

UNIT 3 SPORTS AND FITNESS

Part 1 Listening and Speaking & Reading and Thinking

基础过关练

I. 单词拼写

1. Knowing the rules will help you to _____ (掌握) a large number of words.
2. Maradona was one of the football game's most gifted players, and he won many _____ (奖牌) in his life.
3. Gymnastics has been one of my favorite sports _____ (比赛项目) since childhood.
4. Do you know Wang Mian is the _____ (冠军) of the third season of *Rock & Roast* (《脱口秀大会》)?
5. It is an h_____ to hear you speak so highly of me.
6. He is a good c_____ who is respected by all the sailors.

II. 选词填空

set an example to; work out; fall apart; make it; come along
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1. The young man who just lost his job is afraid that his marriage will _____.
2. Are you sure you really want all our friends to _____, for our car only has 7 seats after all?
3. It won't be long before we _____ a way to get over these difficulties.

4.Though it is hard, I will try my best to _____to the top of the mountain.

5.You have_____ us and we intend to follow your example.

III.单句语法填空

1._____(fail) is the mother of success, so don't lose heart.

2.Chinese women's volleyball players are famous around the world. In my heart, they are excellent _____(athlete).

3.It took Susan several weeks to regain her_____(strong) after a bad illness.

4.When faced with choosing subjects, my deskmate selected physics with great_____(determine).

5.The number of people doing_____(fit) training is on the increase.

6.Two-thirds of people died or were_____(injure) during the earthquake.

7.It's a great honor for me to be one of the _____(host) in the opening ceremony.

IV.完成句子

1.在我看来,每天锻炼是保持健康的最佳方式。

In my opinion, _____ is the best way to keep healthy.

2.自从上学期以来我一直在练习英语口语。

I _____my spoken English since last term.

3.我认为李子柒似乎能使所有的辛苦劳动变得非常有意义。

I think Li Ziqi seems to be able to _____ all the hard work _____.

V.课文语法填空

There are many famous athletes at home and abroad. One of them is Lang Ping, a coach 1 led the China women's volleyball team to medals at world championships and the Olympics. When the Chinese team was preparing for the 2015 World Cup, her determination 2 (test). One of 3 best players had been injured, and the team captain left because of heart problems. Losing two important players didn't get Lang Ping to lose heart. She believed that her young 4 (play) could win if they worked together as a team. And they really made it. Two weeks later, they were world champions!

Another famous player is Michael Jordan. 5 (know) as “Air Jordan”, he changed basketball with his 6 (grace) moves and jumps. His skills were impressive, but the mental strength he showed made him unique. It seemed that in the final seconds of a game, Jordan could always find a way 7 (win). When asked his secret to success, he said it was learning from his failures. Losing games taught him to practise harder and never give 8. In life, Jordan has learnt to share his success 9 others. The Boys and Girls Club which he started in Chicago 10 (help) young people since 1996.

1._____ 2._____ 3._____ 4._____ 5._____

6._____ 7._____ 8._____ 9._____ 10._____

能力提升练

I. 阅读理解

A

主题语境：人与社会——体育活动 语篇类型：说明文 建议用时：7

(2021 安徽合肥第九中学高一上第一次月考,★★)

Pilates(普拉提), yoga and the running machine get all the attention when it comes to popular ways to keep fit. There is, however, a more humble exercise that might not be so attractive, but has all the benefits—walking.

Certified fitness professional Jolynn Jaekel explains, “What I love about walking is that anyone can do it at any age and any fitness level. Plus it is good for your heart, your head and your wallet.”

A recent report detailed(详述) the health benefits of walking. The report found that walking regularly to fulfill(执行,履行) the 150 minutes of moderate(适度的) physical exercise every week, recommended by the UK's chief medical officer, could save 37,000 lives each year.

Scientists at Lawrence Berkeley National Laboratory in California found that quick walking reduced the risk of heart disease more effectively than running. They observed participants aged between 18 and 80 over a six-year period and found that walking reduced the risk of heart

disease by 9.3%, while running reduced it by 4.5%. And there is even more good news: 30 minutes of quick walking over five days could help you sleep easily, according to research by Oregon State University. The study by the university showed that walking helped participants sleep better and feel more alert during the day.

The sooner you get started, the sooner you'll notice the differences in your mind and body. So, go out for your 30-minute walk in a nearby park or green space.

1.What does the underlined word “humble” probably mean in the first paragraph?

- A.Plain. B.Relaxing.
- C.Popular. D.Active.

2.What does Jolynn Jaekel think of walking?

- A.It's loved by people of all ages.
- B.It's much healthier than running.
- C.It's a money-saving physical exercise.
- D.It's becoming more and more popular.

3.What did scientists at Lawrence Berkeley National Laboratory find?

- A.Walking helps people with sleep problems.
- B.Walking contributes to curing heart disease.
- C.Walking 150 minutes per week can save lives.
- D.Walking is better than running in some cases.

4. In which section of a newspaper can we read this text?

- A. Comment. B. Lifestyle.
C. Education. D. Science.

B

主题语境：人与社会——体育活动 语篇类型：新闻报道 建议用时：8

(2020 河北辛集中学高一上期中,★★)

Osaka, Japan—The defending champion(卫冕冠军) China lifted the FIVB Volleyball Women's World Cup trophy(奖杯) with perfect 11 straight wins after easing past Argentina 3-0 here on Sunday. With their eleventh win, China won the 2019 FIVB Volleyball Women's World Cup.

This year, the World Cup has been played across different cities, and the Chinese team had training sessions even on traveling days when some participating teams chose to rest up after a tiring flight. “Coach Lang focuses on details of the technique in the training sessions, and I feel our team has become more balanced,” captain Zhu Ting said. This firm(严格的) approach explains how China managed to turn the tables(扭转局面) on the United States at the World Cup. Never give up, especially in adversity(逆境), and that's what the spirit of the Chinese women's volleyball team means.

When the team struggled, Zhu was always there, doing whatever was needed to carry the team forward. That's why she has become a national volleyball icon(偶像), just like “Iron Hammer” Lang. As for

Lang, she took over the flag from her former coach Yuan Weimin, who was behind China's rise in the beginning. From coach Yuan to coach Lang, and spiker(主攻手) Lang to spiker Zhu, the flag bearers may have changed over time, but the craving for championships and the steely desire and determination remain the same.

Volleyball is a team sport and behind the on-court team there is always a supportive(给予帮助的) coaching team and staff. Lai Yawen is one of the members, shouldering responsibilities as both vice director of China's Volleyball Management Center and assistant coach. Apart from coordinating(使协调) between coaches and players, Chinese coaches and foreign coaches and sometimes within Chinese coaches, she also has to do chores. During the 2016 Rio Olympics, assistant coach Yuan Lingxi headed for the arena(竞技场) at 6 am every day to film the matches and would return to the Olympic Village at 2 am when he would start analyzing China's opponents(对手) and file(送交) reports. There are many Lais and Yuans that are not known by the public, but who remain indispensable(必不可少的) for the team to overcome difficulties and reach their peak.

5. What does the underlined word “lifted” probably mean in Paragraph 1?

A. Stole. B. Won. C. Beat. D. Expected.

6. What does the spirit of the Chinese women's volleyball team mean according to Paragraph 2?

A. Being a special team.

B. Sticking to the end.

C. Winning every game.

D. Training hard every day.

7. Why has Zhu Ting become a national volleyball icon?

A. Because she won many awards in the World Cup.

B. Because she kept strong desire and determination.

C. Because she took lots of training after the tiring flight.

D. Because she did everything to help the team go forward.

8. What does the author intend to express in the last paragraph?

A. Hard work is vital in volleyball matches.

B. The coach has a great influence on players.

C. The staff behind the on-court team are also important.

D. Understanding opponents is necessary to win the game.

II. 七选五

主题语境：人与社会——体育活动 语篇类型：说明文 建议用时：8

(2021 湖北黄冈实验高中高一上 10 月月考, ★★)

All over the world people enjoy sports. Sports help to keep people fit and happy, and to live longer.

___1___ They buy tickets or turn on their TVs to watch the games.

Often they get very excited when their player or team wins.

___2___ Soccer, for example, has spread around the world. Swimming

is popular in all countries near the sea or in those with many rivers. What fun it is to jump into a pool or lake, whether in China, Egypt or Italy!

3__ Think how many people skate or ski in Japan, Norway or Canada.

Some sports or games go back thousands of years, like running or jumping. Chinese wushu, for example, has a very long history. But basketball and volleyball are rather new. Neither one is a hundred years old yet. __4__ Water-skiing is one of the newest in the family of sports.

People from different countries may not be able to understand each other, but after a game together they often become good friends.__5__ One learns to fight hard but fight fair, to win without pride and to lose with grace.

A.And think of people in cold countries.

B.Sports help to train a person's character.

C.Not a few people participate in different sports competitions themselves.

D.Many people like to watch others play games.

E.People aren't inventing new sports or games.

F.Some sports are so interesting that people everywhere take part in them.

G.People are inventing new sports or games all the time.

1._____ 2._____ 3._____ 4._____ 5._____

答案全解全析

基础过关练

I .1.master 2.medals 3.events 4.champion 5.honour 6.captain

II .1.fall apart 2.come along 3.work out 4.make it 5.set an example to

III.1.Failure 考查名词。句意:失败是成功之母,所以不要灰心。设空处在句中作主语,根据句意判断应填名词 Failure。

2.athletes 考查名词的数。句意:中国女排运动员在世界各地都很有名。在我心中,她们是优秀的运动员。因为 athlete 是可数名词,再根据空前的 they are 判断填复数名词 athletes。

3.strength 考查名词。句意:在患了一场大病之后,苏珊花了好几个星期才恢复了体力。形容词性物主代词 her 后面接名词 strength,作 regain 的宾语。

4.determination 考查名词。句意:在面临选科时,我的同桌以巨大的决心选择了物理。设空处作 with 的宾语,且设空处由形容词 great 修饰,所以此处应填名词 determination。

5.fitness 考查名词。句意:进行健身训练的人的数量在增加。根据句子结构判断设空处应该用名词 fitness,作定语修饰名词 training。

6.injured 考查形容词。句意:三分之二的人在地震期间死亡或者受伤了。设空处作表语,应用形容词 injured,意为“受伤的”。

7.hosts 考查名词的数。句意:对我来说,成为开幕式的主持人之一是莫大的荣耀。根据空前的 one of the 可知此处应用名词的复数形式。

IV.1.working out every day 2.have been practicing 3.make;very

meaningful

V.1.who/that 考查定语从句。此处指一名带领中国女子排球队在世界锦标赛和奥运会赛场上屡获殊荣的教练。a coach...是 Lang Ping 的同位语,设空处引导定语从句,修饰先行词 a coach,关系词在从句中作主语,故填 who 或 that。

2.was tested 考查动词的时态和语态。此处指她的决心受到了考验。由 When 引导的时间状语从句的时态可知此处应用一般过去时;determination 与 test 之间为被动关系。故应用一般过去时的被动语态。

3.the 考查冠词。句意:最优秀的队员中有一人受伤了,而且队长因为心脏问题离开了。形容词最高级前常用定冠词 the。

4.players 考查名词单复数。此处指她的年轻的队员。排球队不止一个球员,所以此处应填复数名词 players。

5.Known 考查过去分词。句意:被称为“飞人乔丹”,他用优雅的移动和跳跃改变了篮球运动。be known as 意为“被称.....”,所以此处应填过去分词 Known,构成过去分词短语作状语。

6.graceful 考查形容词。句意见上题。修饰复数名词 moves 和 jumps 应该用形容词。

7.to win 考查动词不定式。此处指乔丹总是能找到制胜的方法。设空处作 way 的后置定语,应用动词不定式,故填 to win。

8.up 考查固定短语。句意:输掉比赛教会了他更加努力地练习,永不放弃。give up 意为“放弃”。

9.with 考查介词。句意:在生活中,乔丹学会了与他人分享自己的成功。

share sth. with sb.与某人分享某物。故填 with。

10.has been helping 考查动词的时态。句意:他在芝加哥创办的“男孩女孩俱乐部”自1996年以来一直在帮助年轻人。根据句意及 since 1996 判断此处用现在完成进行时,所以填 has been helping。

能力提升练

I .A

◎语篇解读 本文是一篇说明文。通过长时间的研究,科学家们发现步行是一种很好的健身方式——不仅省钱,而且任何年龄段和健康水平的人都可以进行,并且效果很好。

1.A 词义猜测题。根据第一段内容可知,当提到保持健康的方式时首先可以想到普拉提、瑜伽和跑步机。然而,有一种不太引人注目和更“humble”的运动却让人受益匪浅,那就是步行。根据第一段所述内容,尤其是 however 可知,画线部分和 popular 的意思相反,即“不那么流行的,普通的”。A 项“普通的”符合以上推测,故选 A。B 项“令人放松的”;C 项“流行的,受欢迎的”;D 项“积极的”。

2.C 细节理解题。根据第二段中的“Plus it is good for your heart, your head and your wallet.”可知,Jolynn Jaekel 认为步行对人的心脏和大脑都有好处,并且可以省钱,即步行是一项省钱的锻炼。故选 C。A 项意为“步行受到各个年龄段人们的喜爱”,Jolynn Jaekel 只是提到了步行适合各个年龄段的人们,并未涉及喜不喜欢;B 项意为“步行比跑步健康得多”,D 项意为“步行变得越来越受欢迎”,由第二段内容可知 B、D

两项都不是 Jolynn Jaekel 的观点。

3.D 细节理解题。根据第四段第一句话可知,他们认为,在某些方面步行优于跑步。故选 D。A 项“走路有助于解决人们的睡眠问题”不是劳伦斯伯克利国家实验室的科学家的发现,而是俄勒冈州立大学的研究的发现;B 项“步行有助于治愈心脏病”错误,劳伦斯伯克利国家实验室发现的是步行能降低患心脏病的风险,而不是治愈;C 项“每周步行 150 分钟可以挽救生命”也不是劳伦斯伯克利国家实验室科学家的发现,是第三段中提到的一项报告阐述的内容。

4.B 推理判断题。纵观全文可知,本文主要介绍了健康生活方式中最简单有效的方式——步行。由此可推知,可从报纸上介绍生活方式的版块读到该文章。故选 B。

【高频词汇】 1.keep fit 保持健康 2.attractive *adj.*有吸引力的

3.professional *n.* 专业人员,专家 *adj.* 职业的,专业的 4.plus *conj.* 而且,此外 5.regularly *adv.* 定期地,经常地 6.recommend *v.* 建议;推荐 7.effectively *adv.* 有效地 8.participant *n.* 参加者;参与者

长难句分析

原句 The report found that walking regularly to fulfill(执行,履行) the 150 minutes of moderate(适度的) physical exercise every week, recommended by the UK's chief medical officer, could save 37,000 lives each year.

分析 本句为主从复合句。其中 that walking...could save 37,000 lives each year 为宾语从句,在这个宾语从句中,to fulfill...every week 为动词

不定式短语作目的状语, recommended by the UK's chief medical officer
为过去分词短语作后置定语。

句意 报告发现,英国首席医疗官建议的定期步行以完成每周 150 分钟的适度体育锻炼,每年可挽救 3.7 万人的生命。

B

◎语篇解读 2019 年 9 月 29 日,中国女排 3 : 0 完胜阿根廷,以 11 场全胜豪取 2019 国际排联女排世界杯冠军,这一成功是团队共同努力的成果。

5.B 词义猜测题。根据语境可知中国女排在击败阿根廷后以 11 连胜的完美成绩卫冕世界杯冠军,由此可以推测 lifted the FIVB Volleyball Women's World cup trophy 意为“捧起国际排联女排世界杯奖杯”。故选 B。A 项“偷窃”;C 项“击败;战胜”;D 项“期待;预料”。

6.B 推理判断题。根据第二段最后一句 Never give up, especially in adversity(逆境), and that's what the spirit of the Chinese women's volleyball team means.可知,永不言败是中国女排的精神所在。B 项“坚持到底”与此意义一致。A 项“做一支特别的球队”;C 项“赢得每一场比赛”;D 项“每天努力训练”。

7.D 细节理解题。根据第三段前两句 When the team struggled, Zhu was always there, doing whatever was needed to carry the team forward. That's why she has become a national volleyball icon, just like “Iron Hammer” Lang.可知,朱婷成为国民排球偶像的原因是她为了带领队伍前进愿意做所有队伍需要的事情,故选 D 项。A 项“因为她在世界杯

上赢得了很多奖项”;B项“因为她保持着强烈的渴望和决心”;C项“因为她在令人疲惫的飞行之后进行了大量的训练”。

8.C 推理判断题。根据最后一段的内容尤其是第一句 Volleyball is a team sport and behind the on-court team there is always a supportive(给予帮助的) coaching team and staff.可知,排球是一项团队运动,在球场上的队伍背后总是有给予帮助的教练团队和工作人员。文章最后一段以赖亚文和袁灵犀为例证明了这一观点。故选 C。A项“努力在排球比赛中至关重要”;B项“教练对球员有很大影响”;D项“了解对手对于赢得比赛是有必要的”。

【高频词汇】 1.manage v.设法(做成某事) 2.struggle v.挣扎求生;努力;斗争 3.take over 接管 4.shoulder v.肩负 n.肩膀
5.responsibility n.责任 6.assistant adj.助理的;副的 7.apart from 除.....之外 8.opponent n.对手

长难句分析

原句 During the 2016 Rio Olympics, assistant coach Yuan Lingxi headed for the arena(竞技场)at 6 am every day to film the matches and would return to the Olympic Village at 2 am when he would start analyzing China's opponents(对手)and file(送交) reports.

分析 本句是一个主从复合句。During the 2016 Rio Olympics, assistant coach Yuan Lingxi headed for...and would return to the Olympic Village at 2 am 是主句,其中 and 连接的是两个并列的谓语(headed 和 would return),when he would start analyzing China's opponents(对手)

and file(送交) reports 是 when 引导的定语从句,修饰先行词 2 am,when 在从句中作时间状语,在该定语从句中,and 也是连接两个并列的谓语 (would start 和 file)。

句意 在 2016 年里约热内卢奥运会期间,助理教练袁灵犀每天上午六点前往竞技场拍摄比赛,然后凌晨两点返回奥运村,在那时,他将开始分析中国的对手们,然后送交报告。

II.◎语篇解读 本文是一篇说明文,主要介绍了世界各地的人们都喜欢运动,并分析了原因。

1.D 根据设空处后一句“*They buy tickets or turn on their TVs to watch the games.*”(他们买票或打开电视看比赛。)可知这里想说许多人喜欢看其他人打比赛,故选 D。

2.F 根据设空处后一句“*Soccer, for example, has spread around the world.*”(例如,足球已经传播到世界各地。)可知这里想说有些运动非常有趣,几乎每个地方的人都参加,故选 F。

3.A 根据设空处后一句“*Think how many people skate or ski in Japan, Norway or Canada.*”(想想在日本、挪威或加拿大有多少人滑冰或滑雪。)可知这里想谈论的是寒冷国家的人们,故选 A。

4.G 根据设空处前面的“*Some sports or games go back thousands of years...years old yet.*”(有些运动或游戏可以追溯到几千年前……但是篮球和排球是相当新的运动。它们的历史都还不足一百年。)以及设空处后一句“*Water-skiing is one of the newest in the family of sports.*”(滑水运动是运动家族中最新的运动之一。)可知这里想说人们

一直在发明新的运动或游戏,故选 G。

5.B 根据设空处后一句“One learns to fight hard but fight fair, to win without pride and to lose with grace.”(一个人要学会努力奋斗但要公平竞争,胜不骄,败不馁。)可知这里想说体育运动有助于塑造一个人的性格,故选 B。

【高频词汇】 1.fit *adj.* 健康的;健壮的 2.spread *v.* 传播;蔓延

3.fair *adv.* 公平地;公正合理地 4.character *n.* 性格;人物;角色

5.participate in 参加 6.competition *n.* 比赛;竞争 7.take part in 参加

8.all the time 一直,总是