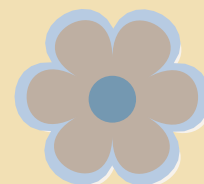
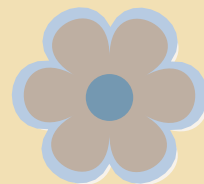
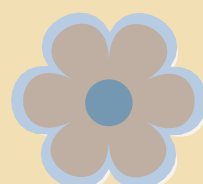
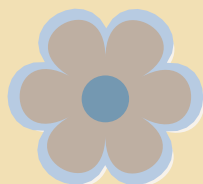
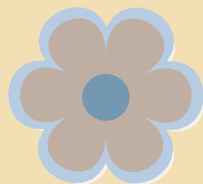
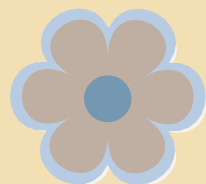




# UNIT 3 SPORTS AND FITNESS

必修第一册



# Part 1 核 心要点突破

佳作抢鲜背

内

容

索

引

● Part 2 基础达标检测  
双写培优练



01

# 佳作抢鲜背

精彩范文

迁移运用



## 学写作思路，背精彩范文(报道——越野赛)

(2021·新高考I卷)假定你是李华，上周日你校举办了5公里越野赛跑活动。请你为校英文报写一篇报道。内容包括：1. 参加人员；2. 跑步路线：从校门口到南山脚下；3. 活动反响。



## 精彩范文

In order to **enrich our campus life**, our school **organized** a 5 km cross-country running race last Sunday. Ninety students from twenty classes **participated in** the race, **among whom thirty were girls**. Participants **set out** at 9 am from the gate of the school, through the Renmin Park, and finally arrived **at the foot of** Nanshan Mountain. After the race, we felt that **not only** did the event improve our physical and psychological quality, **but it also** helped us build a positive attitude towards life. We **do** hope that the school will **carry out** more similar activities in the future.



## 迁移运用

每日句型练透: not only...but also...

The activity <sup>benefited</sup> Not only did it make us get close to a nature and give us relaxation from heavy school work, but it also <sup>us</sup> promoted the friendship among us

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这次活动使我们受益良多，不但使我们亲近了大自然，让我们从繁重的功课中得到放松，而且促进了我们的友谊。





# Part 1 核心要 点突破

**热考词汇**

**经典句式**



## 热考词汇

1. honour *n.* 荣誉 (glory); 尊敬 (respect); 荣幸 *v.* 尊敬; 给予表扬 (praise) → honourable *adj.* 可敬的; 体面的

以练促学 补全句子/一句多译

① People celebrate the Dragon Boat Festival in honour of Qu Yuan,

who is a great Chinese poet. (节日介绍)

人们庆祝端午节纪念屈原，他是中国一位伟大的诗人。





②我很荣幸邀请您参加我们学校广播电台的英语节目“Talk and Talk”的采访。

(邀请信, 2022·新高考I卷)

→ \_\_\_\_\_ give  
an interview on the English program “Talk and Talk” in our  
school’s radio station. It is a great honour for me to invite you to

→ \_\_\_\_\_ give  
an interview on the English program to “invite you to talk” in our  
school’s radio station. I feel greatly honoured to

→ \_\_\_\_\_ give  
an interview on the English program “Talk and Talk” in our  
school’s radio station.



## 用法归纳

· It' s an honour for sb to do sth. 对某人来说做某事很荣幸。

feel it an honour to do sth 为做某事感到荣幸

in honour of... 向……表示敬意；为纪念……

· be/feel honoured to do sth 做某事感到荣幸

honour sb with sth (for sth) (因某事)给某人……奖励/头衔/称号

佳句背诵 It is a great honour for me to deliver a speech to share with you my opinions on Peking Opera. (演讲稿)

我非常荣幸地发表演讲，与大家分享我对京剧的看法。



2. determination *n.* 决心；决定 (decision) → determine *v.* 测定；决定 (decide)；确定 → determined *adj.* 坚决的；有决心的

以练促学 补全句子

① In view of my family's awkward situation, I finally determined to hand in all the money earned, so I rushed home with great excitement. (2021 · 浙江6月卷)

考虑到我家的窘境，我最终决定上交我挣的所有钱，因此我非常兴奋地冲回家。

② At my words, with tears rolling down his cheeks, David turned to me and expressed his determination to finish firmly

the cross-country run. (2022 · 新高考 I 卷)

听了我的话，大卫泪流满面，转向我，坚定地表达了他要完成越野跑的决心。



## 用法归纳

· the determination to do sth 做某事的决心

with determination 坚决地

· determine to do... 决定做……(表示动作)

determine on sth 决定某事

· be determined to do sth 决心做某事(表示状态)

佳句背诵 “We all appreciate your determination to overcome the challenges,” I looked at David’s face and said gently. (2022· 新高考 I 卷)

“我们都欣赏你克服挑战的决心。” 我看着大卫的脸温柔地说道。



3. injure *vt.* 使受伤 (hurt); 损害 → injured *adj.* 受伤的; 有伤的 → injury *n.*  
伤害; 损伤

以练促学 单句语法填空/补全句子

① He lost control of the car, crashed into the truck and got seriously injured (injure).

② The captain recovered from his injuries (injure) soon with the help of skilled doctors and nurses.

③ The rescue team dashed to the spot <sup>offered first aid to</sup> like arrows, the injured and then rushed them to the nearest hospital

\_\_\_\_\_ . (比喻; 动作链)

营救队像箭一样冲往现场, 给伤者实施急救, 然后急忙把他们送往最近的医院。



## 用法归纳

▪ get/be injured 受伤

the injured 受伤的人；伤员

▪ do sb an injury=do an injury to sb 伤害某人

佳句背诵 Seeing the injured man come out of the car, all the people on the spot breathed a sigh of relief. (情绪描写)

看到受伤的人从车里出来，现场所有的人都松了一口气。



4. strength *n.* 力量; 体力; 优势 → strong *adj.* 强壮的 → strengthen *v.* 增强  
(enhance/boost)

以练促学 单句语法填空/补全句子

① Last but not least, through my introduction and efforts, I believe I <sup>can</sup> strengthen (strength) the friendship between China and Britain. (申请信)

② As far as I'm <sup>concerned</sup>, ~~practising~~ <sup>not only build up our strength</sup> Chinese kung fu can

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—  
but also shape our character. (传统文化)

就我而言 练习中国功夫不仅可以增强体质 还可以塑造我们的品格。



## 用法归纳

have the strength to do sth 有力气做某事

with all one' s strength 用尽全力

build up one' s strength/body 强身健体

strengths and weaknesses 优势和劣势

佳句背诵 Knowing my strengths and weaknesses all too well, I decided to focus on the task of working on the subject. (2022 · 浙江1月卷)

我非常清楚自己的优点和缺点，所以我决定专注于研究课题。





5. compete *vi.* 竞争；对抗 → competition *n.* 竞争；比赛

(match/contest) → competitive *adj.* 竞争的；有竞争性的 → competitor *n.* 竞争对手

单句语法填空/补全句子

① To arouse students' passion for nature and art, our school English newspaper will hold a participating creation competition (compete) on the theme of "The Beauty of Nature". (通知)

② Life is like a long competitive race in which we compete with/against others to go beyond ourselves. (比喻；主旨升华)

人生就像一场漫长的竞赛，我们与别人竞争，以超越自己。



## 用法归纳

compete with/against sb 和某人竞争

compete for sth 为……而竞争

compete in sth 参加(竞赛或比赛)

**佳句背诵** Bathed in sunshine, players from Grade 3 competed against their teachers in the basketball field surrounded by students watching excitedly. (活动介绍)

沐浴在阳光下，三年级的球员们在篮球场上与老师们展开了一场激烈的比赛，周围都是兴奋地观看的学生。



## 6. give up 放弃(quit); 投降

以练促学 单句语法填空/补全句子

① Although he didn't admit that he had cheated in the exam, his facial expression gave away him.

② Although their strength was giving out, no participant gave up halfway. (2022·新高考I卷)

③ Seeing the twins' disappointed faces, the father willingly gave them a hand to cook breakfast and whispered gently, "My dear children, don't give in to the temporary difficulty" (2021·新高考I卷)

看到这对双胞胎失望的脸庞，爸爸乐意帮助他们做早餐，并且温柔地轻声说道：“亲爱的孩子，不要向暂时的困难屈服。”



## 用法归纳

give in 屈服, 投降

give out 分发; 用光; 耗尽

give away 赠送; 泄露

give off 散发(光和热等)

give way to 给……让路

give sb a hand 帮某人一个忙

佳句背诵 Seeing his face filled with anxiety, I knew David would

give up participating in the cross-country race. (2022·新高考I卷)

看到大卫焦虑的表情, 我知道他会放弃参加越野赛的。



7. make sense 有道理；合乎情理；表述清楚

以练促学 词汇升级/补全句子/句式升级

① With the guidance of my grandfather, not only did I understand some complicated characters through daily practice, but more importantly, I became more patient and focused. \_\_\_\_\_

② There is no point/sense in spending too much time worrying about it.

Now I'd like to offer some tips to you. (建议信)

花太多时间去担心它是没有意义的。现在我想给你提供一些建议。

③ You should in no sense lose heart; keep trying and you will make it sooner or later.

→ In no sense should you lose heart, keep trying and you will make it sooner or later. (倒装)



## 用法归纳

▪ make sense of 理解；明白

It makes (no) sense to do sth. 做某事(没)有道理/意义。

▪ in a sense 从某种意义上说

in no sense 决不(用在句首时，句子主谓部分倒装)

There is no sense/point in doing sth. 做某事没道理/意义。

佳句背诵 I' m writing to request you to recommend some English classics that I can easily make sense of. (求助信)

我写信请求您推荐一些我能够容易理解的英文名著。



以上内容仅为本文档的试下载部分，为可阅读页数的一半内容。如要下载或阅读全文，请访问：  
<https://d.book118.com/645033211200011312>