

# Hobbies and Sports

## 业余爱好和体育运动

### 1 思维拓展及如何审题 Brainstorm

业余爱好和体育运动这个话题同学们应重点准备，因为这个话题的适用面比较广。你的业余爱好既可以是你在 Weekend 最喜欢的放松方式，又可以是你在 Holiday 常做的事情，还可以是你 Shopping 时的购物动力，更可以是你在 School 常参加的活动。所以“选”好你的 hobby，让一个回答帮你搞定多个话题的问题。正是因为这个原因，我们把 Hobbies and Sports 话题放在本册的第一课。

同学们不妨从以下几方面着手准备：你有什么爱好或喜欢什么运动（what）、为什么喜欢做这件事（why）、什么时间做这件事（when）、在哪里做这件事（where）、有什么收获（what）、做这件事的频率（how often）等。

考官常会问到的问题



问题

1

你喜欢做运动吗?

Do you like playing sports?

用 Yes/No 回答了这个问题之后, 要追问一下自己 Why or why not, 用 because 句型解释一下你喜欢或不喜欢做运动的原因。不等考官问你为什么而主动给出一些相关的信息, 这样会给考官留下很好的印象。

句型示例

Yes, I like playing sports very much because ... (why). / No, I don't like playing sports because ... (why not).

问题

2

你有什么爱好吗?

Do you have any hobbies?

和上道题目类似, 回答了 Yes/No 后, 不妨再从以下几个方面来深入谈谈你的爱好: 为什么有这个爱好 (why)、什么时间做这件事 (when)、在哪儿 (where)、和谁 (who)、频率 (how often) 等。

句型示例

Of course. I like ... (what) the most because ... (why). I do it ... (how often). I often do it in ... (where) with ... (who). I find it ... (how).

**问题** 你为什么有这个爱好/喜欢做这件事?

3

**Why do you like it?**

关于为什么喜欢，可以从这几个方面来回答：对身体健康的影响 (health)、对性格的影响 (personality)、对个人发展的影响 (personal development) 等。

**句型示例**

There are many reasons why I like ... (what). First, ... (why). Second, ... (why). Finally, ... (why).

**问题** 你经常和谁一起做运动?

4

**Who do you often play it with?**

回答了 who，同学们还可以附加回答以下几个问题：为什么喜欢和这个人一起玩 (why)、什么时候玩 (when)、在哪儿玩 (where)、你的感受 (how)。

**句型示例**

I often play ... (what) in ... (where) with ... (who) because ... (why). I feel ... (how) when I play with him / her.

## 2 词汇讲解 Vocabulary

## 基础词汇 Basic Vocabulary

Types of sports 运动类型		
 basketball 篮球	 football 足球	
 volleyball 排球	 baseball 棒球	
 table tennis 乒乓球	 badminton 羽毛球	
 golf 高尔夫	 tennis 网球	
jogging 慢跑	cycling 骑自行车	skating 滑冰
skiing 滑雪	boxing 拳击	shooting 射击
yoga 瑜伽	swimming 游泳	hiking 远足
Other hobbies 其他爱好		
read stories 读故事书	watch movies 看电影	
do shopping 购物	listen to music 听音乐	
play computer games 玩电脑游戏	take photos 摄影	
Frequency 时间频率词		
always 总是	every day 每天	
usually 通常	every weekend 每周末	
often 经常	every other week 每隔一周	
sometimes 有时	once a week 每周一次	
seldom 很少	twice a month 每月两次	
never 从不	four times a year 每年四次	

亮点词汇 Advanced Vocabulary

<p><b>physical fitness</b> 身体健康</p>	<p>We must take good care of our <b>physical fitness</b>.</p> <p>我们必须注意身体健康。</p>
<p><b>mental health</b> 心理健康</p>	<p>Playing sports is good for our <b>mental health</b>.</p> <p>做运动对我们的心理健康有好处。</p>
<p><b>teamwork</b> n. 团队合作；集体活动</p>	<p><b>Teamwork</b> teaches children how to cooperate with each other.</p> <p>集体活动教会小朋友们如何相互合作。</p>
<p><b>regularly</b> adv. 有规律地；经常</p>	<p>He seldom catches colds because he exercises <b>regularly</b>.</p> <p>他很少感冒因为他经常锻炼。</p>
<p><b>be good at</b> 擅长做某事</p>	<p>I'm very <b>good at</b> playing badminton.</p> <p>我很擅长打羽毛球。</p>
<p><b>be interested in</b> 对某事感兴趣</p>	<p>I'm <b>interested in</b> trying different things.</p> <p>我对尝试不同的事物感兴趣。</p>

### 3 常见问题及回答 Possible Q&A

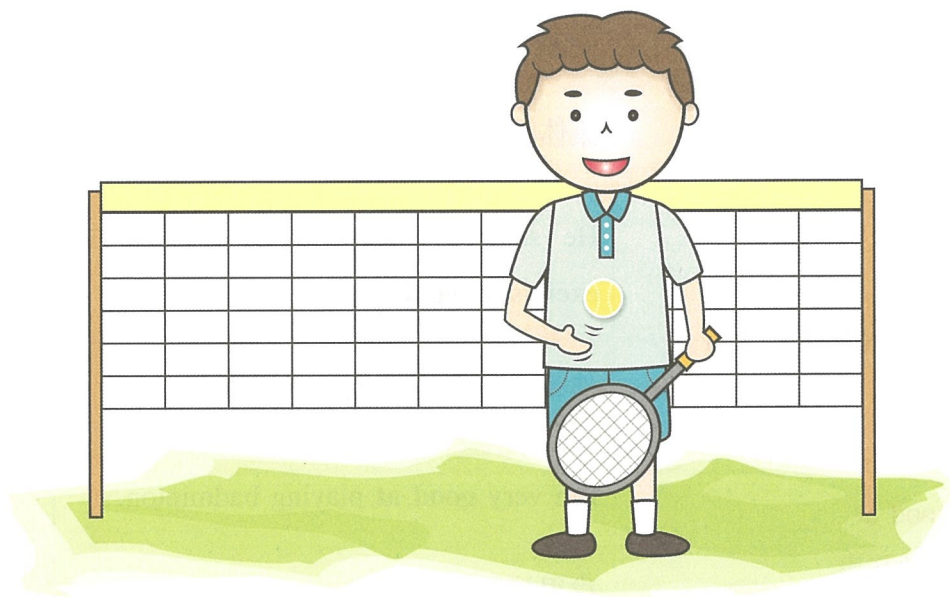
#### 问题1 Do you have any hobbies?

及格回答 Survival answer:

Yes, I like playing tennis very much. It relaxes me and **I find it interesting.**

高分回答之一 Better to say:

Yes, I enjoy playing tennis very much. It relaxes me and I find it interesting. I **spend a lot of my spare time playing** it. I think **that's why** I'm stronger than most of my classmates.



高分回答之二 Or:

One of my hobbies is playing the piano. I can play it quite well. I like playing soft music at night before I go to sleep. It helps me **fall asleep** faster. I also play it when I feel **nervous** before exams. It makes me **calm down**.



### 点睛之笔

- 形容词的比较级是四级的新增语法点。例句：

I am taller than most of my classmates.

我比班里多数同学都高。

- 表达喜欢做某事也是四级的重要考点：

- 1) like doing sth. 喜欢做某事，表示经常性的爱好。例句：

I like playing the piano.

我喜欢弹钢琴。

- 2) enjoy doing sth. 享受 / 喜欢做某事。例句：

I enjoy playing basketball very much.

我非常喜欢打篮球。

- 3) be interested in doing sth. 对做某事有兴趣。例句：

I'm interested in reading stories.

我对读故事书很感兴趣。



4) like to do sth. 想做某事，表示某一次的动作。例句：

I like to swim later.

我一会儿想去游泳。

• find+名词或名词性短语+形容词，find 译为“发现，发觉”。例句：

I find playing tennis interesting.

我觉得打网球很有趣。

I find the book helpful.

我觉得这本书很有用。

• 这道题目还可能这样问：What do you usually do in your free time?

### 加分表达法

spend time doing sth. 花时间做某事

fall asleep 睡着觉

spare time 业余时间

nervous *adj.* 紧张的

that's why... 这就是为什么……

calm down 平静下来

### 问题2 Do you think it is important to have hobbies?

及格回答 Survival answer:

Yes, it's very important to have hobbies because it's always good to have something to do when you're free.

高分回答 Better to say:

I think it's very important to have hobbies because it's always good to have something to do in your spare time, **especially** something you're good at. **In this way**, you won't feel **lonely** and **bored**. Take me for example. I like dancing. I often forget the time when the music is on. It's also a good way to **relieve my stress** and **improve** the quality of my life.



### 点睛之笔

- 高分回答在及格回答的基础上进行了展开，解释了有爱好的好处，并用自己的爱好举例，使内容更加充实。
- 高分回答运用了表示频率的副词 *always*，这是四级的新增语言点。其他常见的表示频率的副词请见本章词汇部分。
- 这道题目还可能这样问：Why do we need to have hobbies?

### 加分表达法

*especially adv.* 尤其

*in this way* 用这样的方法

*lonely adj.* 寂寞的

*bored adj.* 无聊的

*relieve stress* 缓解压力

*improve v.* 提高

### 问题3 Do you like reading books?

及格回答 Survival answer:

Yes, I like reading books a lot. I think **reading is the best way** for me to learn something new.

高分回答 Better to say:

Of course I like reading books very much. Reading opens a window for me to the outside world and it's the best way for me to learn something new. I'm especially interested in science books. My favourite book **is called** *Science World*. I find it very **useful**.



### 点睛之笔

- 高分回答扩充了及格回答的内容，把书籍比喻成知识之窗，并说出了自己最喜欢书籍的名称，用到了一些更有难度的词汇。
- ... is the best way for sb. to do sth. , 表示“……是某人做某事最好的方法”。这个句子里还用到了 good 的最高级 best，值得同学们借鉴。例句：
  - 1) Reading is the best way for me to learn something new.  
读书是我学习新知识最好的方法。
  - 2) Listening and speaking are the best ways for students to improve their English.  
多听多说是学生提高英语最好的方法。

加分表达法

be called 被称为, 叫作

useful *adj.* 有用的

问题4 Do you like playing sports?

及格回答 Survival answer:

Yes, I like playing sports. I feel happy when I play badminton with my friends. It's also good for my health.

高分回答之一 Better to say:

Certainly! I like playing sports very much. It's good for my health. I seldom **catch colds** after I **started playing** sports regularly two years ago. It also helps me forget all my troubles. I always feel happy when I play badminton with my friends.



高分回答之二 Or:

I'm not interested in playing sports because I always have a lot of homework to do **during the week**. I **prefer to** relax at home **on the weekends rather than** play sports outside. Sports make me too tired.



点睛之笔

- 高分回答之一不仅用切身经历（即：I seldom catch colds）说明了做运动对身体健康的好处，还说出了其对心理健康的帮助（即：It helps me forget all my troubles.）。
- 表示喜欢做某事的另一种方法：prefer to do sth. rather than do sth. 译为“更喜欢 / 宁愿做某事，而不喜欢 / 不愿意做某事”。例句：
  - 1) I prefer to relax at home on the weekends rather than play sports outside.  
我宁愿周末在家里放松，也不愿在外面做运动。
  - 2) I prefer to go to the park rather than visit the museum.  
我更想去公园，而不想去参观博物馆。

加分表达法

catch colds 患感冒

during the week 在平日

start doing sth. 开始做某事

on the weekends 在周末

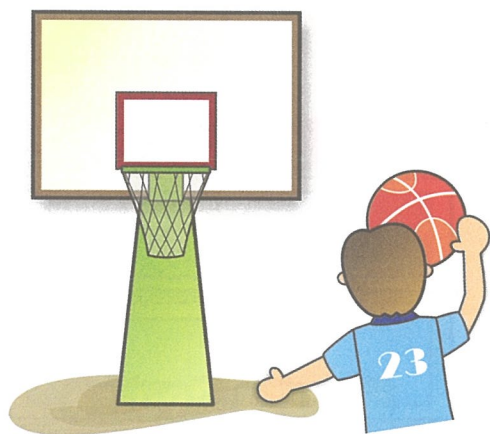
问题5 What is your favourite sport?

及格回答 Survival answer:

My favourite sport is basketball. I like it so much because it's a good way for me to get stronger.

高分回答 Better to say:

My favourite sport is basketball because **basketball games** are exciting. I always **have a lot of fun** during the games, and I feel great when our team wins. It's also a good way for me to get taller. I'm **one of the tallest students** in my class.



点睛之笔

• 表示“最……之一”，用“one of the+形容词最高级+复数名词”。例句：

1) I am one of the tallest students in my class.

我是班里最高的学生之一。

2) This is one of the most beautiful places in China.

这是中国最美的地方之一。

加分表达法

basketball game 篮球比赛

have a lot of fun 得到许多乐趣

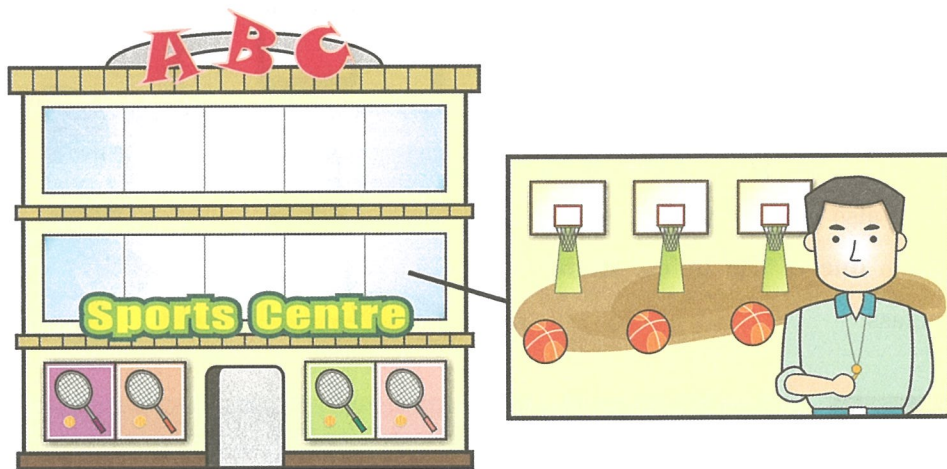
### 问题6 Where do you like to play sports?

及格回答 Survival answer:

I like to play sports in ABC Fitness Centre. It's big and bright. Its **facilities** are modern.

高分回答 Better to say:

I like to play sports in ABC Fitness Centre. The sports centre is near my house. Its facilities are modern and it's **even bigger than** the **gym** in our school. I often play basketball with a **coach** there. He's kind and often helps me improve my skills. We're good friends now.



#### 点睛之笔

- 高分回答不仅说出了运动中心“硬件”上的优势，还用与教练切磋球艺的事例谈了这里“软件”上的优势，内容丰富。

#### 加分表达法

facility *n.* 设施

gym *n.* 体育馆

even bigger than... 甚至比……还大

coach *n.* 教练

## 4 拓展性阅读 Reading Extension

### *The importance of sports*

#### 运动的重要性

Sports are an important part of our daily lives for many reasons. First, playing sports can build up our physical strength. Without enough exercise, we get sick more easily. Second, sports make us mentally strong. We all know that success and failure are both key parts of sports as well as life. Playing sports can teach us how to **treat** success and failure **properly**. It's an **essential** lesson for everyone to learn in life. Lastly, sports can bring people together. It makes a team stronger and the relationship between people closer.

#### 词汇表 >>

treat /tri:t/ v. 处理; 对待

properly /'prɒpəli/ adv. 正确地

essential /i'senʃəl/ adj. 至关重要的



### *Teamwork*

#### 团队合作

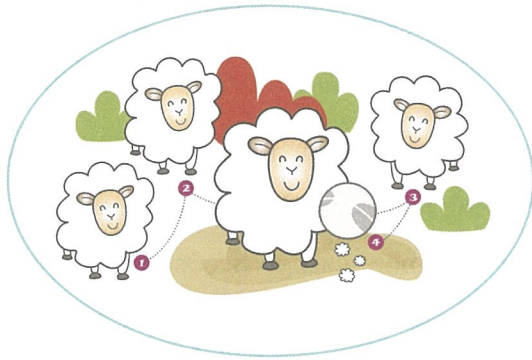
Participating in team sports is one of the best ways to develop children's teamwork skills, because they learn to **cooperate** with others and work in groups. By playing team sports, children understand that it's hard for them to **achieve** their goals alone. If there is a team to work with, they can get more ideas and **solve** problems more easily. In addition, people often say that teamwork makes



one plus one more than two. That's true. By **supporting** and learning from each other, the **sum** can be greater than the parts.

词汇表 >>

- cooperate /kəu'ɒpəreɪt/ v. 合作  
 achieve /ə'tʃi:ɪv/ v. 达到 (目标)  
 solve /sɒlv/ v. 解决  
 support /sə'pɔ:t/ v. 支持  
 sum /sʌm/ n. 总和



## Yoga

### 瑜珈

Yoga is a very healthy **aerobic exercise**. It helps people **release** their **tension** and lose weight. When you do yoga, you don't need to move around. Instead, you simply **stretch** your **muscles** and try to **breathe evenly**.

Many people say that they become more patient and focused after they started to practise yoga. The reason is that, to be **tune with** your body, you can't be thinking about your work, your exams or anything else when you are doing the poses.

词汇表 >>

- aerobic exercise 有氧运动  
 release /ri'li:s/ v. 解除  
 tension /'tenʃən/ n. 紧张  
 stretch muscles 伸展肌肉  
 breathe evenly 均匀地呼吸  
 tune with 与……协调



## Playing sports indoors

### 室内健身

Because of the poor **air quality** outside, more and more people prefer to play sports inside. Indoor gyms have become one of the best choices for many sports lovers in recent years. A **typical** gym offers a variety of **fitness equipments** such as **treadmills**, **rowing machines** and exercise bikes. Some gyms also provide fitness classes like yoga and dancing for their members.

#### 词汇表 »

air quality 空气质量

typical /'tipikəl/ *adj.* 典型的

fitness equipment 健身器材

treadmill /'tredmil/ *n.* 跑步机

rowing machine 划船机

