

UNIT 2 SPORTS AND FITNESS

UNIT 2

SPORTS AND FITNESS

导读·话题妙切入

DAODUHUATIMIAOQIERU

名人名言

1. Life needs movement. —Aristotle
生命需要运动。 ——亚里士多德
2. Every great movement in the world has something to do with some great ideal. —Rabindranath Tagore
世界上的一切伟大运动都与某种伟大理想有关。 ——拉宾德拉纳特·泰戈尔
3. From the point of view of exercise , it is better to sit while lying , to stand and to walk when standing. —Jean- Jacques Rousseau
从锻炼角度看 , 躺着不如坐着 , 坐着不如站着 , 站着不如走着。
——让- 雅克·卢梭
4. Weak body , it will never completely cultivate a vibrant soul and wisdom. —Jean- Jacques Rousseau
身体虚弱 , 它将永远不全培养有活力的灵魂和智慧。 ——让- 雅克·卢梭
5. I like walking all my life. Sports bring me endless pleasure. —Albert Einstein
我生平喜欢步行 , 运动给我带来了无穷的乐趣。 ——阿尔伯特·爱因斯坦

话题感悟

Sports help build talent and hobbies so that people can be better at delivering them for personal and professional purposes.

Sports also serve as a good leisure activity meant to relieve one from physical and emotional stress hence a healthy living.

It is a means to achieve physical exercise which is good for the body's growth and development , hence a healthy living as calories and fats are burnt.

Sports are also used for promotional purposes where different brands use sports as a platform to market and advertise themselves.

美文欣赏

Chinese kung fu , also known as wushu or Chinese martial arts , is one of the most well-known examples of traditional Chinese culture.It is probably one of the earliest and longest lasting sports which uses both muscles and brain.

The theory of kung fu is based on classical Chinese philosophy.Over its long history it has developed as a unique combination of exercise , practical self-defense , self-discipline , and art.



It is estimated that Chinese kung fu dates back to primitive society.At that time people used sticks to fight against wild beasts.Gradually they accumulated experience in self-defense.

In Chinese kung fu , however, a difference is made between " external " and " internal " kung fu.It is said that " In external kung fu , you exercise your tendons , bones , and skin; in internal kung fu , you train your spirit , your qi , and your mind. " And so internal kung fu can continue later in life , when the external body weakens.

[探究发现]

1. When did Chinese martial arts originate?

Primitive society.

2. What aspects do Chinese martial arts include?

It combines techniques of exercise , self-defense , self-discipline and art.

3. What can you strengthen in internal kung fu?

You can train your spirit , your qi , and your mind.

Section I Topic Talk & Lesson 1

预习·新知早知道

YUXIXINZHIZAOZHIDAO

词汇识记

I. 匹配词义

A. 单词匹配

() 1. athlete

A. vi.&vt. to come together , or bring people together , in one place to form a group

() 2. defeat

B. vt. to get money for work that you do

() 3. replacement

C. n. 运动员

() 4. crash

D. vt. to win against sb. in a war ,

competition, sports game, etc.

- | | |
|---------------|--|
| ()5. gather | E. n. 包, 包裹 vi.&vt. 把……包起来 |
| ()6. pack | F. adv. in a critical, rough or severe way |
| ()7. sharply | G. n. 替换的人(物) |
| ()8. extra | H. vi.&vt. 鼓掌, 拍手 |
| ()9. clap | I. adj. 额外的, 另外的 |
| ()10. earn | J. vt.&vi. 猛撞 |

[答案] 1—5 CDGJA 6—10 EFIHB

B. 短语匹配

- | | |
|-------------------------|----------------------|
| ()1. rather than | A. 聚集 |
| ()2. in good/bad shape | B. 使失望, 辜负(别人的信任或期望) |
| ()3. try out for sth. | C. 健康状况良好/不佳 |
| ()4. crash into | D. 独自, 我自己 |
| ()5. gather around | E. 取得成功; 奏效 |
| ()6. not...any more | F. 而不是 |
| ()7. let sb. down | G. 不再…… |
| ()8. pay off | H. 跟上, 保持同步 |
| ()9. keep up with | I. 争取成为; 参加选拔 |
| ()10. on my own | J. 猛撞, 猛击 |

[答案] 1—5 FCIJA 6—10 GBEHD

II. 默写单词

- | | |
|--------------------------|-----------------------|
| 1. <u>prefer</u> vt. | 更喜欢 |
| 2. <u>balanced</u> adj. | 均衡的 |
| 3. <u>diet</u> n. | 日常饮食 |
| 4. <u>regularly</u> adv. | 经常; 定期地 |
| 5. <u>company</u> n. | 公司; 一群人 |
| 6. <u>champion</u> n. | 冠军, 第一名 |
| 7. <u>inspiration</u> n. | 激励, 鼓舞; 给人以灵感的人/物; 灵感 |
| 8. <u>desire</u> n. | 渴望 |
| 9. <u>energy</u> n. | 力量, 活力 |
| 10. <u>crowd</u> n. | 人群 |

词汇活用

I. 语境填空

extra; athlete; company; packed; desire; clapped; diet;

champion ; crashed ; defeated

1. Until the 1980s almost all olives were packed into jars by hand.
2. The plane crashed mysteriously near the island of Ustica.
3. Few people I know seem to have much desire or time to cook.
4. She has won the title of the world's champion.
5. Sheila found some work as a secretary in an insurance company.
6. Before long he rebuilt a strong army and defeated the enemy.
7. The achievements of a singer and an athlete are not comparable.
8. Have you been on a diet? You've lost a lot of weight.
9. The conference is going to be a lot of extra work.
10. Everyone clapped us when we went up to get our prize.

II. 语法填空之派生词

1. Fatal road accidents have decreased in frequency (frequent) over recent years.
2. It's a matter of personal preference (prefer).
3. First, we should have a balanced (balance) diet.
4. Do I have to pay for replacement (replace) part?
5. " Is there a problem ? " he asked sharply (sharp).
6. You should exercise more to keep energetic (energy).
7. We should not go to crowded (crowd) places.
8. If so , you live amongst the highest earning (earn) people in the UK.
9. They looked for the cyclist (cycle) but he was already out of sight.
10. You will do it regularly (regular) and spend more time on it.

尝试理解

1. When we weren't playing on the court which was next to our building , we were watching a game on TV.

当我们不在紧挨着我们大楼的球场上打球时 , 我们就在电视上看比赛。

2. Paul's favourite player was Tyrone Bogues , a guy who played for the Charlotte Hornets , although we actually agree that they are both champions.

保罗最喜欢的球员是蒂尼·博格斯 , 他曾效力于夏洛特黄蜂队 , 尽管我们一致认为他们都是冠军。

3. He was still usually on the bench , being just a replacement , which was really tough on him.

然而 , 他仍旧通常“坐板凳”作为替补队员 , 这对他来说是真够倒霉的。

4. This week , The Lions were playing our main competitors , The Bears , a team whose record this season had been perfect.

本周 , 狮子队将对阵我们的主要竞争对手 , 熊队 , 这个本赛季战绩完美的球队。

5. The other team just couldn't keep up with his energy and speed.

另一个球队无法跟上他的精力和速度。

课文译注

词语助读

1. on 作为介词时意为“为(某团体或组织)的一员”
to be on the committee/staff 为委员会/全体职员 的成员
2. huge adj. 巨大的 , 庞大的
3. next to 紧挨着 , 几乎 , 差不多
4. guy n. (非正式)男人 , 家伙
5. champion n. 冠军 , 第一名
6. shot n. 投球 , 击球
7. use...as... 把……当做/用作……
8. inspiration n. 激励 , 鼓舞 ; 给人以灵感的人/物 ; 灵感
9. make it 成功
10. be sure 确信 ; 确知 ; 肯定 ; 有把握
11. try out for 争取成为 ; 参加选拔
12. bench n. 替补队员席
13. replacement n. 替换的人(物)
14. tough adj. 困难的 , 艰难的 ; 坚硬的
15. desire n. 渴望
have a desire to do sth. 有做某事的渴望
16. chance n. 机会
have a chance to do sth. 有做某事的机会
17. competitor n. 竞争对手
18. wait for 等待
19. crash vt.&vi. 猛撞
crash into 猛撞 , 猛击
20. hurt vt. 伤害 vi. 疼痛
21. badly adv. 非常
22. gather vt.&vi. 聚集 , 聚合
gather around 聚集

23. quarter n. 小节
24. be about to do sth. 即将做某事
25. not... anymore 不再……
26. pack n. 包, 包裹 vi.&vt. 把……包起来
27. sharply adv. 严厉地, 毫不客气地
28. let sb. down 使失望, 辜负(别人的信任或期望)
29. onto 到……上, 向……上
30. extra adj. 额外的, 另外的
31. pay off 取得成功; 奏效
32. keep up with 跟上, 保持同步
33. energy n. 力量, 活力
34. crowd n. 人群
35. clap v. 鼓掌, 拍手
36. hit sb. on the shoulder 打在某人肩上
37. earn vt. 赢得; 博得

课本原文

THE UNDERDOG

Part 1

Paul and I were on ① our school basketball team, The Lions. We loved basketball and were both huge ② fans of the NBA. When we weren't playing on the court which was next to ③ our building, we were watching a game on TV. My favourite player was LeBron James. Paul's favourite player was Tyrone Bogues, a guy ④ who played for the Charlotte Hornets, although we actually agree that they are both champions ⑤. [1]

[1]although 引导让步状语从句, 意为“尽管”

Bogues was only 1.6 metres tall, which made him the shortest player ever in the NBA. [2]Guess what? Paul was only 1.6 metres tall, too! Paul knew that being shorter than other players meant that he had to practise more. [3]During all those hours of doing jump shots ⑥ on his own, he used Bogues as ⑦ his inspiration ⑧. Paul once said, "If Bogues could make it ⑨, why not me?"

[2]which 引导非限制性定语从句, 指这件事。

[3]being shorter 动名词作主语。谓语动词常用单数形式。

Our coach was not so sure ⑩. Paul had to try out many times just for ⑪ making the team. He was still usually on the bench ⑫, being just a replacement ⑬, which

was really tough^⑭ on him. [4] Everyone knew Paul had real skills, and was someone who worked really hard and had a strong desire^⑮ to play for the team. [5] However, Paul didn't get a chance^⑯.

[4]being just a replacement 为现在分词作结果状语。which 引导非限制性定语从句。

[5]who 引导定语从句。

This week, The Lions were playing our main competitors^⑰, The Bears, a team whose record this season had been perfect. [6]They hadn't lost a single game. It would be a tough one. Paul didn't know he'd soon get the chance that he'd been waiting for^⑱.

[6]whose 引导定语从句。

Part 2

Suddenly, a player and I crashed^⑲ into each other. Pain raced through my body. My knee hurt^⑳ badly²¹. The team gathered²² around, looking worried. [7]The last quarter²³ was about to²⁴ begin, and my team was behind by 10 points.

[7]looking worried 为现在分词短语作伴随状语。

" I don't think I can play anymore²⁵ , coach , " [8]I said quietly as the doctor put an ice pack²⁶ on my knee. [9]

[8]I don't think 否定前移，翻译为“我认为我不……”。

[9]as 引导时间状语从句，意为“当……时候”。

" No way , " the coach replied sharply²⁷. " We've got no more players ! " " What about Paul ? " someone suggested. " Paul ? " said the coach. " He can't play ! " " Give him a shot, coach ! " I said. " What have we got to lose ? " " That's right , " another player said. " We're losing anyway. Let Paul play ! "

" Let me try, coach! I won't let you down²⁸ ! " Paul said.

" OK, OK ! " the coach finally agreed. " Don't let us down, Paul. It's your time to shine. "

Paul jumped up and rushed onto²⁹ the court. And clearly, all the extra³⁰

hours that he'd spent practising alone paid off³¹ .^[10] The other team just
couldn't keep up with ³² his energy ³³ and speed. He made shot after shot, and the
³⁴ crowd ³⁵ couldn't stop clapping ³⁵ and cheering.

[10]that 引导定语从句，修饰 hours。

When the game ended, our team had won by two points.

" Well , " said the coach as he hit Paul on the shoulder ³⁶ , " you've just
³⁷ earned ³⁷ your place on the team, big guy ! "

译文参考

弱者

第 1 局部

保罗和我是我们学校篮球队，狮子队的成员。我们都热爱篮球，都是 NBA 的铁杆球迷。当我们不在紧挨着我们大楼的球场上打球时，我们就在电视上看比赛。我最喜欢的球员是勒布朗·詹姆斯。保罗最喜欢的球员是蒂尼·博格斯，他曾效力于夏洛特黄蜂队，尽管我们一致认为他们都是冠军。

博格斯身高只有一米六，是 NBA 历史上最矮的球员。你猜怎么着？保罗的身高也只是一米六！保罗知道自己比其他球员矮意味着他必须多练习。在那些自己跳投的时间里，他把博格斯当作自己的动力。保罗曾经说过，“如果博格斯能成功，为什么我不行？”

我们的教练却并不太确定。保罗多次参加选拔，方才入选球队。然而，他仍旧通常“坐板凳”作为替补队员，这对他来说是真够倒霉的。每个人都知道保罗有真正的技术，他是一个非常努力的人，并且很渴望为球队效力。然而，保罗没有得到机会。

本周，狮子队将对阵我们的主要竞争对手，熊队，这个本赛季战绩完美的球队。他们一场也没输。这将是一场艰难的比赛。保罗不知道他很快就会得到他一直在等待的机会。

第 2 局部

突然，一个球员和我撞在了一起。疼痛传遍了我的全身。我的膝盖很疼。队员们聚在一起，看起来很担心。最后一节就要开始了，我的球队落后 10 分。

当医生把冰袋放在我的膝盖上的时候，我平静地说，“我认为我不能再打球了，教练。”

“没门，”教练严厉地回答。“我们没有更多的球员了！”

“保罗怎么样？”有人建议。

“保罗？”教练说。他不能打！”

“给他一个机会，教练！”我说。“我们又有什么损失呢？”

“没错，”另一位运动员说。“反正我们快输了。让保罗上吧！”

“让我试试，教练！”我不会让你失望的！”保罗说。

“好吧，好吧！”教练终于同意了。“别让我们失望，保罗。你发光发亮的时刻到了。”

保罗跳起来冲向球场。显然，他所有独自练习的额外时间都得到了回报。另一个球队无法跟上他的精力和速度。他投了一个又一个的球，观众们不停地鼓掌欢呼。

比赛结束时，我们队以两分的优势赢了。

“嗯，”教练一边拍着保罗的肩膀一边说，“你已经为自己赢得了球队中的位置，‘大个子’！”

理解·课文精研读

LIJIEKEWENJINGYANDU

表层理解

速读 P₃₀₋₃₁ 课文，完成以下任务：

I. 阅读判断

判断以下句子提供的信息是正确，还是错误，还是没有提及：

1. Bogues was a tall man.

A. Right. B. Wrong. C. Not mentioned.

2. Paul had to try out many times just for making the team.

A. Right. B. Wrong. C. Not mentioned.

3. The Bears, a team whose record this season had been poor.

A. Right. B. Wrong. C. Not mentioned.

4. Paul jumped up and rushed onto the court.

A. Right. B. Wrong. C. Not mentioned.

5. Bogues and Paul didn't love basketball at all.

A. Right. B. Wrong. C. Not mentioned.

[答案] 1-5 BABAB

II. 补全信息

选择正确选项填入空白处，补全所给句子提供的信息：

A. waiting for B. practising alone C. doing jump shots D. making the team
E. clapping and cheering F. being shorter than other players

1. Paul knew that _____ meant that he had to practise more.

2. During all those hours of _____ on his own, he used Bogues as his inspiration.

3. Paul had to try out many times just for _____.

4. Paul didn't know he'd soon get the chance that he'd been _____.

5. And clearly, all the extra hours that he'd spent _____ paid off.

6. He made shot after shot, and the crowd couldn't stop_____.

[答案] 1—6 FCDABE

III. 表格填空

Part 1

Name	Paul
Favourite player	1. <u>Tyrone Bogues</u>
Height	1.6 metres
Team	2. <u>The Lions</u>
Treated by coach	like a 3. <u>weak</u> player
Kind of player	a 4. <u>replacement</u> player

Part 2

Events	The coach's attitude	Evidence
One player got hurt and could not play.	5. Worried.	We've got 6. <u>no more</u> players !
Give him a shot, coach !	7. Negative.	He can't play.
" Let me try, coach! I won't let you down ! "	Hesitant.	The coach 8. <u>finally</u> agreed.
Paul jumped up and rushed onto the court.	9. Hopeful.	" It's your time to shine. "
The team had won by two points.	Excited , satisfied , 10. proud.	...hit Paul on the shoulder..." big guy" .

深度感悟

细读 P₃₀₋₃₁ 课文，完成以下任务：

I. 主旨匹配

1. Part 1

A. Paul earned his place on the team.

2. Part 2

B. The story about Paul.

[答案] 1—2 BA

II. 单项选择

1. Why did Paul have to try out many times?

A. Because he was not tall.

B. Because he wanted to make the team.

C. Because he wanted to be a replacement.

- D. Because he had many chances to play for the team.
2. Which team did Paul and I play for?
A. NBA. B. The Bears.
C. The Lions. D. It is not mentioned.
3. Why did my knee hurt badly?
A. Because there were so many players.
B. Because I crashed into a player.
C. Because it was the last quarter.
D. Because I wanted to give Paul a chance.
4. What's the coach's attitude to Paul?
A. Confident. B. Skeptical(怀疑).
C. Positive. D. Supportive.
5. What's the result of the match?
A. The Lions won the game by 10 points.
B. The Bears won the game by 2 points.
C. The Lions won the game by 2 points.
D. The Bears won the game by 10 points.

[答案] 1-5 BCBBC

III. 读后续写微技能

读后续写微技能(三)

A. 阅读课文中含有心理变化的语句。

1. " No way , " the coach replied sharply. " We've got no more players ! "
2. " Paul ? " said the coach. " He can't play ! "
3. Paul jumped up and rushed onto the court.

B. 判断以下语句中哪个不是含有心理变化的语句。

1. Paul didn't know he'd soon get the chance that he'd been waiting for.
2. " OK, OK ! " the coach finally agreed. " Don't let us down, Paul. It's your time to shine. "
3. When the game ended, our team had won by two points.
4. " Well , " said the coach as he hit Paul on the shoulder, " you've just earned your place on the team, big guy ! "

[答案] 1 3

教学知识解码

JIAOXUEZHISHIXIEMAMA

词汇派生

根据词性和汉语提示，写出以下单词

1. frequent adj. 频繁的，经常的→frequently adv. 频繁地；经常地→frequency n. 发生的频率，发生率
2. prefer vt. 更喜欢→preferred adj. 优先的；首选的→preference n. 偏爱；优先
3. balance n. 平衡，均衡；天平 vt. 权衡；使平衡→balanced adj. 均衡的
4. inspire vt. 鼓励，激励→inspired adj. 有灵感的→inspiring adj. 令人振奋的，鼓舞人心的→inspiration n. 激励，鼓舞；给人以灵感的人/物；灵感；士气
5. replace vt. 替换；取代→replacement n. 替换的人(物)
6. gather vi.&vt. 聚集，聚合→gathering n. 聚集；集会
7. sharp adj. 锋利的；突然的；灵敏的→sharply adv. 严厉地，毫不客气地
8. energy n. 力量，活力→energetic adj. 精力充沛的
9. crowd n. 人群→crowded adj. 拥挤的
10. earn vt. 赢得；博得→earning n. 收入；赚得的钱

一词多义

pay off 取得成功；奏效；还清(债务)；有回报

- ①It would take him the rest of his life to pay off that loan. 还清
- ②Sandra was determined to become a doctor and her persistence paid off. 得到回报
- ③Did your daring plan pay off ?

取得成功

要点直击

Words and Phrases

知识要点1 rather than 而不是

(教材 P₂₈) I prefer to play basketball rather than play football.

我更喜欢打篮球而不愿踢足球。

[例] I think I'll have a cold drink rather than coffee.

我想要冷饮，不要咖啡。

[归纳拓展]

(1) 常用句型

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