

Unit 3 Sports and Fitness

Words and expressions

未知探究：详情见 PPT

当堂检测：

一、单词拼写

1. We will definitely get a medal in the team _____ (项目).
2. This activity is suited to all levels of _____ (健康).
3. She won three silver _____ (奖牌) in the Olympics.
4. French was a language he had never _____ (掌握).
5. Most students take _____ (积极的) attitudes towards their difficulties.
6. There are many _____ (传说) in China.
7. Wang collected more than _____ (百万) old bricks of different ages.
8. Tom was caught _____ (作弊) in the Chinese exam.
9. The new song is popular with the _____ (听众).
10. Because Mary is on a diet, she is becoming _____ (苗条) than before.
11. According to the doctor, _____ (慢跑) is good for our heart.
12. The little girl can't fall asleep because of too much _____ (压力).
13. I like volleyball and _____ (体操), which I do most of the year.
14. She has always been encouraged to swim to build up the _____ (力量) of her muscles.

二、单句语法填空

1. He is used to _____ (get) up early to read English in the morning.
2. You should get more exercise to _____ your muscles. (strong)
3. Tom worked hard and set _____ example to his classmates.
4. It was his _____ (determine) that got him into a medical school.
5. My left foot was _____ (injury) in the football game yesterday.
6. She danced _____ in the dancing party last night. (graceful).
7. Traffic accidents happen now _____ then in our daily life.
8. Yuan Longping _____ (honor) as "Father of Hybrid Rice".
9. This is _____ my father has taught me—to always face difficulties and hope for the best.
10. I don't think I am _____ failure because I believe _____ (fail) is the mother of success.
11. We think it _____ great honor to be invited to your country.
12. _____ (determine) to look after his parents well, he moved to live with them.
13. It was when I got back to my apartment _____ I first came across my new neighbors.
14. _____ (compare) to our small apartment, our uncle's house seemed like a palace.
15. _____ (master) a new skill, you must learn carefully.

三、完成句子

1. 众所周知，锻炼对我们的健康有很大的作用。(make a difference)
2. 为了保持健康，我决定改掉这些坏习惯。(determine to do, get rid of)
3. 自从对自己和自己的身体有了积极的态度后，我现在越来越健康了。(be positive about)

四、请用以下本单元所学词汇完成下列短文，然后核对答案并背诵该短文。

sweat, honour, pretend, positive, determination, rather than

Competitive Sports and Mass Sports

Including soccer , boxing, badminton , marathon ,skiing, gymnastics and track and field, there seem to be hundreds of sports for us. In stadiums, gyms,or homes, we can work out 1. _____ all over. Competitive sports mean that athletes must compete against each other for medals in championships or events in Olympics to win 2. _____ and glory for their country, which needs not only skills and strength but also great 3. _____. However, success often comes along with error , stress, failure and injuries. Sometimes even a master may fall apart, but he never loses heart. Finally he makes it and becomes a champion and legend , setting an example to others. Compared with competitive sports, mass sports focus on fitness 4. _____ competition. Millions of people go jogging or do push-ups to keep slim instead of going on a diet by cutting out fat. However, with no audience to shout encouragement, they may give up. They cheat themselves into taking exercise the next day or 5. _____ to have done it otherwise, which doesn't make sense. However , even if you take exercise now and then, it will make a difference and have 6. _____ effects, won't it?

五、用单词的适当形式完成短文

Up to 82 percent of children with healthy mothers are not easy to be obese (肥胖的) , according to research. A mother, 1. _____ has a healthy weight, exercises regularly, eats a healthy diet, doesn' t smoke and only 2. _____ (drink) wine in moderation, is significantly less likely 3. _____ (have) a fat child, scientists say.

And research suggests it could be more to do with nurture(养育) 4. _____ nature, as a mother's lifestyle appears 5. _____ (direct) linked to the health of her child. When both mother and child follow a healthy lifestyle, the risk of obesity 6. _____ (reduce) even more, the study of more than 24,000 children found. The study examined the medical history and lifestyles of more than 24,000 children aged from nine 7. _____ fourteen, born to almost 17,000 women in the US. Researchers looked at the link between overall mother health and likelihood of a child 8. _____ (be) obese.

The mother's health was judged on her height-to-weight ratio(比例), her diet, amount of physical 9. _____ (active), smoking status and how much alcohol she drank. A healthy weight and diet, regular exercise, no smoking and moderate drinking all reduce the chance of a woman having 10. _____ obese child.

六、语法填空

The art of sugar painting in China may date back 1. _____ the Ming Dynasty, when sugar figures 2. _____ (make) in molds(模具) as part of a sacrifice in religion. In the Qing Dynasty, sugar painting gained more 3. _____ (popular). The molds were also replaced with a small bronze spoon.

As time passed by , the contemporary form of sugar painting has gradually evolved, 4. _____ (range) from animals to cartoon characters. The sugar painter, 5. _____ melts the sugar, concentrates on drawing with a spoon. In a few seconds, all kinds of images 6. _____ (vivid) appear on the board. After the sugar becomes solid, you can use 7. _____ bamboo stick to hold it. With a piece of sugar painting 8. _____ (appreciate) and consumed as well, it's particularly popular with young children in China.

9. _____ the number of sugar painters has decreased, this special folk art of sugar painting , due to 10. _____ (it) unique charm, has drawn more and more attention from people in China. Hopefully, the art of sugar painting will continue to last for many generations.