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Recreation and Sports "All work and no play makes Jack a dull boy" is a popular saying in the United States. Other countries have similar sayings. It is true that all of us need recreation. We cannot work all the time if we are going to maintain good health and enjoy life. Good physical and mental health in fact enables us to work more efficiently. Everyone has his own way of relaxing .Perhaps the most popular way is to participate in sports. There are team sports, such as baseball, basketball, and football. There are individual sports, also, such as golf and swimming. In addition, hiking, fishing, sailing and mountain climbing have a great attraction for people who like to be outdoors. Chess, card-playing , and dancing are forms of indoor recreation enjoyed by many people. Not everyone who enjoys sporting events likes to participate in them. Many people prefer to be spectators, either by attending the games in person, watching them on television, or listening to them on the radio. When there is an important baseball game or boxing match, it is almost impossible to get tickets. everyone wants to attend. It doesnt matter whether we play a fast game of ping-pong, concentrate over the bridge table, or go walking through the woods on a brisk autumn afternoon. It is important for everyone to relax from time to time and enjoy some form of recreation.

练习：1 . Paragraph 2_____2 .

Paragraph3_____3 . Paragraph4_____A) The

important of having recreation B) The recreation centers C) Type of sports D) Fun of being spectators 4 . To keep fit and enjoy life , all of us must have _____ . 5 . Participating in door sports or outdoor sports is a good way _____ . 6 . Many people prefer watching games to _____ . 7 . It is generally believed that those who work all the time and do not know how to relax _____ . A) must be very boring B) some kind of recreation C) participating in them D) to relax oneself E) to choose ones own way of relaxing Keys: CDABDCA 100Test 下载频道开通 , 各类考试题目直接下载。详细请访问 www.100test.com