

Unit 3 Sports and Fitness Reading for writing

班级_____姓名_____小组_____

一、学习目标

- 1、 read a page in a wellness book and collect information;
- 2、 learn to think and act in positive ways ;
- 3、 write a short passage added to a wellness book

二、重点、难点

use what you learned to write a wellness book.

三、导学流程

(一) 基础感悟 (导学导读):

I.课文填空

I always wanted to look like the slim girls on TV even though I knew that it was 1 _____ (possible) . To lose weight, I tried every new diet I read about online. I tried no-fat, low-fat, 5:2, only bananas, no bananas --- I almost 2 _____ (go) mad.

Then an article changed me. It said instead of asking “Am I fat?” I should be asking “Am I fit?” I didn’ t know a letter could make such a 3 _____ (different)! Then I started thinking about fitness rather than weight. I didn’ t say that I wanted to lose three kilos. Instead, I would say I wanted to run two kilometres in eight 4 _____ (minute) or that I wanted to be able to do 30 push-ups. I preferred 5 _____ (add) healthy foods to my meals rather than cut 6 _____ the foods I enjoyed. I still had a burger now and then, 7 _____ I would add a salad or an apple.

Finally, I stopped comparing myself with actresses and models and looking for things 8
_____ were wrong with my face or body. Instead, I made a list of the things I liked about 9
_____ (I). I became more positive about myself and my body. As 10 _____ result , I
became both happier and healthier.

(二) 未知探究:

II. 健康手册写作

（一）写作指导

三段式应用文基本框架：

开头段	提出话题，揭示问题；
中间段	探讨话题内容，提出解决方案；
结尾段	总结结果，提出希望。

（二）常用词块与句式

常用词块

1. **player/athlete/competitor** n. 运动员/竞技者
2. **sports events** 体育项目; 运动项目
3. **compete in/against/for** 参加……; 与……对抗; 为……而比赛
4. **be active and energetic in** 在……方面积极活跃
5. **get injured** 受伤

5. face difficulty 面临困难

6. work out 锻炼；计算出；解决

7. lose heart 失去信心

8. make a difference 有作用或影响

表示相似 的词块	like	so	too	still	similarly	similar to	the same(…as…)	in
	common(with)	both…and…						
表示不同 的词块	instead	than	however/but/though		different from		rather than	
	instead of	the difference is						

常用句式

1. I used to catch a cold.

2. As we all know, health is very important to everybody.

3. I come to enjoy several outdoor sports.

4. We should be cycling at least two or three times a week.

5. Working out can make a great difference to us.

6.. In fact, exercise of any kind seems to be the key to better health.

7. Sports are also very useful in teenagers' character building

（三） 当堂检测：

（四）IV. 写作任务 1. 题目要求：

假定你是 Linda 的同学，Linda 现在正感到生活不快乐、不健康，有压力，但又不知道如何改变自己的生活方式，于是她向同学们寻求建议。

下面是你为 Linda 提的几点建议，请按照以下内容写一篇健康手册（80 词左右）。

1. 你担心的东西太多。

2. 你应该相信，合适的生活方式能够改变你的生活。

3. 你要有足够的睡眠，这样才能精力充沛（energetic）、学习积极（active）。多锻炼也是非常重要的。

4. 学习之余听音乐可以减轻压力。

2. 完成句子：

很抱歉得知，你正因为压力而经历一段艰难的时期。

Sorry to learn you are _____.

不去担心你周围的一切，适当的生活方式是很有价值的。（instead of…,be of value）

_____ about everything around you, a proper lifestyle can _____.

你过去常常睡不到 8 小时。（used to do…）

You _____.

相反，8 小时的高效睡眠会让你更加活跃和精力充沛。（Instead; both…and…）

_____, an _____ efficient sleep will help you to be _____.

学习后不要焦虑，而是听音乐减轻你的压力。（rather than）

It can reduce your stress _____ music _____ after studying

秒笔成篇——学生自己尝试完成写作任务。
