

雅思口语黄金素材:Sport(下) PDF转换可能丢失图片或格式，
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https://www.100test.com/kao_ti2020/176/2021_2022__E9_9B_85_E6_80_9D_E5_8F_A3_E8_c8_176863.htm 语句库：You are in great shape.你身体素质真好。 Baseball is my favorite sport. What ' s your favorite? My nephew is a baseball player. He is a catcher. When you played football, what position did you play? We played a game last night. The score was tied six-to-six. I went to a boxing match last night. It was a good fight. When I was on the track team, I used to run the quarter mile. I like fishing and hunting, but I dont like swimming. My favorite winter sport is skiing. I belong to a ski club. Would you be interested in going to the horse races this afternoon? The hardest thing to learn is to be a good loser. Be a good sport. Play according to the rules of the game. Our family went camping last summer. We had to buy a new tent. This afternoon we went to the gym for a workout. We lifted weights. My muscles are sore from playing baseball. Jogging early in the morning has improved her health.清晨慢跑增进了她的健康。 He was catching his breath after the 1000 meter race.1000米赛跑结束以后，他累得气喘吁吁。 I ' ve had no exercise for ages ; I ' m really out of condition.我已好久没锻炼了，现在健康状况欠佳。 Swimming is the best way to tone up your body.游泳时最佳的健身方法。 He has few peers in pennies.他打网球少有对手。 I like playing basketball and badminton.我喜欢的篮球和羽毛球。 Did you watch the football game between Manchester United and Arsenal last night?昨晚你看了曼联队阿森纳的足球比赛了吗？ The Sidney Olympics

attracted more than one million new travelers into Australia.悉尼运动会吸引了大约一百万旅游者到澳大利亚。 He is a big fan of the NBA games.他是NBA的铁杆球迷。 African athletes are good at track and field events.非洲选手擅长田径项目。 The annual school sports meet is held in March. 年度校际运动会在三月份举行。 我已经在屋子里闷了整整一个星期了。 I ' ve been cooped up in the house for the whole week. 我们到外面呼吸一些新鲜空气吧。 Let ' s get out for some fresh air. 我感觉得出去走走了。 I feel I have to get away from it all. Walking up and down the stairs would beat any exercise machine.上下楼梯可比什么健身器都要好。 狂欢 painting the town red. Ive got to start working out . 我必须开始做健身运动了。 She runs everyday in order to lose weight. 她每天都跑步是为了减肥。 Going swimming should be a good way of letting your hair down after a hard day ' s work.游泳是在辛苦了一天后放松自己的好办法。 People not only keep fit or keep a good shape through doing more physical exercises, but also make many friends who have the similar interests. When I attended a basketball club, I knew my current best friends, Tom. 人们不但可以通过作更多的锻炼保持健康和好身材 , 他们也能够交到志同道合的朋友。 当我参加篮球俱乐部的时候 , 我认识了我在最好的朋友 , Tom。 Let your hair down 轻松一下 , 忘记工作和压力 Keeping fit--or maybe getting in shape--is often high on the list of New Years resolutions for Americans. In the past two decades, fitness has become a fad. Many Americans have joined health clubs to work out with professional equipment. Sports stores sell athletic shoes and clothing for every possible exercise situation. People can

even buy weights and equipment and set up their own exercise center at home! 保持健美或者保持匀称的身材通常是美国人新年新计划中高居前面的一项。过去20年来，健美已蔚为风尚。很多美国人加入健身俱乐部，使用专业的设备做运动。运动商品店里售有各种运动项目所需的运动鞋和服装。人们甚至买哑铃和训练的设备，在家里设置专属的运动中心！President Bush has always loved the game of baseball. Mister Bush says that when he was a boy he wanted to grow up to be a baseball player. He said the game taught him to develop a strong resistance against critics. He said it also taught him to rise above minor problems and work instead on long-term goals. If our bodies are not strong, our spirit to do things will certainly be quite dull. And at the same time, we are lack of energy to study. Diseases will only attack the weak, but not the strong. 如果我们的身体不强壮，我们做事的精神一定会十分迟钝。而且同时，我们也缺少足够的精力来读书。疾病只为侵袭体弱的人而不是强壮的人。Exercise helps us (to) strengthen our bodies and avoid disease. It also teaches us cooperation, for most exercise is played by team. 运动帮助我们强壮身体并避免疾病。它也教我们合作，因为大多数的运动都是团体游玩的。China is called “table tennis kingdom” . Apparently, Ping Pong is the most popular sports. 中国被称为“乒乓王国”。很显然，乒乓球是最受欢迎的运动。It depends. It 's lovely for an individual to spend time on what he or she prefers to do, but if he or she is too addicted, it might lead to excessive waste of time. 人们将时间花在他们喜欢做的事情上是很美好的。但是如果他太上瘾了，就容易过度的浪费时间。In 21st century,

more people concerns their physical health and when they are free, physical fitness is supposed to be their best choice. So I believe that the corresponding training like aerobics and yoga gets superheated. 在二十一世纪，更多人们关心身体健康。当他们有空的时候，体育健身应该是他们最佳的选择。因此相关的培训比如：一些有氧舞蹈课程、瑜伽课程将会变得非常火爆。 Health is the best treasure (which) a man can possess. Money can do many things, but it cannot buy happiness. However, so long as man has good health, he can enjoy the pleasures of human life. 健康是一个人所能拥有最好的财富。钱能做许多事情，但是它却不能购买。然而，只要一个人有良好的健康，他就能享受人生的乐趣。 In order to insure good health we must pay attention to three things. They are nourishing food, fresh air and proper exercise. 为了保证良好的健康，我们必须注意三件事情。它们是营养食物，新鲜空气和正当运动。 Physical fitness and exercise are important for good physical and mental health. Exercise helps a person develop and maintain a strong self-image and a sense of emotional balance. As a person gets older, exercise becomes more important because after age 30 the heart's blood pumping capacity declines at a rate of about 8 percent each decade. Exercise is also important for children. Vigorous physical activity helps a child's overall development. Research shows that exercise can reduce the gathering of cholesterol on artery walls of children and adults. Too much cholesterol can increase the risk of heart disease. There is, however, no evidence that exercise prolongs life. Former athletes do not live longer than nonathletes, nor are they saved from heart

disease. The benefits of exercise cannot be kept for more than a few months or years without continued exercise. Even Olympic-level athletes will go back rapidly to pre-training levels once they stop exercise. The amount of activity necessary for fitness varies from person to person. Age, physical structure, health, and gender are important factors. 世界各国的“为足球痴狂”的情况：Soccer becomes part of European culture. To meet the fans in the stands at football games across Europe. They wear face paint, shout at the teams they love or hate and go crazy when talking about the players they think truly stink. In Europe, soccer has so long a history that it has become part of the culture. But each European country has its own “football culture”. Britain: British football is not necessarily the best in the world, but its football marketing is no doubt the most successful of all European countries. The English Premier League draws global television audiences, and Michael Owen and David Beckham have become worldwide superstars. Part of the reason comes from Britons' love of the sports. Many British football fans enjoy gathering in pubs to talk about their favorite teams and players and to watch games together. The Winchester Hall Tavern in London is one of the most famous football pubs in Britain. The large old Victorian pub is equipped with five TVs and a big screen. It's so large that it never gets packed. Partly due to the excessive drinking in the pubs, Britain also produces some infamous hooligans, who have become an increasing headache for police offices in Europe. Germany: According to 1996 report to the European parliament, German fans tend to come from the middle class of

society, and can be divided into three broad types. The

“ consumer-oriented ” fan will sit in the stands or seek a quiet spot on the terraces and just wants to see good games. The

“ football-oriented ” fan dressed in his team ’ s colours and badges, is a member of the supporter ’ s club, stands on the terraces and supports his club through thick and thin. The

“ adventure-oriented ” fan will change his spot on the terraces from game to game and wants to see something happen, whether it has anything to do with football or not. Italy: Football culture is an extended form of town .France: Football in France has never attracted the numbers of live spectators, or inspired such passionate support, as in other European countries. Despite the current popularity of the sport, even major cities cannot have more than one team, and matches attract on average only a third of the spectators of their equivalents in Italy, England and Spain. The interest has increased largely due to the successes of French teams in international competition and accompanying large scale investment in the “ promotion ” of football. The revival of popular interest in football and the increase in attendance at football matches have led to a diverse group of fans. The majority of spectators are both from the working class and the middle class. Some have even described the fans in French as: “ with the exception of the upper classes, all of society is found in the stadium ” .Football craze In recent years more and more people have been drawn to football. Football fan clubs and associations have been set up across the country. In fact, football is becoming such a focus of interest that even football fans are

becoming celebrities. Football fans, form a special informal social group and their emergence “ boils down to people ’ s desire to belong to something ” .Football satisfies this desire of belonging, as fans can organize themselves into groups to support a team through good times and bad. The reason that football had become so popular was that anyone could be a supporter. You do not have to take exams to be supporter. you even don ’ t have to be able to play football. The competitive nature of the game gives fans a sense that they are part of a special social group. With its fierce rivalry and mass participation, football is unique. It is the world ’ s No. One sport. The huge size of the field also gives a chance for the players to be creative and for the spectators to look on in awe. People can express themselves through football. And it ’ s quite easy to learn and play the sport: you need only a ball. Whilst in European countries people have always been aware of football ’ s power to make supporters react in such an intense and passionate way, this was the first time for the Chinese public to see such a response. The May 19 incident ironically had the effect of drawing more fans to the games rather than turning them away. The response contrasted to May 19, 1985, when after hearing that China had failed to get into the World Cup finals, fans went on a rampage and started burning cars and causing fires on the streets of Beijing. "One world, One Dream" Slogan of the Beijing 2008 Olympic Games "One World, One Dream," is an embodiment of the wisdom of hundreds of thousands of people. It expresses the firm belief of a great nation, with a long history of 5,000 years and on its way towards modernization, that is committed to

peaceful development, a harmonious society and people ' s happiness. The slogan is simple, meaningful, inspiring, and easy to remember, read and spread. The Olympic Games are unique in their ability to attract the world ' s attention, using sport to promote peace and understanding. ----来自《雅思口语终结版8分必备宝典》 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