

Part 4 Writing

应用文写作

写作题目

最近,你校英文报在举办主题为“**One hour of exercise a day makes a lifetime of health**”的征文活动。假定你是李华,请根据以下内容用英语写一篇短文。

- 1.你对征文主题的理解;
- 2.你喜欢的运动项目及活动情况;
- 3.该运动给你的生活和学习带来的好处。

注意:

- 1.词数 80 左右;
- 2.可以适当增加细节,以使行文连贯;
- 3.开头语已写好,不计入总词数。

Nowadays,playing sports is becoming more and more popular._____

思路点拨

主题	运动	体裁	应用文
人称	以第一人称为主	时态	以一般现在时为主
布局	第一段:对征文主题的理解; 第二段:介绍自己喜欢的运动及运动给自己带来的好处; 第三段:号召人们积极参加运动。		

遣词造句

I. 用本单元所学单词或短语填空

1. _____ *adj.* 积极的;正面的;乐观的
2. _____ *n.* 压力;紧张;重音
3. _____ 有作用或影响
4. _____ 锻炼;计算出;解决
5. _____ 放弃;投降
6. _____ 丧失信心;泄气

答案 1.positive 2.stress 3.make a difference

4.work out 5.give up 6.lose heart

II. 本单元语块、语法运用

1. 完成句子

(1) 锻炼能够给我们带来很大影响。

_____ can _____ to us.

(2) 运动可以帮助我们减轻压力,并且给我们提供交朋友的机会。

Doing sports can help us reduce our stress and offer us

opportunities _____ .

(3)我最喜欢的运动是篮球,篮球让我变得更加健康和乐观。

My favorite sport is basketball and it makes me _____ .

(4)通过打篮球,我学会了如何和别人打交道,也意识到了团队合作的重要性。

_____, I have learned how I should deal with others and have realized the importance of teamwork.

(5)输掉比赛教会了我永远不要放弃或失去信心。

Losing games teaches me never to _____ or _____ .

(6)一起来吧!让我们一起做运动,享受健康的生活!

_____ ! Let's do sports together and enjoy a healthy life!

答案 (1)Working out;make a great difference

(2)to make friends (3)healthier and more positive

(4)By playing basketball (5)give up;lose heart

(6)Come along

2.句式升级

(7)用 not only...but also...改写句(2)

(8)用定语从句改写句(3)

(9)用反意疑问句改写句(6)

答案 (7)Doing sports can not only help us reduce our stress but also offer us opportunities to make friends.

(8)My favorite sport is basketball, which makes me healthier and more positive.

(9)Come along!Let's do sports together and enjoy a healthy life, shall we?

连句成篇

参考范文

Nowadays, playing sports is becoming more and more popular. It is also your favorite, isn't it? After all, working out can make a great difference to us. Doing sports can not only help us reduce our stress but

also offer us opportunities to make friends.

My favorite sport is basketball, which makes me healthier and more positive. By playing basketball, I have learned how I should deal with others and have realized the importance of teamwork. Losing games teaches me never to give up or lose heart. In short, as a sports lover, I benefit a lot from basketball.

Come along! Let's do sports together and enjoy a healthy life, shall we?

■写作积累

1. Playing sports is one of the best ways to keep us fit. 做运动是让我们保持健康的最好的方法之一。

2. A healthy body is necessary for a healthy mind. 对于一个健康的大脑来说,一个健康的身体是必要的。

3. Life lies in movement, and sport is the thing that gives us an opportunity to move. 生命在于运动,体育运动给了我们活动的机会。

4. They can not only build up our bodies but also help us study more efficiently.

它们不仅能增强我们的体质,而且帮助我们更有效地学习。

5. When it comes to keeping healthy, playing sports enjoys widespread popularity among people. 当谈到保持健康时,做运动普遍受到大家的欢迎。

6. Different students have different reasons for taking part in sports.

不同的学生有不同的参加体育运动的原因。

7.Many students just want to relax themselves and have fun.

许多学生只是想放松自己,玩得开心。

8.Most boys take part in all kinds of sports in order to become stronger.

许多男孩子参加各种各样的体育活动是为了变得更加强壮。

9.Girls also like sports because they want to lose weight.

女孩子也喜欢体育运动,因为她们想减肥。

10.Only by keeping ourselves healthy can we feel energetic and confident in our study and work.

只有通过保持健康我们才能在我们的学习和工作中感到有活力和有信心。

实战演练



假定你是李华,你的英国朋友 Peter 来信询问你校学生的体育运动情况,请给他回信,内容包括:

- 1.学校的新体育场;
- 2.主要的运动项目;
- 3.你喜欢的项目。

注意:

- 1.词数 80 左右;
- 2.可以适当增加细节,以使行文连贯。

of sports activities can be carried out, of which table tennis, football and running competitions enjoy great popularity. I am particularly fond of basketball because it has been giving me strength to face the challenges in my life.

Finally, I sincerely invite you to visit our school and join in the sports we both like.

Yours,

Li Hua