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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 , siding 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 doesn't 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.

Paragraph 4 _____ . 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 one s own way of relaxing

Keys : CDABDCA

PASSAGE 6 Work and Careers Sometimes we say that someone we know is a “ square peg in a round hole ” (1) 。 This simply means that the person we are talking about is not suited for the job he is doing. He may be a bookkeeper who really wants to be an actor or a mechanic who likes cooking. Unfortunately , many people in the world are “ square pegs ” ; they are not doing the kind of work they should be doing , for one reason or another. As a result they probably are not doing a very good job and certainly they are not happy. Choosing the right career is very important. Most of us spend a great part of our lives at our jobs. For that reason we should try to find out what our talents are and how we can use them. We can do this through aptitude test , interview with specialists , and study of books in our field of interest. There are many careers open to each of us. Perhaps we like science. Then we might prepare ourselves to be chemists , physicists , or biologists. Maybe our interests take us into the business world and such work as accounting , personnel management or public relations. Many persons find

their place in government service. Teaching , newspaper work ,
medicine , engineering these and many other fields offer fascinating
careers to persons with talent and training. 100Test 下载频道开通
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