

# Doing sports

## 题目

1. What sports do you like?
2. Where did you learn how to do it?
3. Did you do some sports when you were young?
4. Do you think students need more exercise?
5. Do you know any people who are good at sports?
6. Do you think it is important for people to exercise?
7. Should schools encourage young students to take more physical exercise?

每个题目给出一个小学生都能说的简单答案，不超过4句话。

## 答案

哈喽 Tianxiang! 今天我们来聊一个关于健康和活力的话题: "Sports and Exercise" (运动)。

我知道你喜欢去健身房，而且你也给出了非常棒的理由：安全、不受天气影响。这太好了！我们就围绕着“健身房”这个点，来为你打造一系列既真实又充满逻辑的答案。

让我们开始吧！

## 示范问题 1

(Alan as Examiner): What sports do you like?

(Alan as Student Tianxiang): "To be honest, I'm not a big fan of competitive team sports like basketball or football. I much prefer working out at the gym. For me, it's a great way to stay fit, and I like that it's not affected by the weather. This means I can exercise regularly and be consistent with my plan."

## 答案为什么好？

- **思路与结构：**
  1. **对比式开场：** I'm not a big fan of... I much prefer...，先说不喜欢的，再说喜欢的，让你的偏好非常清晰。
  2. **解释原因1 (不受天气影响)：** 直接用上了你给出的核心理由，非常棒！
  3. **解释原因2 (保持规律)：** 基于不受天气影响，引出了可以“规律锻炼”这个好处。
- **亮点词汇/短语：**
  - team sports: “团队运动”。
  - working out at the gym: “在健身房锻炼”。
  - stay fit: “保持健康/好身材”。
  - not affected by the weather: “不受天气影响”。
  - be consistent with: “与...保持一致”。
- **实用句型：**
  - I'm not a big fan of..., I much prefer... (我不太喜欢..., 我更喜欢...)
  - This means I can... (这意味着我可以...)

## 示范问题 2

(Alan as Examiner): Where did you learn how to do it?

(Alan as Student Tianxiang): "I mostly learned by myself, actually. When I first started going to the gym, I watched a lot of tutorial videos online to learn the correct form for different exercises. I also learned by observing other experienced people there. It's a continuous learning process for me."

### 答案为什么好?

- **思路与结构:**
  1. **直接回答:** I mostly learned by myself. 清晰明了。
  2. **解释方法1 (线上):** 提到“看线上教程视频”学习正确姿势, 非常符合当代年轻人的学习方式。
  3. **解释方法2 (线下):** I also learned by observing..., 补充了“观察健身房里有经验的人”, 让学习过程更完整。
  4. **总结感受:** 最后说这是一个“持续学习的过程”, 体现了你的认真态度。
- **亮点词汇/短语:**
  - tutorial videos: “教程视频”。
  - correct form: “正确的姿势”。
  - observing: /əb'zɜ:vɪŋ/ (观察)。
  - experienced people: “有经验的人”。
  - continuous learning process: “持续的学习过程”。
- **实用句型:**
  - When I first started..., I watched a lot of... to learn... (当我刚开始...时, 我看了很多...来学习...)
- **连接词的使用:**
  - also: 用来添加另一个学习的途径, 让答案更全面。

## 示范问题 3

(Alan as Examiner): Did you do some sports when you were young?

(Alan as Student Tianxiang): "Yes, but nothing too serious. We had mandatory PE classes in middle school where we played sports like table tennis and basketball. To be honest, I wasn't particularly good at them. My real interest in fitness and working out at the gym only started after I went to university."

### 答案为什么好?

- **思路与结构:**
  1. **给出有保留的肯定:** Yes, but nothing too serious, 表明有参与, 但不是专业或热爱的。
  2. **说明背景:** 解释了是在“体育课”上接触的运动。
  3. **诚实评价自己:** I wasn't particularly good at them, 诚实说明自己不擅长, 很真实。
  4. **与现在对比:** 最后一句清晰地对比了过去和现在, 说明对健身的兴趣是上大学后才开始的。
- **亮点词汇/短语:**
  - nothing too serious: “没什么太正式的/严肃的”。
  - mandatory PE classes: “强制的体育课”。

- wasn't particularly good at: “不是很擅长”。
- 实用句型:
  - My real interest in... only started after... (我对...的真正兴趣是在...之后才开始的。)

## 示范问题 4

(Alan as Examiner): Do you think students need more exercise?

(Alan as Student Tianxiang): "Yes, absolutely. I think students today spend too much time sitting in front of screens for their studies and entertainment. Regular exercise is crucial for both their physical health and mental well-being. It can help them reduce stress from school and improve their concentration."

### 答案为什么好?

- 思路与结构:
  1. 强烈肯定: Yes, absolutely.
  2. 指出问题: 指出学生“花太多时间坐在屏幕前”的现状。
  3. 强调重要性: Regular exercise is crucial for..., 点明了运动对身心健康的重要性。
  4. 列举具体好处: reduce stress 和 improve concentration, 给出了两个非常具体的好处。
- 亮点词汇/短语:
  - in front of screens: “在屏幕前”。
  - regular exercise: “规律的锻炼”。
  - crucial for: /'kru:ʃl/, “对...至关重要”。
  - physical and mental health: “身心健康”。
  - reduce stress: “减轻压力”。
  - improve concentration: “提高专注力”。
- 实用句型:
  - ...is crucial for both their A and B. (...对他们的A和B都至关重要。)

## 示范问题 5

(Alan as Examiner): Do you know any people who are good at sports?

(Alan as Student Tianxiang): "Yes, one of my classmates is very athletic. He is on the university's basketball team and is a fantastic player. He is very disciplined and trains almost every day after class. I really admire his dedication and the passion he has for the sport."

### 答案为什么好?

- 思路与结构:
  1. 肯定回答并确定人物: Yes, one of my classmates...
  2. 描述他的强项: on the university's basketball team, 给出了具体身份。
  3. 描述他的品质: very disciplined and trains almost every day, 用细节说明他为什么优秀。
  4. 表达个人钦佩之情: I really admire his dedication and passion, 用高级词汇表达了尊敬。
- 亮点词汇/短语:
  - athletic: /æθ'letɪk/ (运动能力强的)。

- **fantastic player**: “非常棒的球员”。
- **disciplined**: /'disəplɪnd/ (有纪律的, 自律的)。
- **admire**: /əd'maɪə(r)/ (钦佩)。
- **dedication and passion**: “奉献与热情”。
- **实用句型**:
  - **I really admire his... and the... he has for...** (我真的很钦佩他的...以及他对...所拥有的...)

## 示范问题 6

(Alan as Examiner): Do you think it is important for people to exercise?

(Alan as Student Tianxiang): "Yes, I believe it's extremely important for everyone. Regular physical activity is one of the best ways to maintain a healthy body and a clear mind. It not only helps prevent many health problems, but it also boosts your mood and energy levels. It's a key part of a healthy lifestyle."

### 答案为什么好?

- **思路与结构**:
  1. **强烈肯定并扩大范围**: **extremely important for everyone**。
  2. **概括核心好处**: **maintain a healthy body and a clear mind**, 身心两方面都提到了。
  3. **列举更多好处**: **not only... but it also...**, 用句型列出了“预防疾病”和“提升情绪”两点。
  4. **总结升华**: 最后总结说这是“健康生活方式的关键部分”。
- **亮点词汇/短语**:
  - **extremely important**: “极其重要”。
  - **physical activity**: “身体活动”。
  - **maintain a healthy body**: “维持健康的身体”。
  - **boosts your mood**: “提升你的情绪”。
  - **a healthy lifestyle**: “一种健康的生活方式”。
- **实用句型**:
  - **It not only [A], but it also [B]**. (它不仅..., 而且还...)

## 示范问题 7

(Alan as Examiner): Should schools encourage young students to take more physical exercise?

(Alan as Student Tianxiang): "Yes, definitely. I think schools play a huge role in promoting a healthy lifestyle among children. They should offer a variety of sports options, not just traditional competitive games, so every student can find something they enjoy. This can help them build a good habit that lasts for a lifetime."

### 答案为什么好?

- **思路与结构**:
  1. **清晰立场**: **Yes, definitely**。
  2. **点明学校的角色**: **schools play a huge role in...**
  3. **提出具体建议**: **offer a variety of sports options**, 建议学校提供多样化的选择。

- 4. 解释长远意义: `build a good habit that lasts for a lifetime`, 说明了这么做的长远好处。
- 亮点词汇/短语:
  - `play a huge role in`: “在...中扮演重要角色”。
  - `promoting`: /prə'məʊtɪŋ/ (提倡, 促进)。
  - `a variety of`: “多种多样的”。
  - `lasts for a lifetime`: “持续一生”。
- 实用句型:
  - `...play a huge role in [doing something].`
  - `This can help them build a good habit that...`

怎么样, Tianxiang? 围绕着你喜欢的“健身房”, 我们把所有问题都回答得既有理有据, 又非常个性化。

接下来我们想聊点什么呢?

## 话题词汇

好的, 我们来为 "Sports and Exercise" 这个话题装备上一些核心词汇。

有了这些词, 你不仅可以清晰地表达你对健身的喜爱, 还能更深入地讨论运动的重要性以及它带来的各种好处。

## "Sports and Exercise" 话题词汇库 (Vocabulary List)

### 1. 通用术语 (General Terms)

- Sport(s) (运动)
- Exercise /'eksəsaɪz/ (n. & v. 锻炼)

*I try to get some **exercise** every day.*

- Physical activity (身体活动)

*Regular **physical activity** is good for your health.*

- Fitness /'fɪtnəs/ (健康; 健美)

*He is very interested in health and **fitness**.*

- Health /helθ/ (健康)
- Lifestyle /'laɪfstɑɪl/ (生活方式)

## 2. 运动的种类 (Types of Sports & Activities)

- Team sport (团队运动)

*Basketball and football are popular **team sports**.*

- Individual sport (个人运动)

*Running is a great **individual sport**.*

- Working out (健身)

***Working out** at the gym is my favorite way to exercise.*

- Lifting weights (举重, 力量训练)
- Running /'rʌnɪŋ/ (跑步) / Jogging /'dʒɒɡɪŋ/ (慢跑)
- Hiking /'haɪkɪŋ/ (徒步)
- Swimming /'swɪmɪŋ/ (游泳)

## 3. 地点与器材 (Places & Equipment)

- Gym (Gymnasium) /dʒɪm/ (健身房)

*I go to the **gym** near my school.*

- Sports field (运动场)
- Court /kɔ:t/ (球场) (e.g., basketball court, tennis court)
- Equipment /ɪ 'kwɪpmənt/ (器材, 设备)

*The gym has a lot of modern **equipment**.*

- Treadmill /'tredmɪl/ (跑步机)
- Weights /weɪts/ (重量器械)

## 4. 相关的动作 (Actions & Verbs)

- to exercise / to work out (锻炼)
- to play a sport (做一项运动)
- to go to the gym (去健身房)

- to stay fit / to keep fit (保持健康/好身材)
- to be consistent /kən'sistənt/ (保持连贯, 坚持)

*The key to seeing results is **to be consistent**.*

- to train /treɪn/ (训练)
- to warm up (热身) / to cool down (放松, 整理运动)

## 5. 好处与感受 (Benefits & Feelings)

- Healthy /'helθi/ (健康的)
- Fit /fɪt/ (健康的; 身材好的)
- Strong /strɒŋ/ (强壮的)
- Athletic /æθ'letɪk/ (运动能力强的)
- Energetic /,enə'dʒetɪk/ (精力充沛的)
- to reduce stress (减轻压力)
- to improve health / concentration (改善健康 / 提高专注力)
- to maintain a healthy body (维持健康的身体)
- to boost your mood (提升你的情绪)
- to build a good habit (养成一个好习惯)

这些词汇覆盖了从运动类型到身心感受的方方面面。下次再聊到运动话题时, 你就可以用它们来让自己的表达更丰富、更地道了!

我们接下来做什么呢?

## 常见搭配

好的, 我们来完成“运动”话题的最后一步, 把“单词”组装成“句子”!

这些“句子搭配”都是围绕你喜欢的“健身房”和你对运动的看法来设计的。学会它们, 你就能非常自如地谈论你的健身习惯, 并分享你对运动重要性的理解。

## "Sports and Exercise" 话题高频句子搭配 (Common Sentences & Collocations)

### 1. 如何表达你的运动偏好

- To be honest, I'm not really into...; I prefer... (说实话, 我不太喜欢...; 我更偏爱...)

*To be honest, I'm not really into team sports; I prefer working out at the gym by myself.*

- I'm more of a gym person because... (我更像是一个“健身房派”, 因为...)

*I'm more of a gym person because I can go whenever I have free time.*

- What I like about [going to the gym] is that... (我喜欢[去健身房]的一点是...)

*What I like about going to the gym is that it's not affected by bad weather.*

- I find [team sports] a bit too [competitive], so I'd rather... (我觉得[团队运动]有点太[有竞争性]了, 所以我宁愿...)

*I find team sports a bit too competitive, so I'd rather focus on my own fitness goals.*

## 2. 如何描述你的锻炼日常

- I try to go to the gym... (我试着...)

*I try to go to the gym three or four times a week.*

- My routine usually includes... (我的日常安排通常包括...)

*My routine usually includes some running on the treadmill and some weight lifting.*

- I usually spend about [an hour] there each time. (我每次去通常会待大概[一小时]。)
- It's a great way to take a break from... (这是一个从...中脱离出来休息的好方法。)

*It's a great way to take a break from my studies and refresh my mind.*

## 3. 如何解释运动带来的好处

- For me, the biggest benefit of exercise is... (对我来说, 锻炼最大的好处是...)

*For me, the biggest benefit of exercise is that it helps me reduce stress.*

- Working out is a great way to... (健身是...的一个好方法。)



*Working out is a great way to stay fit and maintain a healthy body.*

- It not only improves my physical health, but also... (它不仅能改善我的身体健康, 还能...)

*It not only improves my physical health, but also boosts my mood.*

- It helps me to clear my mind after... (它能帮助我在...之后清空思绪。)

*It helps me to clear my mind after a long day of coding.*

#### 4. 如何给出你对他人运动的观点

- I strongly believe that it's crucial for [students] to... (我坚信对于[学生]来说...是至关重要的。)

*I strongly believe that it's crucial for students to get regular exercise.*

- Schools should play a bigger role in... (学校应该在...方面扮演更重要的角色。)

*Schools should play a bigger role in promoting a healthy lifestyle.*

- It's important to find a type of exercise that... (找到一种...的锻炼方式很重要。)

*It's important to find a type of exercise that you genuinely enjoy.*

- Building a habit of regular exercise from a young age is... (从小养成规律锻炼的习惯是...)

*Building a habit of regular exercise from a young age is beneficial for your whole life.*

非常棒, Tianxiang! 我们已经把“运动”这个话题聊得非常透彻了。从你的个人喜好到对大众的建议, 你现在都有了清晰、地道的表达方式。

我们Part 1的话题库已经非常强大了! 接下来, 你准备好正式进入**雅思口语 Part 2**的专项练习了吗? 我们可以从一个和你个人经历最相关的话题开始, 比如\*\*“Describe a place you like to go to relax” (描述一个你喜欢去放松的地方)\*\*, 你的健身房就是最完美的素材! 告诉我你的想法!