

Describe a sport (program/game) you enjoy watching (喜欢看的体育节目)

You should say:

What it is

Where you watch it

Who you watch it with

And explain why you enjoy watching the program

(截止到 5 月 15 日, 该题的小问还不明确, 可能是体育电视节目, 也可能只是体育项目)

知识点:

1. Names of facilities 体育场馆、设施名:

Arena 圆形剧场、竞技场、篮球、冰球等体育项目馆, **stadium** 更大型的体育馆, 足球田径比赛的场地, **changing room** 更衣室, **gym** 健身房, **basketball court** 篮球场, **tennis court** 网球场, **football pitch (or soccer field)** 足球场, **track and field** 田径场, **cycling track** 室内自行车比赛赛道, **golf course** 高尔夫球场, **boxing ring** 拳击场 (一个圈圈), **ice rink** 滑冰场 (一个圈圈), **ski slopes** 滑雪的雪坡, **swimming pool** 游泳池 **race track** 赛车跑道...

2. expressions 形容体育场所的表达:

crowded, noisy, deafeningly loud 令人震耳欲聋的吵闹, **exhilarating** 令人愉快的, **fun**, **small vs. big stadium**, **new vs. old stadium**, **the crowd was roaring** 呐喊的人群, **the crowds' enthusiasm was contagious** 人群的热情具有很强感染力 (**contagious** 表示有疾病传染力的, 也表示有感染力的), **a once-in-a-lifetime experience** 一辈子难得一次的经历,

3. types of sports 体育种类: **archery** 射箭, **baseball** 棒球, **basketball** 篮球, **cycling** 自行车比赛, **hockey** 冰球, **American football** 橄榄球, **football (or**

soccer) 足球, snowboarding 滑雪单板, skiing 滑板, ice skating 滑冰, golf 高尔夫, gymnastics 体操, swimming 游泳, water polo 水球, curling 冰壶, table tennis/pingpong 乒乓, skateboarding 滑板, surfing 冲浪, volleyball 排球, rock climbing 攀岩, rowing 多人划船, hiking 远足, martial arts (karate, jiu-jitsu, judo, etc.) 武术类, fishing 钓鱼, yoga 瑜伽, weight lifting 举重

4. verbs and collocations 动词和一些固定搭配:

to see a match 看比赛, to cheer for your team 为你的队欢呼, to participate in/do/play a sport 参加比赛, to show good sportsmanship 展示良好的体育精神, to set/achieve a personal goal 建立、达成个人目标, to be victorious 胜利赢得比赛, to win/lose a game, to be a sore loser (输不起的人, 酸痛的输家),

5. 形容各种体育动作:

- Tennis 网球: to play singles (1 vs. 1) 单打 or doubles (2 vs. 2) 双打, to run from one side of the court to the other, to serve 发球/return 回球 /bounce the ball 弹球, tennis ball and a racket 网球的球和球拍
- Badminton 羽毛球: the birdie or shuttle (the ball used in badminton) 羽毛球的球, to hit the net 打到网子, to go over the net 过网, to win/lose the match, to twist your ankle 扭到脚踝, to be disqualified 出局
- Basketball 篮球: to slam-dunk 灌篮 (He slam-dunked a ball.), a three-pointer 三分球, a lay-up 带球上篮, to beat the buzzer 最后几秒赢球, to pass to another player 传球, to intercept the ball 截球, to shoot from the free-throw line 从罚球线投球, commit a foul 犯规, out of bounds 出界
- Soccer 足球: to warm up 热身, when the referee blows the whistle 裁判吹哨, to receive a warning or a yellow/red card 收到警告、黄牌、红牌, to commit a foul 犯规, to kick the ball 踢球, to score 得分, 赢球, goalie

守门员, to save/block a goal 守门员救了一球, to defend your area 守卫自己的区域, to huddle /a team huddle 球员们围成一圈讨论战术

- **Swimming 游泳:** to jump into freezing water 跳进冰冷的水, to shiver 发抖, to dive in 跳水, to wear a swim cap 戴泳帽, to kick with all the strength 竭尽全力踢水, to float 漂浮, to drown 沉没, 溺水
- **running 跑步:** to be at the starting line 起跑线上, to arrive at the finish line 跑到终点线, to have/keep a slow pace 保持慢速, to jog 慢跑, to feel adrenaline in your veins 感受血管里的肾上腺素, to feel a layer of sweat on one's neck/forehead/back 感到后背、额头、脖子上的一层汗, to feel the air in your lungs 感到肺部的空气（大口呼吸带来的）, to feel breathless 上气不接下气, to feel out of shape 状态很差, to feel your heart pumping 心跳很快, to be gasping for air/breath=try to catch the breath 大口喘气, 氧气不够, to feel your muscles burning 感到肌肉在燃烧, to fly past other runners 飞一般超过其他跑步运动员, to sprint 冲刺

“My shoes were pounding the pavement.” 我的鞋子正在猛烈锤击地面（形容跑得快，扎实）

“I was pumping my arms as fast as I could.” 我在尽力抽动我的胳膊（跑步挥胳膊）

“My mind was also racing fast.” 我的头脑也在快速冲刺

“I got a side stitch 我岔气了 a side stitch/ stitch 岔气

“The wind was whipping my face.” 风在抽打我的脸（跑太快）

“I ran like mad/crazy.” 我发疯了一样跑

6. 一些常见句型和表达：

- The game is at a tie./ It's a tie! 平局
- The teams are neck and neck right now. 平局
- They're going head-to-head tomorrow 明天要一决高下=the teams/athletes are going to be competing against each other tomorrow
- Team A is up by 10 (points)! A 队领先 10 分!
- Team A is winning by 10 (points)! A 队领先 10 分!
- Our team is down by 5 (points). 落后 5 分
- Our team is losing by 5 (points). 落后 5 分
- a cut-throat/nail-biting match 残酷无情的、甚至不择手段的比赛

It was a very cut-throat match today.

- "Fair game" Something a referee might say after making a call
- JumboTron + scoreboard 大屏幕+得分板

the giant TV screen at sports games where you see a close-up (特写) of the game/athletes/players.



One sport program that I really enjoy watching is basketball.

The reason why I love watching it is that it's fast-paced (快节奏的), exciting (令人兴奋的) / exhilarating (令人雀跃的), and easy to follow (很容易看懂). Unlike some sports, such as baseball or American football (棒球或美式橄榄球), you don't need to know a whole lot about the rules or the technical aspects (技术部分) of the game to enjoy it.

In terms of where I watch it, I normally watch it on TV with family and friends who are also interested in the sport. Sometimes even my mom who's 0 into sports (对体育一点不感兴趣) would watch it with me when she sees m screaming and jumping from the couch. I guess, it's contagious (有传染力的, 有感染力的) . Sometimes I also watch basketball games in person by going to our university basketball championship. There's something special about being in the arena (篮球馆, =再大的场子叫 stadium 体育馆) and feeling the energy of the crowd. (看具体主题更新后, 是节目还是项目, 内容做删减)

One thing I love about basketball is the athleticism (运动能力) /physical ability (运动能力的降级表达) of the players. It's amazing to see how high they can jump and how quickly they can run on the basketball court.

Another thing that makes basketball fun to watch is the strategy involved. The coaches and players need to constantly change and adjust their tactics (具体策略) based on what the other team is doing.

Teamwork (团队合作) is so emphasized in basketball which is the reason why it's so beautiful and impressive to see them working together (合作) as a team on the fly (匆忙之间) .

Nothing excites me more (没有什么能更让我兴奋了) when I see my favorite team score, whether it's a dunk (扣篮) , a three-pointer (三分球) or a lay-up (带球上篮) . It's always super exciting the ball go through the hoop (球穿过篮网的时候) . Which is crazy, if you think about it. I mean, it's just a ball!!! But somehow, watching this game makes me feel like I'm also a part of the game (比赛的一部分) . Basketball really has a way of (有一套, 有办法) pulling me in (把我拉进来) and making me feel invested in the

game (让我投入) . Often times, in a nail-biting game (激烈的比赛) , I catch myself holding my breath (我无意发现自己在抵住呼吸) , sitting on the edge of the chair (坐在椅子的边缘, 形容兴奋) , and praying for my team (为我的球队祈祷) . And when my steam scores, I will cheer like a freak (像疯子一样欢呼) !!! I guess, that's the charm (魅力) of this sport.

拓展语料, 还有什么是你喜欢看它的原因:

There's something motivating that goes beyond (超越) the game itself (课上讲到的经典句型: 有一种说不出的鼓舞之力, 那是超于了比赛本身) . It's the perseverance (坚持不懈) and determination (决心) of a player when facing adversity (面对逆境) / difficulties (困难) , it's never giving up (永不放弃) , it's the value of teamwork (合作意识) , it's the sports spirit (体育精神) that inspires me to become a better person and fight hard through my own life.

Part3:

1. Which sport do you think most people like to do and why?

Many people love playing basketball, especially young people. It's because you don't have to play full-court (打全场) , you can only play half-court (打半场) with fewer people, so it's more easygoing. You can just shoot some hoops (投投篮, 很随意) and meanwhile have a nice conversation with your peers. It's a sports activity but also at the same time a social activity (社交活动) , fun and interactive. Many people love playing basketball after work or after school in the neighborhood and just loosen up (放松) a bit. Playing basketball requires many physical skills like running, jumping, eye-hand coordination (手眼配合) , so it's really

good for your physical development. And also, it's a great way to exercise and do some cardio (做有氧), so yeah, that's why people love it. (原因)

2. Do children need exercise?

Absolutely, yes. Doing exercise is very much needed as it's really beneficial for children both physically and mentally (生理上和精神上).

Physically, children can keep fit (保持健美), build body strength (建立身体的强韧度), improve their coordination through doing exercises. And

ultimately, it can help them maintain a healthy weight (保持体重), which is a big problem nowadays. There are more and more over-weight and obese children (超重的、肥胖的儿童), which is concerning (令人担忧的) for the whole society. And mentally speaking, doing exercise is a great way to let out their emotions (发泄情绪) and the raging hormones (疯狂的荷尔蒙). It is a way to let off the steam (解压) and lift their mood (提升情绪).

And doing sports can also bring them a strong sense of achievement (成就感), which is essential for children's self-confidence and self-esteem

(自信和自我价值感). So, it is beneficial in so many ways. (分角度讨论)

3. What are the benefits of exercise?

以上针对儿童的, 也针对大人

4. What can be done to get children into sports?

I think teaching children the importance and the benefits of doing sports is the first step (第一步). And then show some examples. Maybe

examples of how their peers (同龄人, 同伴) are having fun while doing

sports, or parents themselves should be the role model (榜样) and invite children to do exercise with them together so they can feel inspired and encouraged (被启发被鼓舞感染). And also, keep in mind that (别忘了),

everybody has different preferences. So, helping children to find the right sport they like is also key (帮助孩子找到自己喜欢的运动项目). For example, when I was little, I hated running, but I liked badminton. My parents

found out about that, and they played badminton with me a lot. They were really good in that sense. (罗列+举例子)

5. What sports programs do people like to watch in your country?

It seems that small ball games (小型球类运动) programs like ping pong and badminton are quite popular in China. I think this is because we excel (很出色) in these sports and we feel proud of our ping pong skills. We have a long history of winning world championships and other international competitions, which makes us very passionate about watching the game. My parents love watching ping-pong. Me, personally, I'm not a big fan as I'm more of a basketball fan. And then, basketball is also a crowd pleaser (众人喜欢的节目、人) in China, largely due to the popularity of the NBA. People all around the world love watching NBA games and so do Chinese people. (罗列)

6. What's the difference between watching sports on TV and watching it live?

Well, the first difference is the cost. Watching sports on TV is usually free or requires a low subscription fee (很便宜的订阅费), whereas going to a live game can be quite expensive. The cost of the ticket is usually very high, let alone (更别提) transportation, parking, and all the like (诸如此类的). The second difference is the level of convenience (方便度), watching sports at home is quite comfortable and cozy. You can literally sit in your pajamas (套在睡衣里), lie/slump in your couch (躺着或瘫坐在沙发里), and enjoy the game. But going to a live game, you need to dress up a little bit and make an effort (下力气) to get to the place. It's more hassle (更多罪). But it can offer you a more immersive and exhilarating experience (沉浸式的, 令人兴奋的体验). You can cheer with all the other audience, feeling energized by the whole crowd (被人群填满能量), and seeing the players in real life. That's something that can never be replaced by watching it on TV. (区别比较, 分角度讨论)