

Unit 3 Sports and Fitness Period 2 Reading and Thinking

班级_____ 姓名_____ 小组_____

一、学习目标

1.Knowledge objectives:

To learn about famous athletes at home and abroad—Lang Ping and Michael Jordan.

2.Skill objectives:

To figure out the reasons why Lang Ping and Michael Jordan are living legends.

3.Emotional objectives: To identify the structures and language features of the text.

4.Thinking quality objectives: To grasp and use some words and phrases describing the qualities of outstanding athletes

二、重点、难点

1. Get basic information about Lang Ping and Jordan; read deeply
2. Understand why they can be called sports legends; Understand the meaning of some languages in the context of the text, such as "time seems to stand still, graceful" and so on.

三、导学流程

(一) 基础感悟（导学导读）:

I.基础词准确填写

1. _____ n. 比赛项目；大事；公开活动
2. _____ n. 运动员；运动健儿
3. _____ n. 高手；主人 vt. 精通；掌握
4. _____ n. 荣誉；尊敬；荣幸
5. _____ n. 奖章；勋章
6. _____ n. (运动队)队长；船长；机长
7. _____ adj. 优美的；优雅的
8. _____ adj. 滑雪的 vi. 滑雪
9. _____ vt. 使出汗；出汗弄湿 vi. 出汗；流汗 n. 汗水；出汗
10. track n. _____ vt.& vi. _____
11. gym n. _____
12. gymnastics n. _____
13. soccer n. _____
14. legend n. _____
15. glory n. _____

II.派生词精准变形

1. _____ n. 健康；健壮；适合→fit adj.健康的；适合的
2. _____ n. 冠军；优胜者→championship n. 锦标赛；冠军赛；冠军称号
3. _____ n. 决心；决定→determine vt.决定；确定；下定决心→determined adj. 坚决的；有决心的
4. _____ vt.使受伤；损害→injured adj.受伤的；有伤的→injury n. 伤害；损伤
5. _____ n. 力量；体力→strengthen vt.加强；巩固→strong adj.强壮的；坚强的
6. _____ n. 失败；失败的人(或事物)→fail vi.失败

III.重点短语双向记

1. _____ 跟随；到达；进步；赶快
2. _____ 锻炼；计算出；解决
3. _____ 获得成功；准时到达
4. _____ 树立榜样
5. _____ 破裂；破碎；崩溃
6. _____ 丧失信心；泄气

7. _____ 放弃；投降 8. _____ 参加
9. track and field _____ 10. lose weight _____
11. bring glory and honour _____ 12. work together _____

（二）未知探究：

详情见 PPT

（三） 当堂检测：

Part I. 单词拼写

1. Unluckily, the manager got seriously _____ (受伤) in the car accident.
2. It was a great _____ (荣幸) to be invited to host the important event.
3. The _____ (队长) prefers to work out alone in the gym.
4. The competitors fought not only for _____ (奖牌) but also for honour.

II. 固定搭配和句式

1. It is my duty as an official to _____ (树立好榜样) for the public.
2. The official _____ (辞去工作) and set up his own business.
3. They didn't _____ (失去信心) even when they were beaten in the game.
4. We used to be good friends, but our friendship _____ (破裂) about a year ago.
5. It is _____ (由于) his hard work that he won the first place in the marathon.
6. _____ (她成功的秘诀) is her positive attitude and amazing ability.
7. As the saying goes, _____ (眼见为实).
8. His being accepted by the big company _____ (带来巨大的荣誉).

Part II 提高部分

维度 1 单句语法填空

1. I feel highly _____ (honour) to be invited to give a lecture about advanced literature.
2. The ability to keep calm is one of his _____ (strength).
3. By the time he got to the school, the first class _____ (finish).
4. I think you can make _____ if you follow the advice below.
5. You should set aside some time to consider your successes and _____ (fail).
6. In this center, you will get a great many ways to improve physical _____ (fit).
7. His _____ (determine) to overcome difficulties always encourages himself to keep trying.
8. He has set a good example _____ us and all of us admire him for his determination.

维度 2 完成句子/ 一句多译

1. 幸福的秘诀就是要不停地给自己设定新的挑战。
_____ is to keep setting yourself new challenges.
2. 课外活动使我们能够丰富知识并且强身健体。
Extra-curricular activities make it possible for us to enrich our knowledge and _____.
3. 这些天我一直期盼着和你一起去， 因为这是一个接近大自然的好机会。
I _____ to go with you these days because I think it is a good chance to get close to nature.
4. 很抱歉得知你由于这场病失去了听觉。
I'm sorry to hear that you have lost your hearing _____.

5. 请不要丧失信心， 你还有机会。_____； you still have chances.
6. 不管有多晚， 他母亲总是等他。
- ①_____, his mother is always waiting for him.(no matter)
- ②_____, his mother is always waiting for him.(however)
7. 鲍勃听到这个好消息时似乎很高兴。
- ①_____ when he heard the good news.(Sb. seems + 不定式)
- ②_____ when he heard the good news.(It seems that ...)

维度 3 课文语法填空

“Living Legends of Sports” are athletes who are 1. _____ (master) in their sports and also set good examples for others, like Lang Ping and Michael Jordan.

Lang Ping, who is a former Chinese volleyball player, is now the coach of the Chinese national women's volleyball team. She brought honour and glory to her country both as a player and as a coach, 2. _____ (win) the love from fans at home and abroad. At the 2015 World Cup, Chinese women's team met with many difficulties. The team that Lang Ping had built was falling apart because of 3. _____ (lose) two important players. 4. _____ (face) with such a big challenge, she didn't lose heart. She believed that her players had the 5. _____ (determine) and talent to win by working together as a team. They did make 6. _____.

Michael Jordan is one of the most famous basketball players in the world. He played so well 7. _____ people called him “Air Jordan”. Not only his skills were 8. _____ (impress), but also the mental strength he showed 9. _____ (be) unique. He says the secret to success is learning from failure. Failure taught him to practise harder and never give 10. _____. He started the Boys and Girls Club in Chicago in 1996, and he has been helping young people since.

维度 4 主题阅读训练

In June 2020, a minute-long video of a young ballet student dancing in the rain began popular on the Internet.

The popularity of the video has attracted people's attention on the unlikely story of a ballet school in a poor small town of Lagos, Nigeria: the Leap of Dance school. Set up in 2017, the school has changed the lives of its students, providing them a place to dance and to dream. And in the last few months, it has inspired influential people in ballet to lend a hand. Seemingly overnight, a world of chances has opened up. The students have received invitations to attend famous schools and companies overseas, and the school has received lots of donations, which helps them build a proper space and a real dance floor.

For now, the Leap of Dance school is housed at the home of its founder, Daniel Owoseni Ajala. Every day after school, Mr Ajala's 12 students walk to his apartment, where he pushes aside his furniture(家具)to leave a space to dance.

When Mr Ajala, 29, set up Leap of Dance three years ago, he had only a dream: to open a ballet school for students who were serious about learning the art form and possibly being a professional dancer one day.

As a child, Mr Ajala became crazy about ballet after watching *Save the Last Dance*. The 2001 movie tells about a young ballet dancer who overcomes all kinds of difficulties and finally achieves her dream.

Mr Ajala taught himself by watching lessons and professional companies on YouTube; he also signed up for a few crash courses in ballet which take a very short period at a local dance

center. And so the Leap of Dance school was born.

1. What do we know about the Leap of Dance school?

- A. It was established in 2020. B. It has a great influence on its students.
C. It was set up by influential people in ballet. D. It had real dance floors when it was established.

2. Why did Mr Ajala open a ballet school?

- A. To draw people's attention. B. To make money for his dream.
C. To make movies about dancing. D. To help students who love ballet.

3. Why was the movie *Save the Last Dance* mentioned?

- A. To share a precious memory. B. To stress the popularity of the movie.
C. To show Mr Ajala liked watching movies. D. To explain why Mr Ajala fell in love with ballet.

4. What does the underlined word “crash” mean in the last paragraph?

- A. Breaking. B. Responsible. C. Speeded-up. D. Competitive.

维度 5.完形填空

I was out of work when I was in Key Largo. Though I was in 1 times, I chose to enjoy my life. I 2 taking walks in the morning, which became a large part of my 3 lifestyle.

I walked out of my house for my little walk at about 7: 30 one morning. I usually 4 sneakers (运动鞋) for walking, but I decided to 5 with other shoes that day. While walking through the neighborhood for a while, I 6 my feet were starting to hurt. But I 7 the peaceful walk so much that I went on.

8, I felt like dancing. So I did. Some people passing by seemed a little 9 but amused (逗乐) by my early morning dance. I politely 10 as I continued my dance.

My 11 went to how grateful I was to be here. I ran through all the things I 12: my health, my great friends, my family, etc. I believed that my thanks 13 the dance I was performing.

I have spent my life searching for my 14 here on earth. I have been looking for the meaning of life. But now I fully understand that my true purpose is to spread this joy and show that the happy and peaceful 15 is for all of us who truly seek it.

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|------------------|------------------|----------------|----------------|
| 1. A.new | B. hard | C. serious | D. dangerous |
| 2. A.loved | B. Finished | C. suggested | D. imagined |
| 3. A.stressful | B. Strange | C. curious | D. peaceful |
| 4. A.wore | B. Bought | C. threw | D. left |
| 5. A.experiment | B. Option | C. journey | D. match |
| 6. A.guessed | B. Realized | C. dreamed | D. believed |
| 7. A.experienced | B. Doubted | C. enjoyed | D. planned |
| 8. A.Luckily | B. Secretly | C. Similarly | D. Suddenly |
| 9. A.surprised | B. Moved | C. pleased | D. interested |
| 10. A.waved | B. Refused | C. pointed | D. circled |
| 11. A.reason | B. Effort | C. mind | D. question |
| 12. A.own | B. Offer | C. save | D. share |
| 13. A.made up | B. differed from | C. came across | D. turned into |
| 14. A.choice | B. Purpose | C. wealth | D. decision |
| 15. A.result | B. Lesson | C. life | D. role |