

Part2 敬佩的运动员 补充 part3 部分

Part3:

1. Should students have physical education and do sports at school?

Absolutely yes. Physical activities can help children build muscles (搭建肌肉), increase endurance (增加体能耐力), and maintain good physical health (维持生理健康). It can also help children maintain their weight (保持体重) and reduce the risk of obesity (减少肥胖几率). And also, physical health and mental health always go hand in hand (齐头并进). Doing sports can help reduce stress, anxiety and promote mental well-being (促进精神健康). And when it comes to team sports, there is an extra benefit, which is children's social development. Through doing team sports, students learn how to communicate and work together/ cooperate (合作) with their peers. It can help them develop important communication and interpersonal skills. (分角度讨论)

2. What qualities should an athlete have?

Well, in my opinion, an athlete, especially a good one, should be determined, focused, hard-working, and committed. And another thing I want to emphasize is that, he/she should have emotional maturity (情绪上的成熟稳定性). A sportsperson needs to master the art of emotional maturity (具备稳定的情绪) in the face of adversity and pressure (在面临挫折和压力的时候). Never give up, have presence of mind (气定神闲), and be perseverant (坚持不懈). (强调补充)

3. Why are there so few top athletes?

Because, just like I said, there're a lot of attributes/qualities an athlete ought to have in order to make it to the top (登顶). It's hard to have them

all (很难同时拥有) . And on top of that, they need to know how to take care of their body. I know that some football players, like Cristiano Ronaldo pays lot of attention to his diet and also the way he trains his body. He has a team working for him. And then, it is also extremely hard to find the right coach. A good coach can help the athlete set a specific goal, create an individual program that suits the athlete. They're like the lighthouse (灯塔) . (罗列原因)

4. Is talent important in sports?

Talent in sports is very important. It's the athlete's innate and natural ability (内在的先天能力) in a particular sport. However, I wouldn't say it's the only important factor. Success in sports is not solely dependent on talent. There are other factors, like, hard work, dedication, coaching, mental maturity, they're all equally crucial. It is the combination of all of these important factors that determine success in sports. For example, Liu Xiang. He's very talented in hurtling, but I think his dedication and mental toughness also are the key factors in his journey of becoming a gold medalist (金牌获得者) . (反向思考)

5. Is it easy to identify children's talents?

To be honest, I don't really know. I'm not a children's coach or an instructor. I guess for young children, like toddlers (幼儿) , it's difficult to identify their talents because they're still learning and developing some basic skills. For example, if a 2-year-old can't sing well now, it doesn't mean they won't become a talented singer one day. And when it comes to older kids, I think it'll be relatively easier to identify their talents. But I could be wrong (我可能是错的, 我说不好) . (分群体, 举例子)

6. What is the most popular sport in your country?

① Chinese people like play ping-pong and badminton. Probably these two are the most popular ball games (球类运动) in China. And other than that, Chinese people love swimming and running, in general. (罗列)

② People of different age groups like different kinds of exercises. Old people prefer something less intense (不那么剧烈的) , for example, taking

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a walk, going for a jog, doing Taiqi, swimming; younger generation prefer something that can increase their endurance and help them sweat and relax, like, badminton, ping-pong, and running. (分群体)

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