《名师指津·2017高效备考新模式》

话题7体育运动

Sports

**The Importance of Physical Exercise** (★★★)

Everyone hopes to live happily in the world. Physical exercise is indispensable to a happy life. There is a famous saying: “Life lies on exercise.” Although you will not necessarily die without regular physical exercises, they’ll certainly help you live longer and more healthily.

**Exercise is good for us to build our bodies**. It helps *coordinate*(使协调) the different parts of our bodies when we have sports. For example, we must try our best to to coordinate the movements of the arms and legs when we play basketball, or we won’t be able to shoot the basket. Exercise also benefits our organs. It lets the heart beat faster than usual, and then helps enlarge the blood *vessels*(血管) to protect us from heart attacks.

**Exercise can also contribute to the development of our ability to response agilely**(敏捷地). For instance, when we play table-tennis, you must try to reflect as quickly as you can so that you may fight back at the right position at the right moment.

**Exercise will fill your life with various contents and make it more colorful**. What’s more, exercise will help you get rid of your *inertia*(惰性). If you keep doing exercise regularly, you will never be a lazy person. Therefore, exercise has a great effect on one’s character.

In a word, exercise is helpful, important and absolutely necessary.

**高考作文**

Shooting, simply a means of making a living, developed into a kind of sport at the end of 19th century. It first appeared in the 1896 Olympic Games. Cancelled in 1904 and in 1928, the sport returned to the Olympics in 1932. ***It was not until 1968 that*** women were first allowed to compete in Olympic shootings. Now with its steady development, shooting includes 17 events, while 3 only in 1896.

2008年广东卷 基础作文

Expression Bank

1 在……方面竞争

2 参加

3 金牌 银牌 铜牌

4 代表；主张

5 渴望竞争

6 势均力敌的比赛;

7 提升技能

8 申办奥运会

9 定期地

10 作为……被接受

11 与……竞争

12 创造/保持/打破/平了世界纪录

13 事实上

14 纪录保持者

15 被允许做某事

16 和……比赛

17 大众健康 卫生保健

18 用 A 代替 B

19 控告某人犯某罪

20 和某人结婚

21 由……负责或看护

Expression Bank

**1 compete in**

**2 take part in = attend join in participate in**

**= go in for = enter into**

**3 gold medal silver medal bronze medal**

**4 stand for represent v.**

**on behalf of… = in the name of …**

**the symbol of…**

**symbolize**

**5 be eager for competition**

**be thirsty for/be dying for /be desperate for /be hungry for**

**desire to do / long to do / aspire to do**

**6 a close game**

**7 improve skills**

**8 bid for the Olympic Games bid (bid; bid; bidding; bids)**

**9 on a regular basis on a voluntary basis on a daily basis**

**10 be admitted as… be admitted into 被录取/收入**

**11 compete with compete against**

**12 set a new world record**

**keep/hold the world record**

**break the world record**

**equal/tie the world record**

**13 as a matter of fact = = in fact = in practice = in effect**

**=actually = in reality = practically**

**14 record holder**

**15 be allowed to do allow doing 允许做**

**16 run against**

**17 general health health care 卫生保健**

**18 replace B with/by A = substitute A for B**

**take the place of A = take A’s place**

**19 charge sb with sth. = accuse sb of sth.**

**20 marry sb get married to sb**

**be married to sb**

**21 in the charge of sb.**

Dictation

1 希腊 n. 形容词

2 自愿 vi 志愿者 n.

形容词

3 以…为基础 v. 基地 n.

基础;根据 n. 复数

形容词 副词

4 冠军n.

冠军称号/锦标赛n

5 裁判 n. & 审判;评价 v

审判;评价 n.

6 教练员 运动员 观众 n.

7 代表；主张

8 渴望做……

9 定期地

10 被允许做某事

允许做某事

11 和某人结婚

12 陆续地；一个接一个

13 和…比赛

14 一句：射击原来只是一种谋生手段，于19世纪末发展成为一项体育运动。

15 他被指控犯了谋杀罪。2种

Dictation

1 Greece n. Greek adj.

2 volunteer n. & v voluntary adj.

3 base v & n basis bases n. basic basically

4 champion championship

5 judge n & v. judgement = judgment

6 coach athlete/player spectator/audience

7 stand for = represent = symbolize

8 be eager to do = be thirsty / dying / desperate / hungry to do

desire to do / long to do / aspire to do

9 on a regular basis = regularly

10 be allowed to do sth allow doing sth.

11 marry sb / get married to sb be married to sb

12 one by one = one after another

13 run against= compete against/with

14 He **was charged with** murder. = He **was accused of** murder

15 Shooting, originated as a means of survival, developed into a kind of sport at the end of the 19th century/in the late 19th century.