

Sports and us

Sports are of great importance to us. They can help us build up our body and help us keep healthy. Basketball is my favourite sport, which is full of fun. And it helps me learn the importance of the teamwork. Each one of the team needs to try their best to win the game. And I can learn a lot of other things from the sport, such as never giving up and so on.

Sports are very important in our daily life. Let's play sports often.

An Email to a foreign friend

(1)

Dear Jack,

How are you these days? We haven't seen each other for a long time. I hope everything goes well with you.

Today I want to tell you something about my favourite outdoor activity— cycling. In fact, I can ride the bicycle very fast and smoothly. And it can make me feel excited and help me stay healthy. Last weekend, I went cycling with my parents in the countryside. We had a lot of fun there and enjoyed the fresh air and sunshine.

What is your favourite outdoor activity? I'm looking forward to hearing from you.

Yours

Lily

(2)

Dear Tom,

How is it going? I miss you very much. I hope everything goes well with you. Today I'll tell you something about my favourite indoor activity.

Among many different kinds of indoor activities, I like playing table tennis best. I usually play table tennis with my mother in the gym at weekends. As you know, table tennis is one of China's national ball games, so a lot of Chinese people, men or women, the old or the young, are all fond of playing it. And it can help us stay healthy and make us strong. I'm sure once you learn to play table tennis, you will like it at once.

I hope you can visit Shanghai some day. And I would like to teach you how to play table tennis well.

Best wishes!

Yours

Lily

(3)

Dear Judy,

How are you these days? I miss you so much. I hope that you can come to visit Shanghai during this winter holiday.

Today let's talk about some indoor activities. As you know, I like doing many different kinds of indoor activities. Among them, my favourite is playing chess. I think it is very good for my brain because it can make me cleverer. And I also like watching movies because it is so exciting and relaxing. What indoor activity do you like best? Please tell me about it in your next letter.

I'm looking forward to your visit to Shanghai during this winter holiday and let's do some indoor activities together.

Best wishes!

Sincerely,

Lily

(4)

Dear Elaine,

Glad to receive your letter! Now let me answer your question about my favourite activity.

Among many different kinds of activities, I like swimming best. In fact, I could swim when I was very young, because my parents began to teach me how to swim in the water with a life buoy when I was just 20 days old. And as I grow up, I swim better and better.

As we all know, swimming can help us be in good physical health, but, for me, it is also beneficial to

my mental health. Whenever I feel upset, I would go swimming, and then I would be full of energy. And I can make many friends in the swimming pool.
What is your favourite activity? Please tell me about it in your next letter.
Best wishes!
Yours,
Lily

(5)
Dear Alice,
How is everything going with you? I miss you so much. Today let me tell you something about my favourite outdoor activity in autumn.
As you know, the weather in Shanghai in autumn is usually pleasant and comfortable, so my favourite outdoor activity in this season is going to a park. There I can not only enjoy beautiful scenery as ginkgo trees are turning yellow and maple trees are turning red, but also join in some interesting outdoor activities, such as playing ball games, taking photos and flying kites. In a word, I always have a great time when I visit a park in autumn.
What activity do you like best? Please write to me soon. I'm looking forward to hearing from you.
Best wishes!
Yours,
Lily

(6)
Dear Alex,
Long time no see! How are you these days? Today I'll tell you something about my favourite outdoor activity.
As you know, I love riding bicycles very much. In fact, it is my favourite outdoor activity. And I usually go cycling with my parents at weekends. It not only helps us keep healthy, but also helps us spend much happy time together. Last Sunday, we rode to the "Thames Town" in Songjiang, in which the buildings are all England styles, making us feel like travelling in London, and we all had a great time there.
What is your favourite outdoor activity? I'm looking forward to hearing from you.
Best wishes!
Yours,
Lily