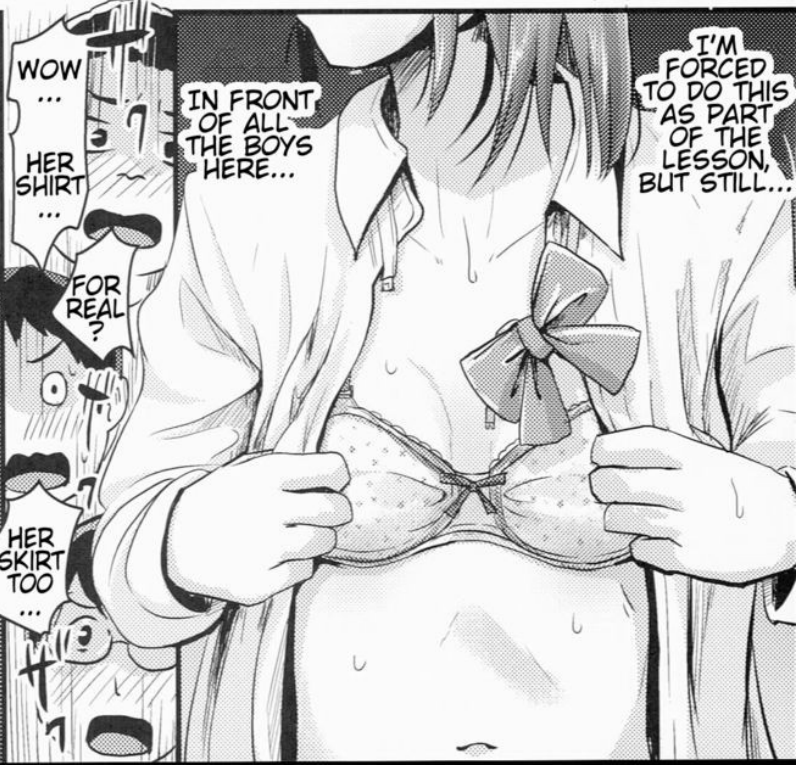
WOAH

SHE'S ACTUALLY DOING IT!

SHE'S TAKING IT OFF!



I HAVE TO TAKE MY CLOTHES OFF...



WOW ... HER SHIRT ...

IN FRONT OF ALL THE BOYS HERE...

I'M FORCED TO DO THIS AS PART OF THE LESSON, BUT STILL...

FOR REAL?

HER SKIRT TOO ...



AWE-SOME

THEY'RE REALLY DOING IT...!

NO WAY ...

AL... ALRIGHT...

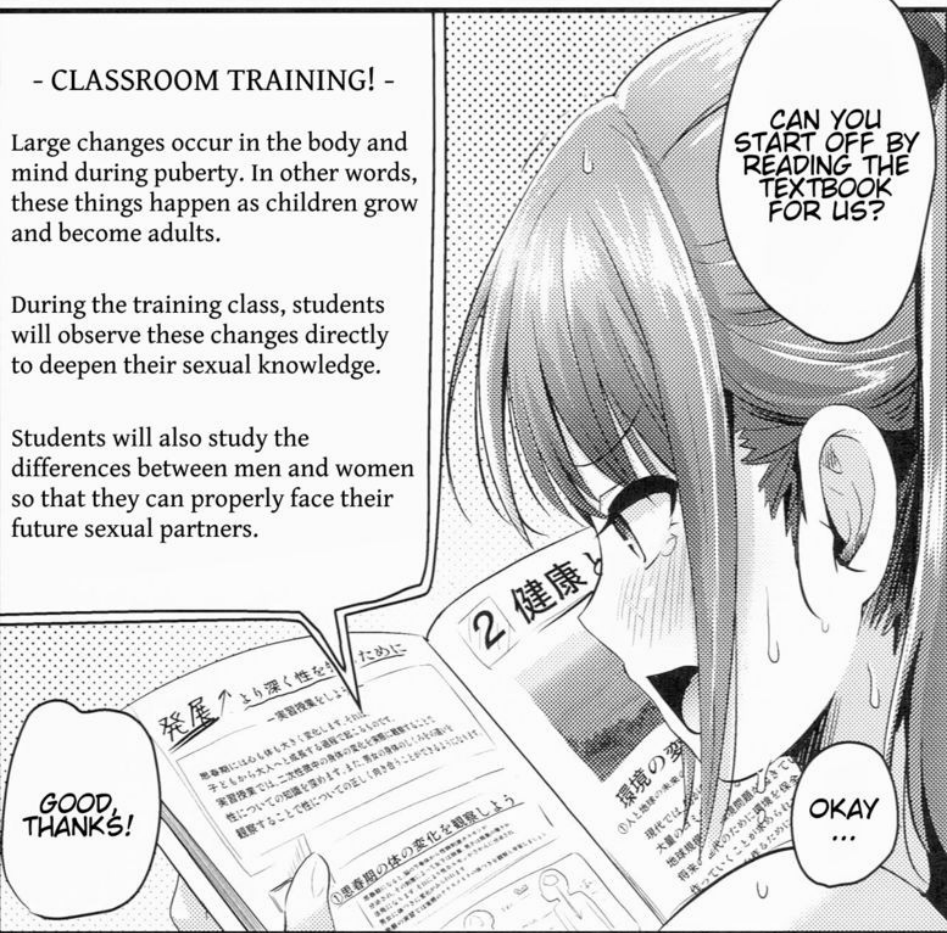
YOU CAN STOP THERE FOR NOW

- CLASSROOM TRAINING! -

Large changes occur in the body and mind during puberty. In other words, these things happen as children grow and become adults.

During the training class, students will observe these changes directly to deepen their sexual knowledge.

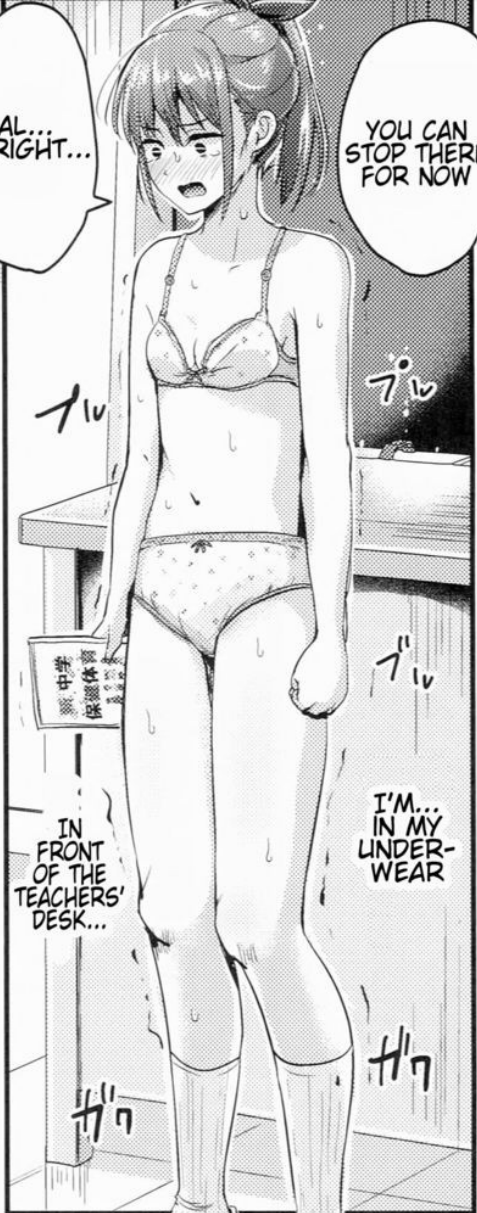
Students will also study the differences between men and women so that they can properly face their future sexual partners.



CAN YOU START OFF BY READING THE TEXTBOOK FOR US?

OKAY ...

GOOD, THANKS!



IN FRONT OF THE TEACHERS' DESK...

I'M... IN MY UNDERWEAR



LETTING ALL OF YOU SEE HER WITHOUT CLOTHING AS WELL AS DEALING WITH DAILY FEMALE LIFE MUST BE VERY DIFFICULT

FIRST, I WANT TO SAY THAT PUBERTY IS A HIGHLY EMOTIONAL TIME!

SHE'S GOING TO SHOW US JUST HOW HER BODY HAS CHANGED DURING PUBERTY!

AND THAT'S WHY SAITO-SAN IS GOING TO BE OUR MODEL TODAY



SO YOU ABSOLUTELY MUST NOT JOKE AROUND OR DO ANYTHING STUPID WHEN SAITO-SAN TAKES HER CLOTHES OFF!!

SAYING THAT JUST MAKES IT MORE EMBARRASSING!!





THIS CLASS IS GREAT

SAITO IS ...

SHE'S TAKING IT OFF

AAH... I HATE THIS... I HAVE TO SHOW ALL OF THESE BOYS...

RIGHT ...

NOW... PLEASE BEGIN

BE QUIET



THE PLACE THAT STARTED GROWING A LONG TIME AGO!

W...?



HER BOOBS!

LOOK



BREASTS ...

UM... THESE ARE...

CAN YOU GIVE US SOME INFO ABOUT THOSE?

WOAH

SHE'S ACTUALLY SHOWING HER TITS FOR REAL !?

TITS

THEY'RE BOOBS

HEY GUYS, QUIET DOWN!

I'M A GIRL YOU KNOW!?

I WONDER IF THEY'RE REALLY ALLOWED TO MAKE ME DO ALL OF THIS...

EVEN THOUGH IT CAN'T BE HELPED... I KNEW THIS WOULD BE REALLY HARD...

DO THE BOTTOM HALF TOO WHENEVER YOU'RE READY



YEAH ...

CAN YOU SEE IT!?

THE BOTTOM PART ...

SHE'S TAKING IT OFF

MY HALF-GROWN BODY

NOW EVERY ONE CAN SEE

HONESTLY, MY LIFE AS A GIRL AT THIS SCHOOL IS OVER AFTER EVERYTHING I'VE DONE SO FAR...

LET'S MOVE ON NOW THAT SAITO-SAN'S CLOTHES ARE OFF!



NOW THEN, LET'S STUDY SAITO-SAN'S SECONDARY SEXUAL CHARACTERISTICS

WHY DO I HAVE TO TAKE SUCH A REVEALING POSE!?

OPEN YOUR LEGS SOME MORE

うう...



BY THE WAY, IT LOOKS LIKE YOU DON'T HAVE ANY UNDERARM HAIR... DO YOU SHAVE IT OFF?

かああ

EH!? AH... WELL...



WHEN DID YOUR BREASTS START GROWING?

IT STARTED AROUND THE END OF ELEMENTARY SCHOOL...



LET'S TAKE A LOOK AT HER GENITALIA

MOVING ON TO THE NEXT BODY PART...



WHEN DID YOUR PUBIC HAIR COME IN?

UHM... IT CAME IN SLIGHTLY AFTER MY CHEST STARTED GROWING

ALL OF MY PRIVATE PARTS HAVE BEEN SEEN... UNBELIEVABLE!!



I NEVER SHOULD HAVE GOTTEN NAKED ...

SAITO-SAN IS GOING THROUGH GREAT PAINS TO SHOW YOU HER GENITALS...

SO STOP SAYING SUCH HEARTLESS THINGS!

OKAY ...

SORRY ...

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そわ

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もい



UGUU ...

...GET ON TOP OF THE FRONT DESK!

HEY!

I KNEW IT!

AHAHA !!

AAH... I FINALLY HAVE TO DO THE MOST EMBARRASSING PART...

WELL THEN SAITO-SAN, PLEASE BEGIN WHEN YOU'RE READY



IN FRONT OF EVERYONE....!!

EXPOSING MY CROTCH...

EVERYONE, THIS IS THE FEMALE GENITALIA!

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ぽ

EVEN SOMETHING LIKE THIS IS FINE IF IT'S FOR THE SAKE OF LEARNING!?

UUUU... THIS LESSON IS TOO HORRIBLE

OKAY SAITO, HOLD THAT POSITION~



HEY ...

!!

PLEASE LOOK UP AT THE SCREEN EVERYONE!!



EH ...



CAM-ERA?

IT'S READY!

WHAT IS THIS!?

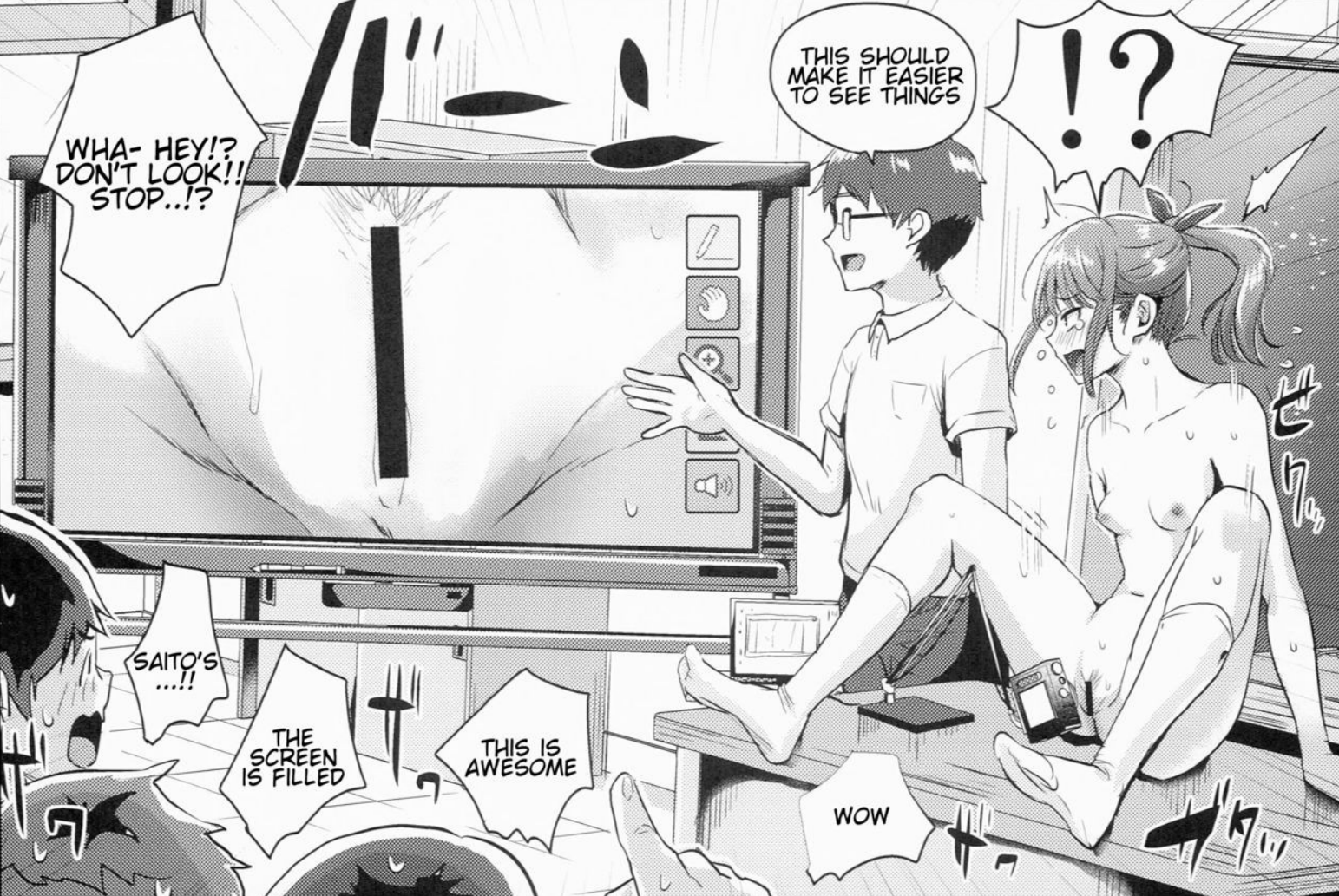


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WHA- HEY!?! DON'T LOOK!! STOP..!?

THIS SHOULD MAKE IT EASIER TO SEE THINGS

!?



SAITO'S ...!!

THE SCREEN IS FILLED

THIS IS AWESOME

WOW

くばあ

陰核
尿道口
小陰唇

THIS PART IS THE CLITORIS AND BELOW IT IS THE URETHRAL OPENING!

UU... THIS IS HORRIBLE... THEY'RE DISPLAYING MY CROTCH AT SUCH A HUGE SIZE...

YOU CAN SEE EVERYTHING...

WOAH... THIS IS SERIOUSLY AWESOME...

↑ ↓

Grab it Grab it

NOOOOO
OOOO!?

TOILET PAPER!?

CAN YOU GRAB THAT PIECE OF TOILET PAPER?

AH... LOOK SAITO-SAN...

EH?

EH! ME?!

OKAY TELL ME WHAT THIS AREA IS CALLED!

NOW, LET'S TAKE A CLOSER LOOK!

SLANG DOESN'T COUNT FOR THIS LESSON!

P... PUSSY?

DON'T ZOOM IN LIKE THAT !!



MY UTERUS

NO

IT'S YOUR VAGINA
More precisely,
it's your vulva



PLEASE TELL US THE RIGHT ANSWER, SAITO-SAN!



EH!?

LIM ...

THIS IS ...



I SEE

...I DONT

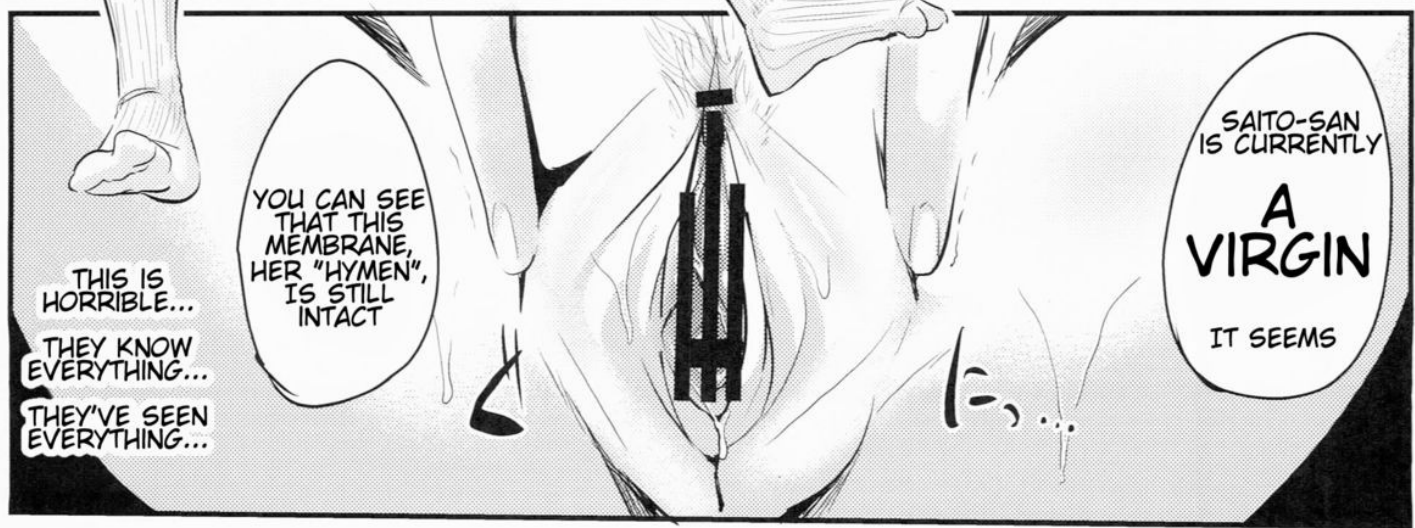
DO YOU HAVE ANY DATING EXPERIENCE?

HAVE YOU EVER HAD VAGINAL SEX BEFORE?

N... NO...



ANYWAY, SAITO-SAN! I WANT TO ASK YOU ABOUT YOUR SEXUAL EXPERIENCE...



THIS IS HORRIBLE...
THEY KNOW EVERYTHING...
THEY'VE SEEN EVERYTHING...

YOU CAN SEE THAT THIS MEMBRANE, HER "HYMEN", IS STILL INTACT

SAITO-SAN IS CURRENTLY

A VIRGIN

IT SEEMS

YOU POO FROM THAT HOLE

RIGHT

WHAT FUNCTION DOES THIS PART HAVE?
UMMM... THIS IS FOR... DEFECATION...

MALES HAVE THIS PART TOO, SO WE PROBABLY DON'T NEED TO EXPLAIN, BUT...

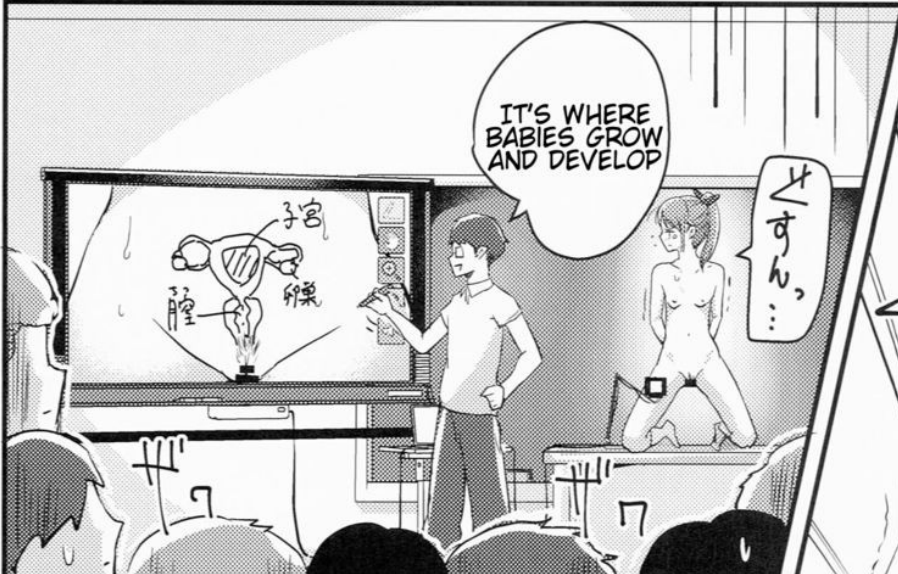
NEXT IS THIS!

IT'S TWITCHING ...

THAT SUCKS ...

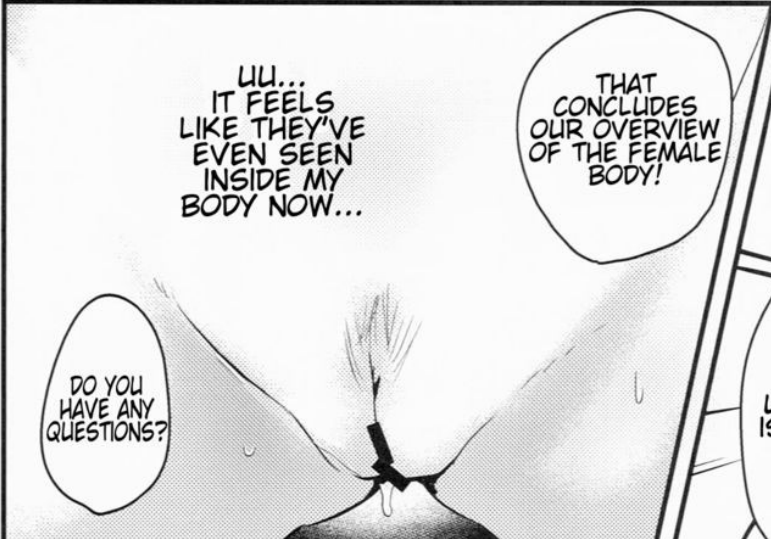
DANG...

DON'T FILM THAT!



IT'S WHERE BABIES GROW AND DEVELOP

えっ、ん、...



UU... IT FEELS LIKE THEY'VE EVEN SEEN INSIDE MY BODY NOW...

THAT CONCLUDES OUR OVERVIEW OF THE FEMALE BODY!

DO YOU HAVE ANY QUESTIONS?

THE UTERUS IS RIGHT HERE



THE INTERNAL PARTS LOOK SOMETHING LIKE THIS

HII...



DON'T JUST SAY IT LIKE THAT!

TO HELP ME EXPLAIN, CAN YOU SHOW YOUR CLITORIS OFF AGAIN?



WHAT IS THE CLITORIS FOR?

GOOD ONE!

WHAT IS IT?



HERE



EH... UM... CL... CLIT... MAYBE?

BY THE WAY, DO YOU KNOW ANY OTHER TERMS FOR "CLITORIS"?



I'D BE GRATEFUL IF YOU COULD LET EVERYONE SEE IT ONCE AGAIN~

UU... THIS IS REALLY HUMILIATING...



THAT'S RIGHT!



BUT YOU ANSWERED "YES" FOR "DO YOU HAVE EXPERIENCE MASTURBATING" ON THE SEXUAL BEHAVIOR QUESTIONNAIRE...

N-N-NO WAY!!

BY THE WAY SAITO-SAN, HAVE YOU EVER TOUCHED YOURS?

THE CLIT AND PENIS HAVE ROUGHLY THE SAME ORIGINS. ASIDE FROM PROVIDING

SEXUAL PLEASURE

THE CLITORIS DOESN'T HAVE A PARTICULAR FUNCTION!



DON'T RELEASE THAT KIND OF INFO!



WHY DO I HAVE TO MASTURBATE IN FRONT OF EVERYONE!?



THEY'RE MAKING ME DO SOMETHING INSANE... THIS IS AWFUL!!

AND MASTURBATE HERE FOR ALL OF US!

IN THAT CASE, PLEASE RUB YOUR CLITORIS ...



TAKE ONE OF THESE AND PASS IT AROUND

WHILE SAITO-SAN IS BUSY DOING THAT...



UHM... I USUALLY DO IT IN BED BEFORE I FALL ASLEEP

HOW DO YOU USUALLY MASTURBATE?

HOW IS IT? ARE YOU STARTING TO FEEL GOOD?

THERE'S NO WAY I CAN FEEL GOOD IN A PLACE LIKE THIS!!



THEN IT MIGHT BE BETTER IF YOU LIE DOWN LIKE YOU NORMALLY DO!



TH...

AT THIS RATE... I'M GOING TO FINISH...

WHAT SHOULD I DO... EVEN THOUGH I'M DOING THIS IN FRONT OF BOYS, I'M STARTING TO FEEL A LITTLE GOOD...

SEEMS LIKE YOU'RE STARTING TO FEEL IT NOW

DON'T LOOK!!!

AH... AH... THIS IS BAD... NO...

THIS IS CALLED SEXUAL CLIMAX TAKE A GOOD LOOK!

あぁあぁあぁあぁ

ひく

WHAT DID YOU SAY!?

WOAH! AMAZING

CRAZY AWESOME

HERE

AH

OKAY! LET'S MOVE ON TO THE FINAL TRAINING EXERCISE!

EVEN THOUGH SHE'S A GIRL...





IT'S ON!

THERE ...

FOR REAL!?

EH!?

GO AHEAD AND WEAR THOSE CONDOMS I JUST PASSED AROUND!



YOU'RE GOING TO TAKE TURNS DOING THE FINAL ACTIVITY OVER HERE!

LINE UP WHEN YOU'RE READY~!

THE BOYS... THEY'RE ALL ERECT...!!

This...

Eh...

WAIT A MINUTE!!

...WHY HERE!?

Maybe



NOOOOOO OOOOO!?

NO... YOU'RE LYING...

USE SAITO-SAN'S VAGINA FOR NOW THEN! SEXUAL INTERCOURSE PRACTICE!

DON'T DO THIS!!



WITH EVERY BOY HERE...

ヒィッ

AAH... IN THE END, I'VE HAD SEX...



YOU'RE HURTING MY CHEST!

STOP

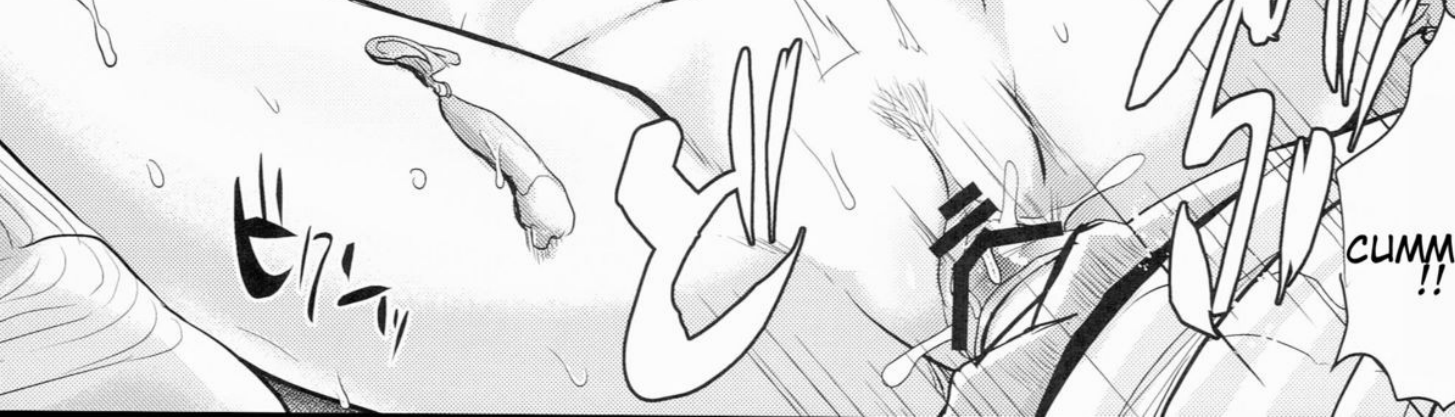


I REALLY ...!!

HATE THIS CLASS!!



CLIMMING!!



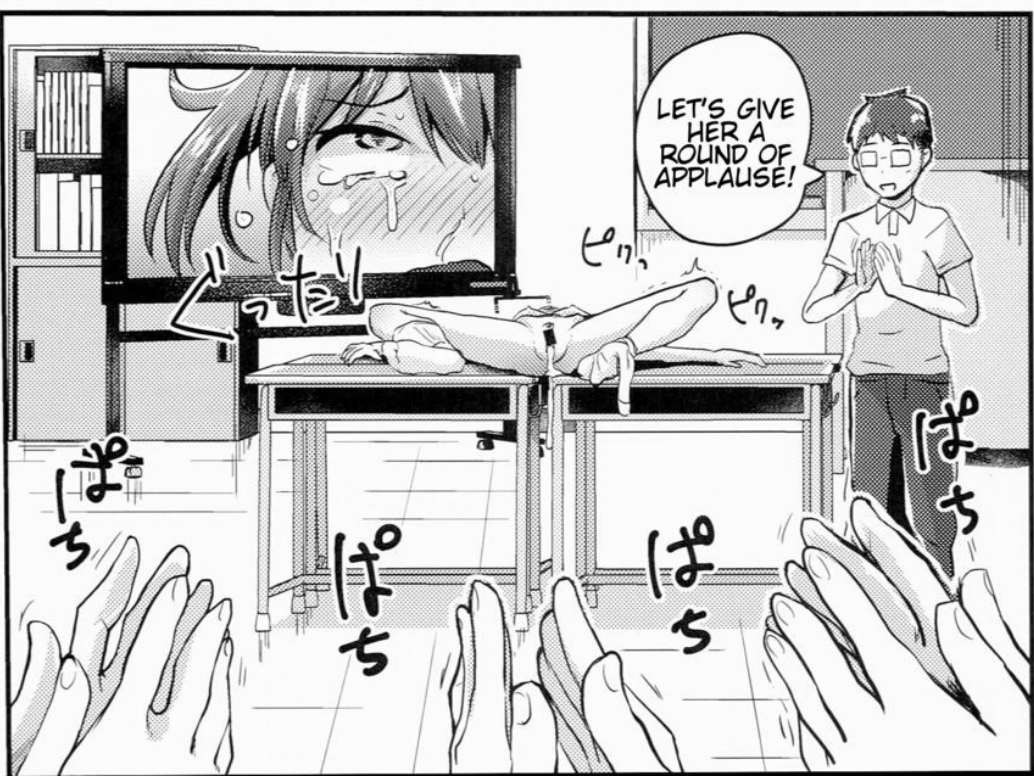


SAITO-SAN WORKED REALLY HARD FOR YOU GUYS TODAY!

ALRIGHT! THAT'S IT FOR TODAY!

PUBERTY IS THE MOST EMOTIONAL TIME IN YOUR LIFE, AND YET...

SHE ENDURED HER EMBARRASSMENT AS SHE REMOVED HER CLOTHING AND LET YOU GUYS PRACTICE HAVING SEX, ALL FOR THE SAKE OF YOUR EDUCATION!



LET'S GIVE HER A ROUND OF APPLAUSE!



FOR ALL OF SAITO-SAN'S EFFORTS DURING THIS...

HEALTH AND PHYSICAL EDUCATION LESSON ...

◎ SOMERSAULT STRETCH

STOP IF YOU HAVE TROUBLE BREATHING

APPLY GRADUAL PRESSURE TO YOUR PARTNER'S LEGS AND WATCH THEIR COMPLEXION



Do these in pairs!

STRETCHING EXERCISES

THESE EASY STRETCHES WILL HELP IMPROVE PHYSICAL FITNESS AND REDUCE STRESS.

PAIRED EXERCISES ALSO PROMOTE HEALTHY HUMAN RELATIONSHIPS BY ENHANCING COMMUNICATION BETWEEN PARTNERS.

THESE EXERCISES ARE MORE EFFECTIVE WHEN PERFORMED IN THE NUDE.

◎ BALL CARRY

1 1/2, 1, 1 1/2

TRY USING VERBAL CUES.

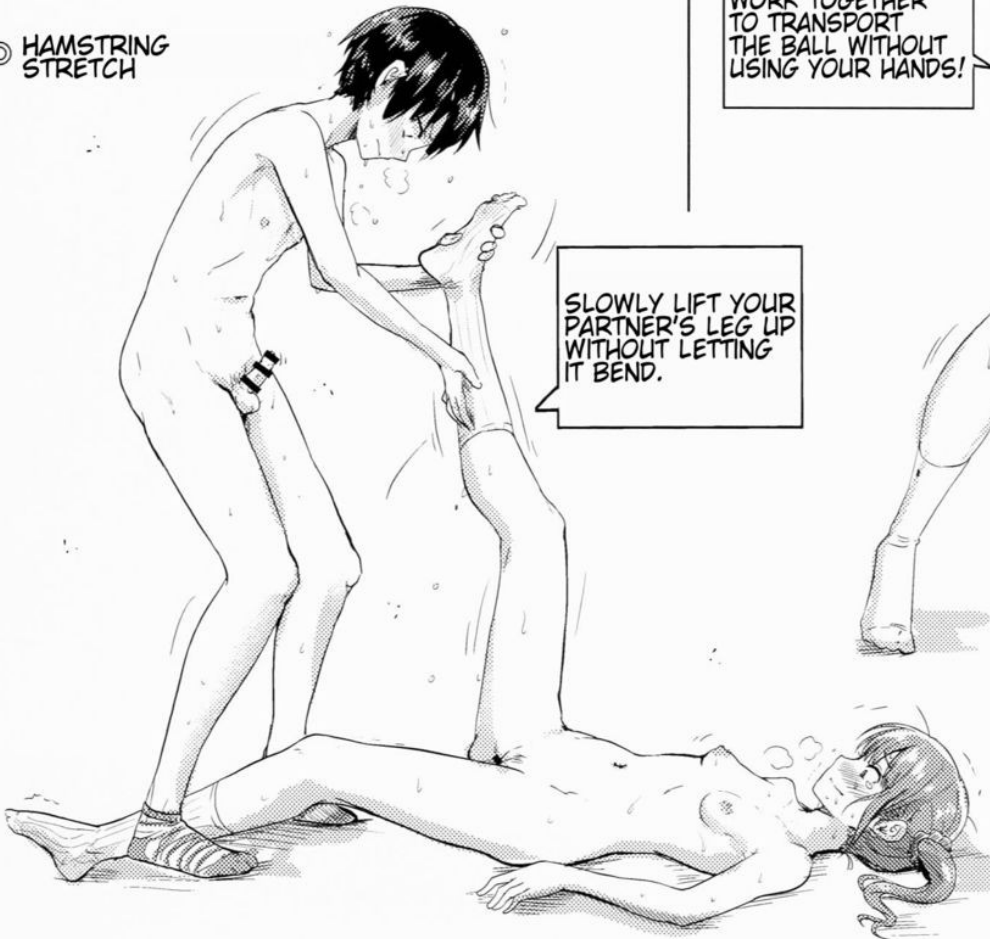
WORK TOGETHER TO TRANSPORT THE BALL WITHOUT USING YOUR HANDS!



* GO BACK TO THE STARTING POINT AND TRY AGAIN IF YOU DROP THE BALL.

◎ HAMSTRING STRETCH

SLOWLY LIFT YOUR PARTNER'S LEG UP WITHOUT LETTING IT BEND.



Before you begin...

FORM INTO PAIRS FIRST.

WORK WITH YOUR PARTNER TO COMPLETE THESE EXERCISES!



Body and mind strengthening

APPENDIX 2

TEAM EXERCISES

THESE GROUP EXERCISES NOT ONLY STRENGTHEN THE BODY, BUT ALSO HELP DEVELOP TEAMWORK AND CARING FEELINGS BETWEEN PARTNERS.

ALWAYS KEEP SAFETY IN MIND AS YOU AND YOUR PARTNER PERFORM THESE EXERCISES TO AVOID POTENTIAL INJURIES.

DOING THESE EXERCISES WITHOUT CLOTHES CAN IMPROVE YOUR PERFORMANCE AND ALLOW FOR MORE TARGETED ADVICE, AMONG OTHER THINGS.

◎ BRIDGE

I'M LIFTING YOUR LEGS UP TO MATCH THE EXAMPLE...

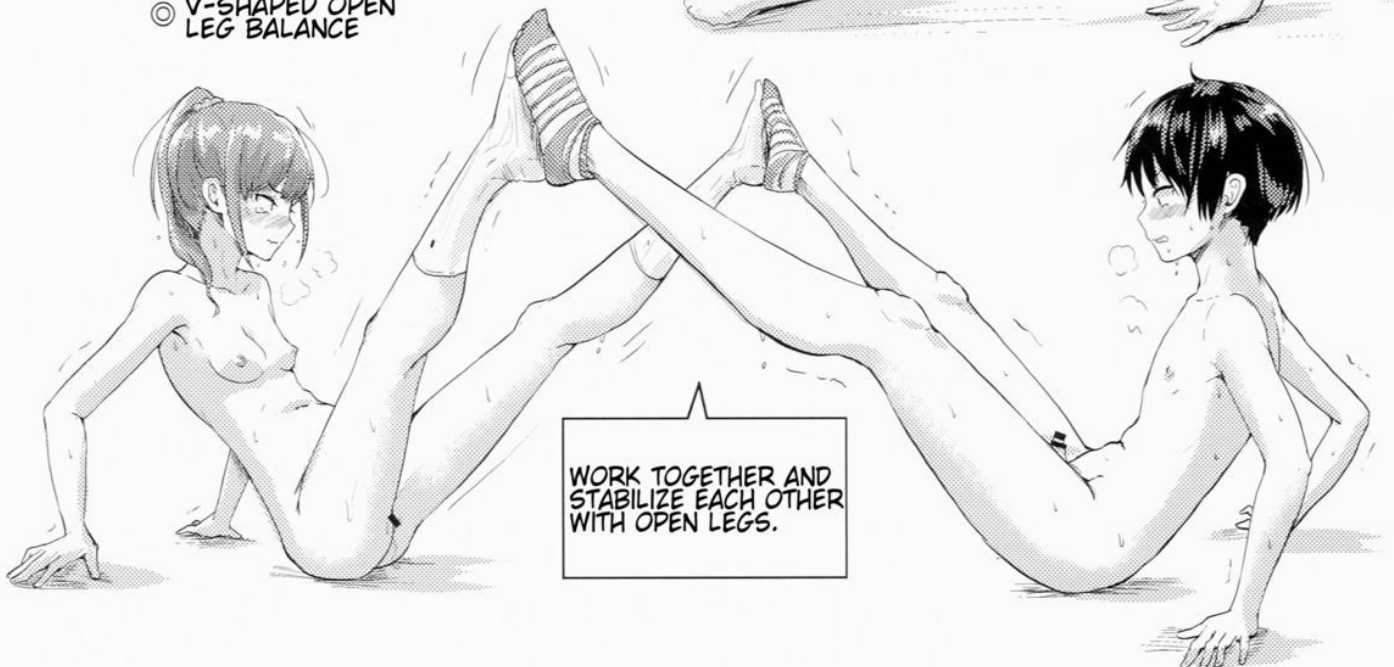
STABILIZE YOUR BODY WITH YOUR HEAD OFF THE GROUND. HAVE YOUR PARTNER ASSIST YOU IF NEEDED.

*TALK TO YOUR PARTNER WHEN YOU HELP THEM.



◎ V-SHAPED OPEN LEG BALANCE

WORK TOGETHER AND STABILIZE EACH OTHER WITH OPEN LEGS.



2016 サマ〜 ☺
あとかき〜



今回の女の子の元には
なつたイラスト
です。
(pixivに服の差分
あります)

こんにちは、<"いるもと申します！

今回は、保健体育モノが描きたく

なりましたので、このような形になりました。

毎度、似たようなシチュエーション、内容

の漫画ではありますが、ラーメン屋みたいな
ものだと思っただけは嬉しいです。

過去に出したものの続きは、ネタが

思いつき次第、本を作りたいと思います！
(お楽しみに)

今年に入ってからというもの、腰を痛めて
しまい、あんまり漫画を描けませんでしたので、

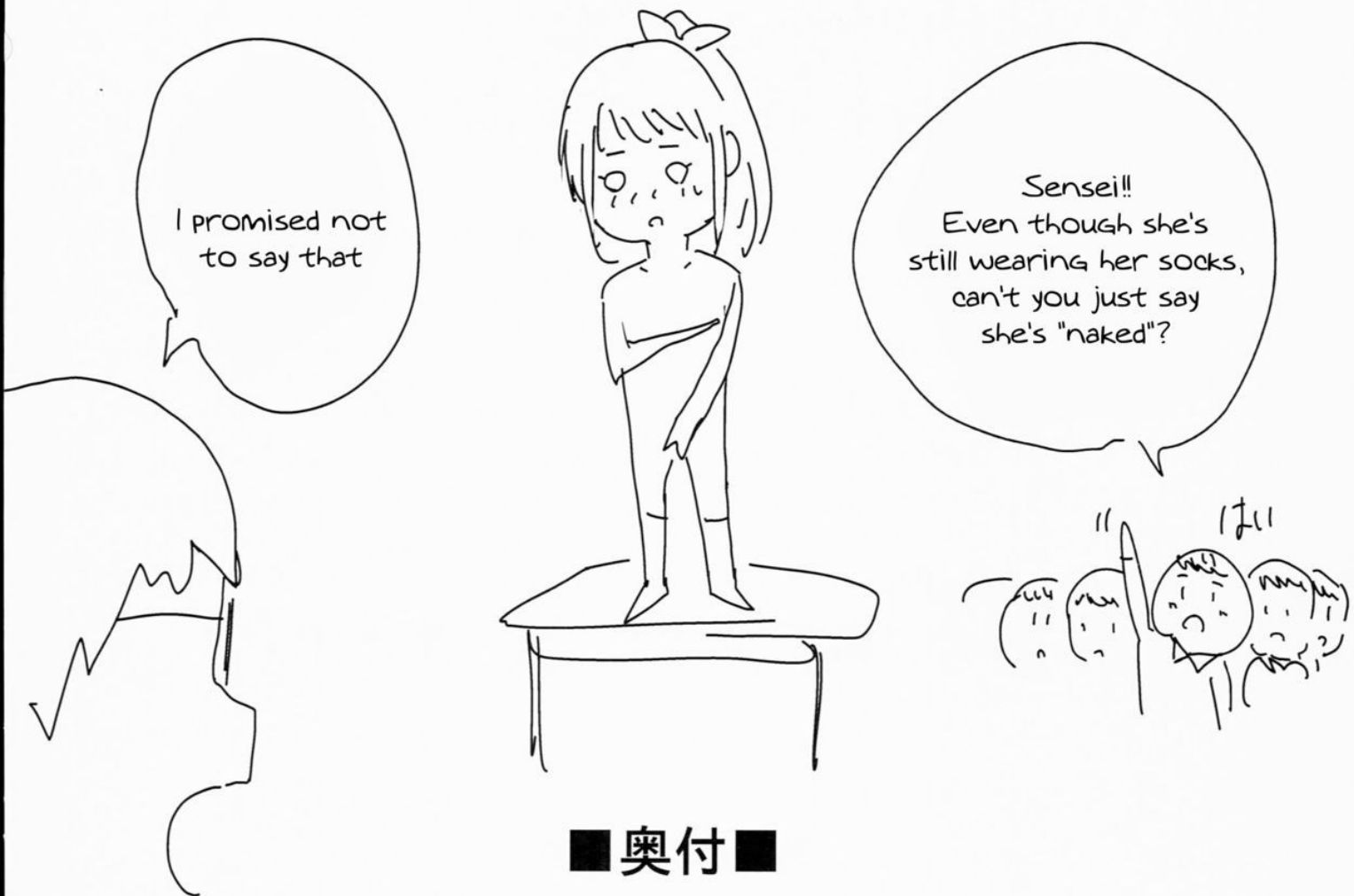
はやく養生して、今後がんばります。

まずは、すぐ座子とるわ'ら'...

それでは、このあたりはお手にとっていただき
まことにありがとうございました
また！！

2016年8月.





■ 奥付 ■

保健体育実習授業～女の子の身体のしくみ編～

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