

UNIT

3

Sports for all

Learning objectives

After completing this unit, you will be able to

- > explain the sportsmanship demonstrated by an athlete
- > explain the role sports play in defining a country's culture and promoting public fitness
- > write a persuasive proposal to recommend a sport using facts and statistics



Try it out

- 1 Try to do the task above.
- 2 What difficulties did you experience while doing the task? List two or three major ones in English or Chinese in the following table.

	Aspects	Difficulties
Content	Explaining how sportsmanship is displayed by a representative athlete	
	Explaining the cultural significance of the sport and how it promotes public fitness	
Language	Vocabulary / Sentence / Style	
Structure	Organizing my proposal in a clear and logical way	
Communication	Making a persuasive proposal using facts and statistics	

Active reading

Look at the picture of the Olympic rings and answer the following questions.

- What symbolic meaning do the Olympic rings express?
- What do you think is the Olympic spirit?



Athletes are the best ambassadors for sports, not just because of their achievements, but the sportsmanship they show. In the history of the Olympic Games, one athlete standing out is Eric Moussambani. Although he has never won any Olympic medal, the Olympic spirit he displayed in the game has deeply moved a lot of people, and encouraged them to be a part of this sport. Read the text and you will gain a deeper understanding of sports and sportsmanship.

- ¹ Eric Moussambani, dubbed “Eric the Eel,” is a swimmer from Equatorial Guinea who made his only Olympic appearance at the 2000 Olympic Games in Sydney. He barely made it through his 100-meter freestyle, but has since become a model of perseverance and determination. After two decades, his story is still inspiring people around the world. It’s time to take a look back at his tale of hope and struggle.
- ² “Faster, Higher, Stronger.” This was the Olympic motto developed in the late 19th century by Pierre de Coubertin. Through the years, hundreds of athletes have fit this motto. But in the case of Moussambani, another motto would have been more appropriate: “Slow, Slower, Slowest.”
- ³ How slow was Moussambani? The swimmer who finished before him was 50 seconds faster, and the last-place finisher in the



Eric the Eel: A unique tale of hope and struggle

women's race was 33 seconds faster. A search through history may give you a better perspective on the performance of Moussambani. At the first modern Olympic Games in 1896, the Hungarian swimmer who won the gold medal was more than 30 seconds faster than him.

- 4 Of course, there was no medal placed around Moussambani's neck. But he was treated as a celebrity for his inspiring swim, and viewed by some as the definition of the Olympic spirit. Although de Coubertin developed the Olympic motto that stressed athletic ability, he also said, "The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well." The description fits Moussambani perfectly.
- 5 It was almost miraculous that Moussambani had even made it to Sydney. As the story goes, he heard a radio advertisement for spots on the Olympic swimming team, and he was the only person who tried out. However, Moussambani was anything but an Olympic-caliber athlete. Instead, he was a token invitee by the International Olympic Committee (IOC) to generate interest in various sports in developing countries.
- 6 When Moussambani prepared for Sydney, there were no Olympic-size pools in his country, forcing him to utilize the facilities and guidance that were available. He trained in a 13-meter-long hotel pool as well as in rivers and lakes. Even more incredibly, his coaching came from fishermen, who tried to coordinate Moussambani's arm and leg movements to prevent him from sinking.
- 7 Upon his arrival in Sydney, Moussambani was struck by the sights of a foreign city and the size of the Olympic Village. But nothing overwhelmed him like the Olympic pool.

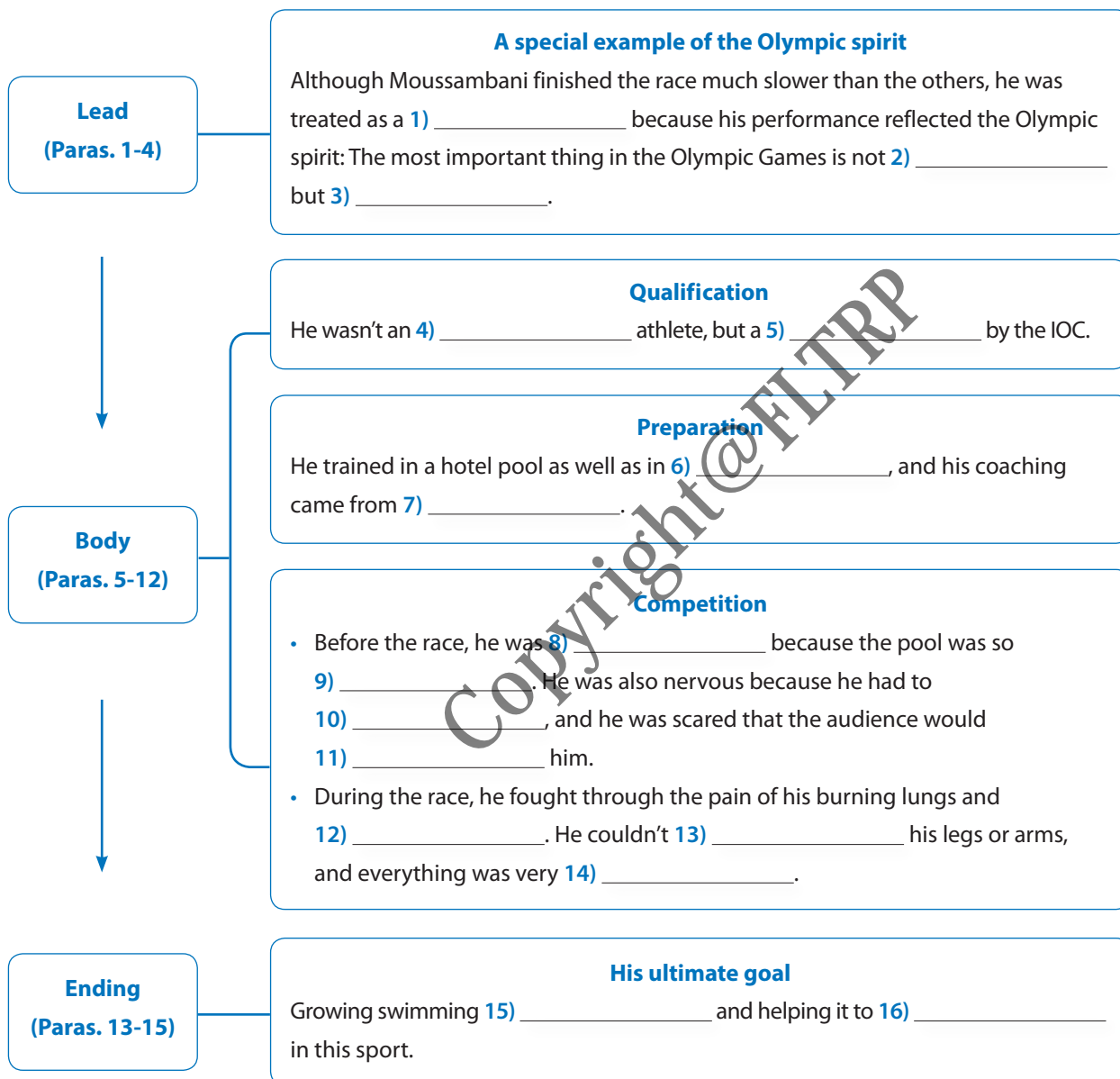
- 8 “That was the first time I had seen a 50-meter pool,” he said. “I was so scared. The pool was so big for me.”
- 9 Being scheduled to compete in the first of 10 heats, Moussambani was arranged to race alongside two swimmers from Niger and Tajikistan, respectively. But after they had both been disqualified for leaping off the blocks early, Moussambani had to race alone.
- 10 “I was so nervous,” he said. “When they called my country, I was so scared the people in the stands were going to laugh at me.”
- 11 Soon, he was in the water. Although he maintained a constant speed during the opening lap, he thrashed through the water. His arm and leg movements weren’t coordinated, and he held his head out of the water, rather than using a breathing pattern. As he neared the end of his epic journey, it looked like he was about to grab the lane line, which would have led to his disqualification. It would have been the easy way out. However, he fought through the pain of his burning lungs and touched the wall.
- 12 “In that last 50 meters, I was so tired I was going to stop. I couldn’t feel my legs or arms. Everything was very heavy,” Moussambani said immediately after his race. “Then something happened. I think it was all the people getting behind me. I was really, really proud. I felt like I had won a medal or something.”
- 13 Two decades on from becoming an Olympic legend, he is still as passionate as ever about swimming. These days, he’s the national coach of Equatorial Guinea’s swim team. The country now boasts two Olympic-standard pools.
- 14 “When I was preparing for the Sydney Olympics, I didn’t have a swimming pool. But our swimmers have an opportunity to swim in a pool now, so when they go to an Olympic Games, they won’t be scared like I was.”
- 15 His ultimate goal? Growing the sport in his country and helping his country to win an Olympic medal in swimming.

Notes

The original Olympic motto “Faster, Higher, Stronger” was adopted in 1894 at the urging of Pierre de Coubertin, one of the founding members of the International Olympic Committee. In 2021, the word “together” was added to the original motto. The Olympic motto now reads: “Faster, Higher, Stronger – Together.”

Getting the idea

1 Complete the following outline of Moussambani's story.



2 Answer the following questions.

- 1 Why does the author compare Moussambani's performance with that of other swimmers in Paragraph 3?
- 2 Why did the IOC invite Moussambani to take part in the swimming race?
- 3 What encouraged Moussambani to remain determined to finish the race?

Then work in pairs and create a new motto to describe the sportsmanship displayed by Moussambani.

Analyzing writing techniques

Using action verbs and quotes in profile features

As a profile feature, a news article that explores the background and character of a particular person or group, this text focuses on Eric Moussambani and his inspiring swim at the 2000 Olympic Games. It provides behind-the-scenes details of his Olympic experience to create a strong image of him.

In addition to the catchy headline and interesting opening paragraphs that can be found in most profile features, the author frequently uses action verbs and quotes to add vividness and authenticity, especially when reconstructing the legendary scene of Moussambani's only Olympic race.

Accurate and specific action verbs can create a sense of movement, helping readers visualize the scene while making the story more appealing. In Paragraph 11, the author uses several action verbs to heighten the tension and create an atmosphere for the scene. For example, he uses "thrashed" to vividly describe Moussambani's struggle as well as his strong resolution to finish the race.

The author also uses quotes from Moussambani in uncovering the history before and after the dramatic race. They not only make the story more personal and authentic, but also inspire an emotional response in readers.



Find examples of action verbs and quotes in the text. Then summarize the images or feelings they may create.

	Examples	Images or feelings created
Action verbs	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>
Quotes	<hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/>

Building your language

1 Complete the following sentences with the correct form of the expressions in the box.

constant speed disqualify for try out
coordinate one's movements compete in

- Last weekend, over a hundred boys came to _____ for the football team.
- If you don't _____ when running, you'll lose your balance and fall to the ground.
- Yesterday, about 40 athletes _____ a single-bamboo-drifting (独竹漂) contest, a sport recognized as a Chinese national intangible cultural heritage (非物质文化遗产).
- When practicing tai chi, you should try to make balanced movements at a(n) _____.
- We heard the shocking news that the famous basketball player was _____ using performance-enhancing drugs.

2 Complete the following paragraph with the correct form of the expressions in the box.

athletic ability ultimate goal a model of
give sb. a better perspective on generate interest

When Eric Moussambani first hit the water at the Sydney 2000 Olympic Games, few people would have heard his name. But two minutes later, he became

1) _____ perseverance and determination who remains beloved among Olympic fans to this day. Obviously, Moussambani's performance didn't fit the original Olympic motto which stressed 2) _____, but he treasured the chance granted by the IOC to 3) _____ in sports in developing countries, and fought well during the race. Now Moussambani is still passionate about swimming, serving as the national coach for his country's swim team. His 4) _____ is to grow the sport in his country. His legendary experience also 5) _____ the spirit of the Olympic Games. It is not just about competition; it's also about participation and the spirit of doing your best.

3 Translate the following sentences into English with the words and expressions in parentheses.

- 1 回顾2008年北京夏季奥运会，我们会想起许多令人难忘的时刻和鼓舞人心的画面。
(take a look back at; inspiring)

- 2 为了提高全民健康水平，中国政府鼓励市民利用社区周边的设施来锻炼身体。
(utilize facility)

- 3 我觉得没有什么比身体健康更重要了，因此我一直坚持体育锻炼。(nothing ... like)

- 4 许多来中国参加2022年北京冬奥会的运动员都被奥运村先进的设施所震撼。(be struck by)

- 5 她对游泳这项运动始终保持着热情，多年来坚持刻苦训练，最终进入了国家队。
(maintain; make it)

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Sharing your ideas

Eric Moussambani and his story have inspired people in his homeland and around the world to take part in swimming. When recommending a sport, which athlete will you choose to be its ambassador? What's their story? What kind of sportsmanship do you see in them? Work in pairs and share the story with each other.

- The athlete you choose:
- Their story:
-
- The sportsmanship they show:

Further exploration

In *Active reading*, we learned how athletes and their sportsmanship inspire people. Besides displaying sportsmanship and athletic skills, playing sports is also a means of improving people's health, and shaping and preserving cultures. In this section, we will explore various sports in different cultures, as well as China's strategy to promote public fitness.

Traditional sports in different cultures

- 1 Traditional sports not only reflect local traditions, but also play an important role in defining a country's culture and history. These sports are a gateway to cultures, promoting mutual understanding and dialog between different peoples.



Skiing

- 2 In Norway, skiing isn't just a sport – it's a way of life. With frequent snowfall during winter, remote parts of Norway are often inaccessible, so the only way of getting to those places is on skis.
- 3 It could be argued that the fascination with skiing is in Norwegians' blood. With the perfect snowy conditions, skiing is a sport that Norwegians can do every winter. They even train in summer, using special skis on wheels. During the Easter holidays, when people in other countries are looking for signs of spring, in Norway everyone is looking for snow to ski on.
- 4 Skiing in Norway is a lot of fun and makes for a perfect day out. It's a great way to explore the beautiful Norwegian wilderness and reconnect with nature.

Tug-of-war




- 5 Perhaps you played tug-of-war as a child. It is a game where two teams pull on opposite ends of a rope. Each team tries to pull the other team over a line to win. The game has been around for thousands of years. Although its origin is uncertain, we can learn about its long history from mythology. In ancient Egypt, it was said that the sun and the moon played tug-of-war over light and darkness. In Scandinavia, there are stories about Viking warriors taking part in tug-of-war contests using animal skins over open fires, in tests of strength and endurance.
- 6 Today, tug-of-war is popular in schools as well as company social events in many countries. The team that wins does so not only through strength but by the spirit of cooperation. At the end of the day, however, the tug-of-war is not about winning or losing, but about having fun. It is often the highlight of team-building activities, because it brings considerable amusement to everyone participating in the game – winners and losers both.

Dragon boat racing

- 7 Originating in ancient China, dragon boat racing has been a way for Chinese people to celebrate the Dragon Boat Festival which falls on the fifth day of the fifth lunar month. It is an excellent combination of sports and art. Competition can be tough and exciting, and the boats are beautiful works of art, making the game fun to play and enjoyable to watch.
- 8 Before the race, craftsmen decorate the boats to resemble dragons. They exercise their skills to the fullest by carving and painting the boats. During the race, each team has a drummer beating time to keep the paddlers in unison, and a steerer at the back to guide the boat. The winner is usually the team that works best together.
- 9 Today, people from different cultures have taken to dragon boat racing. It is now one of the fastest-growing water sports in the world, practiced in over 60 countries.



1 Complete the following table about the traditional sports in different cultures.

Sport	Culture and history	Popularity
 <p>Skiing</p>	<p>The fascination with skiing is in 1) _____</p>	<p>Norwegians can ski 2) _____; they even train 3) _____, and they look for snow to ski on in spring.</p>
 <p>Tug-of-war</p>	<p>The sport's 4) _____ is uncertain, but its history can be learned from 5) _____.</p>	<p>It is popular in 6) _____ and 7) _____.</p>
 <p>Dragon boat racing</p>	<p>Originating in 8) _____, it has been a way to celebrate 9) _____.</p>	<p>People from different cultures have 10) _____ this sport. It is now one of the 11) _____ water sports in the world.</p>

2 Choose the choices that are true for the unfinished statements. There may be more than one correct answer.

- Traditional sports play an important role in _____.
 - reflecting local traditions
 - defining a country's culture and history
 - promoting mutual understanding among people
- Sports that emphasize the importance of cooperation include _____.
 - skiing
 - tug-of-war
 - dragon boat racing
- We can infer from the text that a sport might be popular because _____.
 - the local geography lends itself well to the sport
 - it is a fun way for people to play together
 - it allows people to experience the excitement of competition



Video

China's fitness craze

New words

- craze** /kreɪz/ *n.* 风靡一时的事物
- dazzling** /'dæzəlɪŋ/ *a.* 给人印象深刻的; 特别吸引人的
- pack** /pæk/ *v.* 挤满; 塞满
- fanatic** /fə'nætɪk/ *n.* (对某事物或活动) 入迷的人
- retreat** /rɪ'tri:t/ *vi.* (为避免危险、不愉快或尴尬情形而) 退缩, 退却
- adolescent** /,ædə'lesənt/ *n.* 青少年
- decline** /dɪ'klaɪn/ *vi.* 减少; 变糟; 衰退
- sweep** /swi:p/ *v.* 风行; 风靡; 迅速蔓延
- fruition** /fru'ɪʃən/ *n.* (计划、想法等的) 实现, 完成



1 Watch the video and complete the notes.

A. The elderly

They look physically dazzling, and their level of **1)** _____ is impressive.

B. Young adults

- They go to gyms for group exercises or to stretch under the guidance of a **2)** _____.
- Many use gyms to **3)** _____.

C. Adolescents

Not only do they **4)** _____ at school, they are also given special **5)** _____ during their summer and winter vacations.

Conclusion

As China continues to promote healthy lifestyles, we can expect Chinese people to enjoy a better **6)** _____, and see their dreams come to fruition.

2 Watch the video again. Check (✓) the true statements and correct the false ones.

- 1 Throughout China, people do exercise in parks to keep fit.
- 2 China has launched a Healthy China strategy to train athletes.
- 3 In a “15-minute fitness circle,” people can walk to a fitness facility in 15 minutes.
- 4 It is expected that 500 million Chinese people will exercise regularly in the coming years.
- 5 The average physical condition of adolescents has been improving since 1985.
- 6 Even toddlers have joined China’s fitness craze.

Sharing your
ideas

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Work in pairs and discuss the significance of the sports you would like to recommend.

Sport 1

Its significance to

- culture: _____
- public fitness: _____

Sport 2

Its significance to

- culture: _____
- public fitness: _____

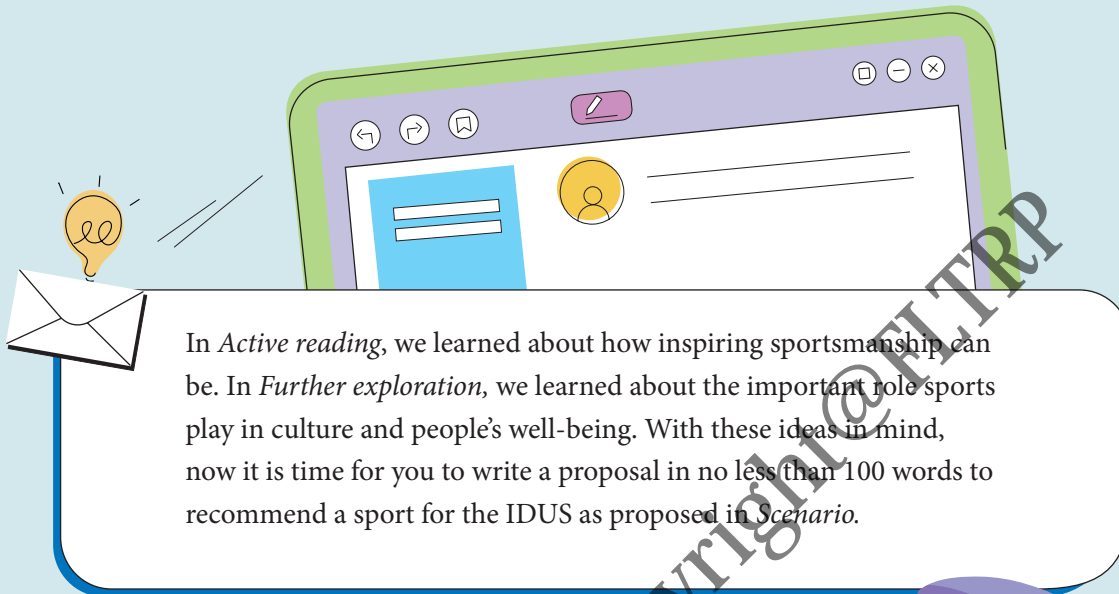
Sport 3

Its significance to

- culture: _____
- public fitness: _____

Project

Write a proposal: A good choice for the International Day of University Sport



Making strong arguments using facts and statistics

When making recommendations, you want to persuade other people to agree with you. You can do this by supporting your arguments with convincing evidence such as facts and statistics.

Facts

Showing that an idea or a practice has deep historical roots lends credibility to it, and enhances its cultural importance. For example, readers may view a sport with a long history and special cultural background as more worthy for the IDUS, so introducing the origin of the sport in your proposal may be a wise choice.

Statistics

Statistics can help your readers understand your points, and serve as credible evidence if they come from reliable sources. For example, you can prove that an athlete is hard-working with their long daily training hours. You can also cite the number of participants in a sport from a research report to show its popularity.

When using statistics, be clear and specific to avoid ambiguity. Besides, don't just throw a series of data to your readers. Explain how they are relevant to your points.



STEP
1

Collect your ideas

Decide on the sport you want to recommend and think about why you chose this sport. You may refer to the following aspects.

- The sportsmanship demonstrated by a representative athlete of this sport
- Its significance to culture, public fitness, etc.
- The popularity it enjoys in its birthplace or around the world
- ...

STEP
2

Organize your proposal

After collecting the ideas for your proposal, consider how to organize them. You may use the following outline as a reference.

Outline

Your recommendation

Point out the sport you'd like to recommend

Reasons for your recommendation

Reason 1: _____

Supporting details: _____

Reason 2: _____

Supporting details: _____

Reason 3: _____

Supporting details: _____

Conclusion

- Restate your main arguments
- Express your hope that FISU will consider your recommendation

**STEP
3****Draft your proposal**

Now it's time to draft your proposal. You may find useful expressions or sentences in this unit to enhance your language. Write them down according to the following functions.

- **Function: Introducing an athlete and explaining the sportsmanship they show**

e.g. But he was treated as a celebrity for his inspiring swim, and viewed by some as the definition of the Olympic spirit.

- **Function: Explaining the cultural significance of this sport and how it promotes public fitness**

e.g. It could be argued that the fascination with skiing is in Norwegians' blood.

**STEP
4****Revise your proposal**

Proofread your proposal. You may exchange your proposal with your partner or other group members, and invite suggestions for further improvement.

Sports have played an important role in the long history of human civilization. Take two great ancient civilizations – ancient Greece and ancient China – as examples. The ancient Greeks founded the ancient Olympic Games. In ancient China, the basic contents of school teaching, the six arts, also included physical activities. Read the text and you will learn more about what the two civilizations have in common with regard to sports.

Sports in ancient Greece and ancient China

- ¹ What do Greece and China have in common in both ancient and modern times? The two countries are separated by about 7,000 kilometers of mountains and deserts, and in the past, there was limited communication between them. Yet both bear comparison with each other in the role of sports in their societies.
- ² It is true that in the ancient period, the Silk Road served as a channel of trade and cultural exchange between the East and the West. This might have allowed an awareness of the ancient Olympic movement to pass from Greece to China. However, this limited contact alone is unlikely to be responsible for the fundamental importance of sports to both ancient countries, where it had symbolic and practical roles in society.
- ³ The origins of the Olympic Games can be found in the frequent conflicts between the city-states of ancient Greece. Every four years, it was agreed that the Olympic Games would act as a temporary truce. But once the Games were over, fighting would resume.
- ⁴ Yet historical research and studies in sociology suggest that sports are not simply substitutes for conflicts. It seems that wherever there are human activities, there are sports. One reason for this is the need to keep fit for survival. From the time humans began to make tools from stone, they knew that greater physical strength would allow them to use the tools with greater efficiency. Thus, the origin of sports appears to lie in human instinct, and not in human invention. However, running, swimming, jumping, and throwing were not simply skills which needed to be developed to get more food. In due course, these same skills – such as the skill of

shooting with a bow and arrow – appear in the myths of many countries, including Greece and China. For example, Odysseus was said to have killed rivals courting his wife with a bow and arrow. Similarly, during Emperor Yao's period, Hou Yi was said to have shot down nine of the ten suns in the sky which had burned all the plants on Earth.

- 5 There are further similar features between sports in Greece and China. Sports were used as a form of military training in both countries to improve an army's ability to beat the enemy with or without weapons. In ancient China, this included fighting without weapons, horse racing, stone throwing, hunting, and swimming. During the Spring and Autumn Period, swimming pools were built and prizes were awarded to good swimmers among the troops. Similar sports were also common in ancient Greece, especially in Sparta, where military training was part of the formal education of boys.
- 6 Sporting activities in both countries were often combined with dancing. When hit by rain and flooding, the ancient Chinese people would dance vigorously in order to relax stiff joints and muscles, and to get rid of gloomy moods. Military training in Sparta included dancing, and the ancient Olympic Games included dancing competitions. In the modern era, this form of movement and rhythm can be still seen in figure skating and gymnastics.
- 7 Furthermore, in both countries, sports were integrated into the education system. In ancient China, nearly all places of learning taught traditional forms of fighting during the Xia, Shang, and Zhou dynasties. The basic contents of school teaching were concluded as the six arts, referring to rituals, music, shooting with a bow and arrow, driving a horse-drawn vehicle, writing, and mathematics. All of these paid attention to the moral, physical, and intellectual development of pupils. The great educator Confucius was a fine athlete himself, highly skilled in shooting with a bow and arrow, fishing, hunting, and hill-climbing. Similarly, in ancient Greece, the great philosopher Plato advised that physical training and health education should be included in the school curriculum, alongside philosophy, music, and literature.
- 8 Sports in ancient Greece and ancient China had a lot in common, as they were both combined with military training, dancing, and education. In the modern era, cultural exchanges between China and Greece are more frequent. There is no doubt that the two countries will further strengthen the communication in sports, and promote public fitness together.

Match the following statements with the paragraphs which contain the corresponding information. You may choose a paragraph more than once.

- a. Our ancestors realized quite early the importance of a strong body for survival.
- b. In ancient Greece, city-states would stop fighting each other during the Olympic Games.
- c. The combination of sports and dancing can still be seen in some modern sports.
- d. In ancient times, the long distance between Greece and China affected their communication.
- e. Ancient Greece and ancient China included some similar subjects in their education systems.
- f. Historical studies suggest that the need for sports is present in all human societies.
- g. In ancient times, China might have had a way to learn about sports in Greece.
- h. Sports used to be a type of military training to enhance an army's ability to defeat the enemy.

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Self-reflection

What have you learned in this unit? Complete the reflection sheet in English or Chinese.

	Aspects	Gains
Content	Explaining how sportsmanship is displayed by a representative athlete	I am able to explain the perseverance displayed by Huo Yuanjia, a master of Chinese martial arts; _____
	Explaining the cultural significance of the sport and how it promotes public fitness	I am able to show that Chinese martial arts embody traditional Chinese philosophical ideas; _____
Language	Vocabulary / Sentence / Style	Vocabulary: athletic ability / try out / generate interest _____
		Sentence: The most important thing in the Olympic Games is not winning but taking part. _____
		Style: I know my proposal should be persuasive ... _____
Structure	Organizing my proposal in a clear and logical way	I am able to summarize my main points at the end of my proposal; _____
Communication	Making a persuasive proposal using facts and statistics	I am able to prove Chinese martial arts' benefits to health with credible data; _____
Action	Helping people from different cultures to learn about a traditional Chinese sport and enjoy it	I have introduced Chinese martial arts to some international students, and they became interested in this sport; _____

Vocabulary

Eric the Eel: A unique tale of hope and struggle

New words

- ★ **tale** /teɪl/ *n.* [C]
1 a series of events or facts told or presented 报道; 描述; 讲述
The newspapers have been filled with cheery tales about soaring share prices.
2 a story about exciting, imaginary events 故事
It's a classic tale about the struggle between good and evil.
- dub** /dʌb/ *vt.* (*usu. passive*) give sth. or sb. a humorous name that describes their character 把……诙谐地称为; 给……起绰号
Johnson was dubbed "Magic" when he was playing basketball in high school.
- freestyle** *n.* [U] 自由式游泳 (比赛)
- motto** /'mɒtəʊ/ *n.* [C] (*pl. mottos or mottoes*) a short sentence or phrase giving a rule on how to behave, which expresses the aims or beliefs of a person, school, or institution 箴言; 格言; 座右铭
His motto has always been "He who hesitates is lost."
- ★ **athlete** /'æθli:t/ *n.* [C] sb. who competes in competitions, esp. running, jumping, and throwing 运动员; 田径运动员
The way he passed the ball shows what a superb athlete he is.
- Hungarian** /hʌŋ'geəriən/
a. 匈牙利的; 匈牙利人的; 匈牙利语的
n. [C] 匈牙利人
- celebrity** /sə'leibrəti/ *n.* [C] a famous living person 名人; 明星
This small club is popular with sporting celebrities because it's located near the stadium.
- ★ **conquer** /'kɒŋkə/
vt. defeat sb, esp. in a competition, race, etc. (尤指比赛、赛跑等中) 击败, 战胜
The champion was conquered by a challenger last night.
- v.* get control of a country by fighting 占领; 攻取; 征服
England was conquered by the Normans in 1066.
- ★ **miraculous** /mɪ'rækjələs/ *a.* very good, completely unexpected, and often very lucky 奇迹般的; 令人惊奇的; 不可思议的
The doctor said she had only half a year to live, but she made a miraculous recovery.
- ★ **advertisement** /əd'vɜ:təsmənt/ *n.* [C] (*also ad*) (*BrE advert*) a picture, set of words, a short movie, etc. that is used to advertise a product or service that is available, an event that is going to happen, etc. 广告; 启事
At this time of year, the newspapers are full of advertisements for skiing holidays.
- ★ **spot** *n.* [C] a position in a list of things or in a competition (在排序表、比赛中的) 位置, 名次
My university's basketball team is still in the top spot after today's match.
- caliber** /'kæləbə/ *n.* [U] (*AmE*) (*BrE calibre*) the level of quality or ability that sb. or sth. has achieved (人的) 能力, 才干; (事物的) 质量, 水准
The teaching staff of the school is made up of people of high caliber.
- ★ **token** /'təʊkən/ *a.* (*only before noun*) used to describe actions which although small or limited in their practical effect, have a symbolic importance 作为标志的; 象征性的
The organization made a few token gestures to help the unemployed.
- invitee** /,ɪnvaɪ'ti:/ *n.* [C] an invited person 受邀者
The organizer covered all the expenses of the invitees during their stay in Beijing.
- ★ **generate** /'dʒenəreɪt/ *vt.* produce or cause sth. 产生; 引起
Completing the project on time generated a feeling of pride among the team.
- ★ **utilize** /'ju:təlaɪz/ *vt.* (*BrE utilise*) (*fml.*) use sth. for a particular purpose 使用; 利用; 运用
The building was previously a bank, but is being utilized as a theater now.

★ **coordinate** /kəʊ'ɔːdɪneɪt/ vt.

1 make the parts of your body move and work together well 使(身体动作)协调

After the accident, it was hard for me to coordinate my hand movements.

2 organize an activity so that the people involved in it work together well and achieve a good result 协调; 调和

The Red Cross is responsible for coordinating relief for the refugees.

★ **sink** /sɪŋk/ vi. (AmE **sunk, sunk**) (BrE **sank, sunk**) go down below the surface of water, mud, etc. 下沉; 下陷
Hundreds of passengers successfully escaped from the boat before it sank.

★ **overwhelm** /əʊvə'welɪm/ vt. if an emotion, event, or problem overwhelms you, you are very affected by it, and you do not know what to do, how to react, etc. (情感、事件或问题)使(某人)不知所措

I only had two more weeks to prepare for the exam, and I was feeling totally overwhelmed.

★ **compete** /kəm'pi:t/ vi. take part in a competition or sports event 参加比赛
Professional athletes compete at the Olympics every four years.

heat n. [C] 分组赛; 预赛

★ **alongside** /ə,lɒŋ'saɪd/ prep. next to the side of sth. 在……旁边

I remember there was a bookstore alongside the cinema when I was a child.

disqualify /dɪs'kwɒlɪfaɪ/ vt. stop sb. from taking part in an activity or competition, or from doing a job, usu. because they have broken a rule 取消……的资格
He was fined and disqualified from driving for a year.

★ **leap** /li:p/ vi. (esp. AmE **leaped, leaped**) (esp. BrE **leapt, leapt**) jump high into the air or jump in order to land in a different place 跳; 跳跃
In the park, we can see squirrels leap swiftly from tree to tree.

stand n. [C, often pl.] a part of a sports stadium where people sit or stand to watch a match or event 看台

The people in the stands are cheering with all their might.

constant /'kɒnstənt/ a.

1 continuing at the same rate, level, or amount over a particular period of time (速率、水平或数量)始终如一的
You can save more gas if you drive at a constant speed.

2 (usu. before noun) happening regularly or all the time 连续发生的; 不断的; 重复的
Living next door to a busy street, we can hear a constant noise in the background.

★ **lap** /læp/ n. [C]

1 a single trip around a race track or between the two ends of a pool 跑道的一圈; 泳道的一个往返

The little boy swims six laps in the pool every afternoon.

2 the upper part of your legs when you are sitting down (坐着时的)大腿部

My mum is sitting comfortably on the couch, with a book on her lap.

thrash /θræʃ/ v. move or make sth. move from side to side in a violent or uncontrolled way (使)激烈扭动, 翻来覆去

I had caught a fish, but it thrashed and broke free.

★ **grab** /græb/ vt. take hold of sb. or sth. with a sudden or violent movement 抓住

She grabbed her daughter's arm to stop her from running into the road.

★ **lane** /leɪn/ n. [C]

1 one of the narrow parallel areas marked for each competitor in a running or swimming race (比赛的)跑道, 泳道

The Chinese swimmer in Lane 12 is in the lead.

2 a narrow road in the countryside (乡间)小路
On weekends, I often ride my bicycle along the pretty countryside lanes.

★ **passionate** /'pæʃənət/ a. if you are passionate about sth., you like it a lot 热爱的; 狂热的
Most young people today are passionate about protecting the environment.

★ **ultimate** /'ʌltɪmət/ a. (only before noun) an ultimate aim, purpose, etc. is the final and most important one (目标等)最终的, 首要的

Human welfare is the ultimate goal of technological advancement.

Phrases

make it manage to continue doing sth. difficult until it is finished 设法继续做完; 做到

I'm too tired to make it through the 10 o'clock news.

try out (for) (AmE) compete for a position or place in sth, or be a member of a team 参加……选拔(或试演)

I tried out for the swim team when I was in junior high school.

anything but used to emphasize that sb. or sth. does not have a particular quality 决不; 根本不

She complained to me that her boss was anything but friendly.

Proper nouns

Eric the Eel /i:ɪ/ “鳗鱼”埃里克(赤道几内亚游泳运动员埃里克·莫桑巴尼的绰号)

Eric Moussambani /mʊsəm'bʌni/ 埃里克·莫桑巴尼(赤道几内亚游泳运动员)

Equatorial Guinea /iˌekwətɔːriəl 'ɡɪni/ 赤道几内亚(中非国家)

Pierre de Coubertin /piˌeə də 'ku:bətɪn/ 皮埃尔·德·顾拜旦(1863—1937, 法国教育家, 现代奥林匹克运动创始人)

Niger /'naɪdʒə/ 尼日尔(西非国家)

Tajikistan /tɑːdʒi:kɪ'stɑːn/ 塔吉克斯坦(中亚国家)

Traditional sports in different cultures

New words

snowfall /'snəʊfɔ:l/ n. [C, U] 降雪; (某一时期的)降雪量

- ★ **remote** /rɪ'məʊt/ a. far from towns or other places where people live 边远的; 偏僻的

The man planned to spend his winter holiday in a remote mountain village.

- ★ **inaccessible** /ɪnək'sesəbəl/ a. difficult or impossible to reach 难达到的; 不可及的

These mountain villages are completely inaccessible in winter.

Norwegian /nɔː'wi:dʒən/

n. [C] 挪威人

a. 挪威的; 挪威人的; 挪威语的

- ★ **wilderness** /'wɪldənəs/ n. [C, usu. sing.] a large area of land that has never been built on or changed by humans 荒野; 荒无人烟的地区

He and his colleagues have finished a 1,500 km trip through the wilderness.

tug-of-war /tʌg əv 'wɔː/ n. [U, sing.] 拔河赛

Viking /'vaɪkɪŋ/ n. [C] 维京人(斯堪的纳维亚人的一支)

- ★ **warrior** /'wɔːriə/ n. [C] (mainly literary) a soldier, esp. in the past (尤指旧时的)武士, 战士, 勇士

Wu Song is said to have been a great warrior in Chinese folklore.

- ★ **contest** /'kɒntest/ n. [C] a competition, usu. a small one (通常指小型的)比赛, 竞赛

The spelling contest is open to all of the school's students who are interested in English.

- ★ **endurance** /ɪn'dʒʊərəns/ n. [U] the ability to continue doing sth. difficult or painful over a long period of time 忍耐力; 耐受力

Both swimming and running can increase our strength and endurance.

- ★ **highlight** /'haɪlaɪt/

n. [C] the most important, interesting, or enjoyable part of an activity, movie, sports event, etc. (活动、电影、体育项目中)最重要(有趣、愉快)的部分

The weekend in Dali was definitely the highlight of our trip.

vt. make sth. easy to notice so that people pay attention to it 使突出; 使注意力集中于

This report highlights some of the problems faced by most university graduates.

- ★ **considerable** /kən'sɪdərəbəl/ *a.* fairly large, esp. large enough to have an effect or be important 相当大的; 相当多的; 相当重要的
A considerable amount of research has been done on our psychological development.
- ★ **amusement** /ə'mju:zmənt/ *n.* [U] the feeling you have when you think sth. is funny 开心; 愉悦; 快乐
Larry couldn't hide his amusement at what his classmates were saying.
- ★ **lunar** /'lu:nə/ **month** *n.* [C] 太阴月, 朔望月 (28 天或 29 天)
craftsman /'krɑ:ftsmən/ *n.* [C] (*pl.* **craftsmen**) sb. who is very skilled at a particular craft 工匠; 匠人; 手艺人
The original designs were made by highly skilled craftsmen.
- ★ **resemble** /rɪ'zembəl/ *vt.* look like or be similar to sb. or sth. 像; 看起来像; 与……相似
I have to say she doesn't resemble her sister in any way.
carve /kɑ:v/ *vt.* make an object or pattern by cutting a piece of wood or stone (尤指在石头或木头上) 雕刻
John carved this figure from a single block of marble.
paddler /'pædlə/ *n.* [C] 船桨手
unison /'ju:nəsən/ *n.* [U] (*in* ~) if people speak or do sth. in unison, they say the same words at the same time or do the same thing at the same time (说话、做事) 一起, 一齐
When soldiers march in unison, it not only intimidates enemies, but also gives the soldiers a confidence boost.
steerer /stiəə/ *n.* [C] 舵手

Phrases

- make for** help to make sth. possible 有助于; 有利于
Constant arguing doesn't make for a happy marriage.
- to the fullest** as much as possible 完全地; 彻底地; 充分
Her disability doesn't prevent her from enjoying life to the fullest.
- take to** begin to like sb. or sth. 开始喜欢
She took to football at the age of six.

Proper nouns

- Norway** /'nɔ:weɪ/ 挪威 (北欧国家)
Egypt /'i:dʒɪpt/ 埃及 (北非国家)
Scandinavia /skændə'neɪviə/ 斯堪的纳维亚 (北欧地区)
Dragon /'dræɡən/ **Boat Festival** 端午节

China's fitness craze

New words

- ★ **craze** /kreɪz/ *n.* [C] sth. that suddenly becomes very popular, but for only a short time 风靡一时的事物
There has been a rising craze for sportswear among Australians in recent months.
- dazzling** /'dæzəlɪŋ/ *a.* very impressive, attractive, or interesting 给人印象深刻的; 特别吸引人的
The lake and mountains provided a dazzling background for the wedding ceremony.
- ★ **pack** /pæk/ *v.*
- fill a place completely 挤满; 塞满
The store is usually packed with people at lunch time.
 - fill a suitcase, box, etc. with things 把箱 (盒、包等) 装满
One thing I don't like about traveling is packing a suitcase.
- fanatic** /fə'nætɪk/ *n.* [C] sb. who likes a particular thing or activity very much (对某事物或活动) 入迷的人
For fishing fanatics, the coast offers endless opportunities.
- ★ **retreat** /rɪ'tri:t/ *vi.* avoid a dangerous, unpleasant, or embarrassing situation, esp. by moving away from it (为 避免危险、不愉快或尴尬情形而) 退缩, 退却
It was a wise decision for him to retreat from public life after the scandal.
- adolescent** /'ædə'lesənt/ *n.* [C] a young person, usu. between the ages of 12 and 18, who is developing into an adult 青少年
The audience of this popular TV show were mostly adolescents.

★ **decline** /dɪ'klaɪn/ *vi.* become less or worse 减少; 变糟; 衰退

The number of people buying their own homes has declined.

★ **sweep** /swi:p/ (**swept, swept**)

v. (*written*) if an idea, feeling, or activity sweeps a group of people or a place, it quickly becomes very popular or common 风行; 风靡; 迅速蔓延

A 1970s fashion revival is sweeping European and American countries.

vt. clean the dust, dirt, etc. from the floor or ground, using a brush with a long handle 打扫; 清扫; 扫除
After all the guests left, Martha began to sweep the floor.

fruition /fru:'ʃʌn/ *n.* [U] (*fml.*) the successful result of a plan, idea, etc. (计划、想法等的) 实现, 完成

This great novel is the fruition of years of work.

Phrases

cool off make sth. cooler or become cooler after being very hot (使) 变凉

It's really hot outside. Let's go swimming to cool ourselves off.

give rise to sth. (*fml.*) be the reason why sth. happens, esp. sth. bad or unpleasant 引起(导致) 某事(尤指坏事)

His absence from work gave rise to widespread complaints and rumors.

come to fruition if a plan, project, etc. comes to fruition, it is successfully put into action and completed, often after a long process 实现; 完成; 取得成果

None of his plans for a documentary film ever came to fruition.

Sports in ancient Greece and ancient China

New words

★ **channel** /'tʃænl/ *n.* [C]

1 (*usu. pl.*) a system or method that you use to send or obtain information, goods, permission, etc. (传递或获得信息、商品、允许等的) 途径, 手段, 渠道

Both countries should work through diplomatic channels to find a solution to the dispute.

2 a television station and all the programs that it broadcasts 电视频道

He switched to another channel to watch the football game.

city-state *n.* [C] a city, esp. in past times, that forms an independent country (尤指旧时的) 城邦

Athens was one of the city-states of ancient Greece.

truce /tru:s/ *n.* [C] an agreement between enemies to stop fighting or arguing for a short time, or the period for which this is arranged 休战, 停战(协定); 停止争辩(的协议)

The two sides have been unable to negotiate a truce.

★ **resume** /rɪ'zju:m/ *v.* if an activity resumes, or if you resume it, it starts again after a pause (中断后) 继续, 重新开始

Talks will resume next month to discuss the outstanding issues.

★ **substitute** /'sʌbstɪtju:t/ *n.* [C] sth. that is used instead of sth. else 替代品; 代替物

Vitamin pills are no substitute for a healthy diet.

★ **survival** /sə'vaɪvəl/ *n.* [U] the state of continuing to live or exist 继续生存; 幸存

To be able to cope with change is vital for survival.

★ **efficiency** /ɪ'fɪʃənsi/ *n.* [U] the quality of doing sth. well and effectively, without wasting time, money, or energy 效率; 效能; 功效

The benefits of cost savings and greater efficiency are being realized.

★ **instinct** /'ɪnstɪŋkt/ *n.* [C, U] a natural tendency to behave in a particular way or a natural ability to know sth., which is not learned 本能; 直觉; 天性

It is instinct that tells the birds when to begin their migration.

★ **bow** /bəʊ/ *n.* [C] 弓

★ **arrow** /'ærəʊ/ *n.* [C] 箭; 矢

★ **myth** /mɪθ/

n. [C] an ancient story, esp. one invented in order to explain natural or historical events (古代) 神话

The article explains clearly the difference between myths and fairy tales.

- n. [C, U] an idea or story that many people believe, but which is not true (许多人相信但并不真实的) 荒诞传说, 无根据之观念
It's time to bury the myth that wealth will make you happy.
- ★ **rival** /'raɪvəl/ n. [C] a person, group, or organization that you compete with in sports, business, a fight, etc. 对手; 竞争者
The player scored twice as many points as her nearest rival.
- court** /kɔ:t/ vt. (old-fashioned) if a man courts a woman, he visits her, takes her out, etc. because he hopes she will love him (男子)向(女子)求爱, 追求
The young woman finally married a gentleman who had been courting her for years.
- ★ **weapon** /'wepən/ n. [C] sth. that you use to fight with, such as a knife, bomb, or gun 武器
It is important that we control the spread of weapons of mass destruction.
- ★ **hunt** /hʌnt/ v. go after wild animals in order to catch or kill them for food, sport, or to make money 狩猎; 捕猎
Turtles are illegally hunted for their eggs, meat, and shells.
- ★ **combine** /kəm'baɪn/ v. if you combine two or more different things, or if they combine, they begin to exist or work together (使)结合; (使)联合; (使)合并
Modern and traditional teaching methods are combined at the school.
- vigorously** /'vɪɡərəsli/ ad. in a way that uses a lot of energy and strength or determination 强有力地; 坚决地
You should stir the mixture vigorously until it is smooth.
- ★ **stiff** /stɪf/ a. if sb. or a part of their body is stiff, their muscles hurt and it is difficult for them to move (人或身体部位)僵硬的, 强直的
As you get older, your muscles become stiffer.
- joint** /dʒɔɪnt/
 n. [C] a part of your body that can bend because two bones meet there (骨)关节
You may experience some pain in your joints after intense exercise.
- a. (only before noun) involving two or more people or groups, or owned or shared by them 共有的; 共享的; 共同的

The book is the joint effort of several different researchers.

- ★ **era** /'ɪərə/ n. [C] a period of time in history that is known for a particular event, or for particular qualities 时代; 年代
We live in a new era of global cooperation.
- ★ **rhythm** /'rɪðəm/ n. [C, U] a regular repeated pattern of sounds or movements 规则的运动; (动作的)节奏; 律动
The intense rhythm of the music made her want to get up and dance.
- figure skating** n. [U] 花样滑冰
- gymnastics** /dʒɪm'næstɪks/ n. [U] 体操
- ★ **integrate** /'ɪntɪɡreɪt/ vt. combine two or more things in order to make an effective system 使合并(成为有效的系统); 使结合
This city's bus and subway services have been fully integrated.
- ritual** /'rɪtʃuəl/ n. [C, U] a formal ceremony 典礼; 仪式
The ritual is performed in order to celebrate the rice harvest.
- ★ **intellectual** /'ɪntə'lektʃuəl/ a. relating to the ability to understand things and think intelligently 智力的; 脑力的
The book is about the emotional and intellectual development of young children.
- ★ **curriculum** /kə'rɪkjələm/ n. [C] (pl. **curricula** or **curriculums**) the subjects that are taught by a school, college, etc., or the things that are studied in a particular subject 课程
The university has added some courses that students are interested in to the curriculum.

Phrases

- bear comparison with** be similar to 类似于
Both the athletes are superb, but they don't bear comparison with each other.
- in due course** at some time in the future when it is the right time, but not before 在(将来)适当的时候; 到时候
I look forward to hearing from you in due course.
- get rid of** take action so that you no longer have sth. unpleasant that you do not want 摆脱; 除去
We're moving, so we decide to get rid of a lot of our furniture.

Proper nouns

Odysseus /əʊ'dɪsiəs/ 奥德修斯 (荷马史诗《奥德赛》的主人公)

Sparta /'spɑ:tə/ 斯巴达 (古希腊城邦)

Spring and Autumn Period 春秋时期 (公元前 770—公元前 476)

Confucius /kən'fju:ʃəs/ 孔子 (公元前 551—公元前 479, 春秋末期思想家、政治家、教育家, 儒家学派创始人)

Plato /'pleɪtəʊ/ 柏拉图 (公元前 427—公元前 347, 古希腊哲学家)

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