

Reading & Writing

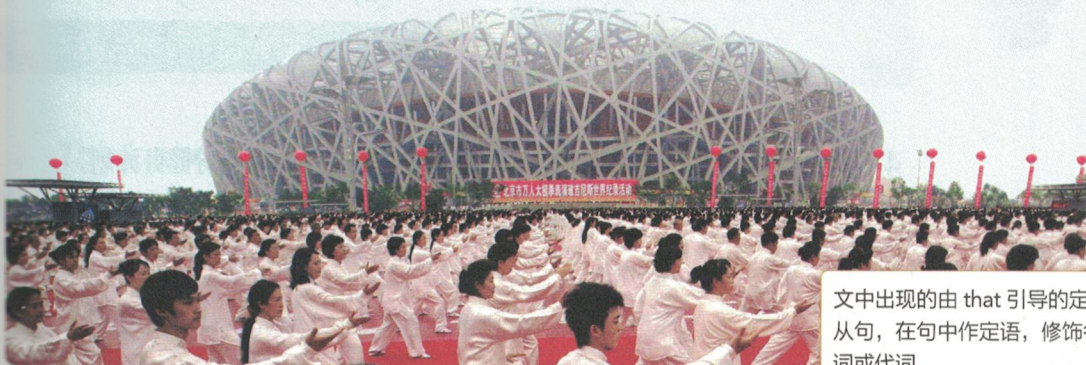


1 Read and answer. 读下面关于全民健身的文章，回答问题。

1. What's the text about?
2. When is China's National Fitness Day?
3. Will you join in the national fitness trend? Why or why not?

The 8th of August is China's National Fitness Day. It was set up to celebrate the 2008 Beijing Olympics and to encourage people to exercise and strengthen their bodies. But, beyond that annual day, national fitness has now become a way of life in China. You can always find people, the young and the elderly, getting together daily in parks, gyms and city squares to do physical exercise or play games, such as jogging, Tai Chi, dancing, basketball, football and badminton.

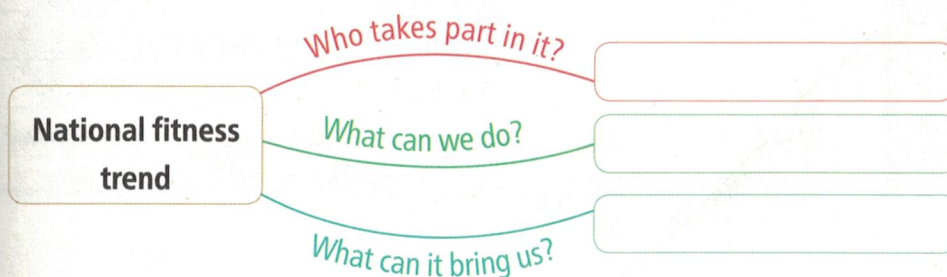
Students are encouraged to be part of this national fitness trend. Various sports activities can be found both on and off campus. You can join in fitness events that you are good at, or just wish to try out. You're sure to find some sports that suit you. While enjoying the fun of exercising, you will also discover how regular exercise is good for your mind and your body. So, step outdoors and leave behind your mobile phone—to breathe some fresh air and move your body!



文中出现的由 *that* 引导的定语从句，在句中作定语，修饰名词或代词。

Grammar in use

2 Read again and complete. 再读上文，填写下图。



3 Read and decide. 读下文，判断周博的健身计划是否可行。

Tip

couch potato (沙发土豆) 是指总是泡在电视机前、不运动的人。你身边有 couch potato 吗?

In the eyes of his classmates, Zhou Bo is a couch potato. He seldom takes part in any sports. Besides, he is a huge lover of fast food and soft drinks. Recently, Zhou Bo has become very upset about his weight. He has decided to go on a diet and to exercise regularly. Here is his fitness plan. What do you think of it?

I think Zhou Bo's fitness plan is _____ because _____.

6:00 PM 86%

Profile

Zhou Bo
18 Oct 2020
Lose 5kg in 2 months

17 Age 85kg Weight 173cm Height

Exercise for TODAY

Indoor sports	Sit-up	80/set×3
	Plank	40 sec×3
Outdoor sports	Brisk walk	30 min
	Jogging	60 min

How do you feel TODAY?

FOR A BETTER SELF!

4 Read again and write. 再读上文，为自己制订一份健身计划。

Learning strategy

在读表格时，要抓住核心词，通过扫读或浏览，迅速掌握大意、获取信息。



You

Name: _____

Age: _____ Weight: _____ Height: _____

Fitness goal: _____

Exercise: ☐ Jogging _____

☐ Brisk walk _____

☐ Sit-up _____

☐ Plank _____

Other exercise: _____