

# 2025 年春初一下 Unit 3 Keep fit. 阅读写作学案

## 阅读前 (Pre-reading)

**Why Exercise is Cool!** Do you know why exercise is important? Let's find out!

- 1. Makes You Smarter.** When you run or play, your brain gets \_\_\_\_\_ (much) air. This helps you think \_\_\_\_\_ (fast) in class! Kids who exercise often get \_\_\_\_\_ (good) grades.
- 2. Makes You Happy.** Feeling sad? Try jumping! Exercise makes your body \_\_\_\_\_ (create) "happy juice". Even 10 minutes of walking can make you \_\_\_\_\_ (smile)!
- 3. Makes You Strong.** \_\_\_\_\_ (jump) and \_\_\_\_\_ (climb) make your bones hard like superhero armor (盔甲). Strong bodies don't get sick \_\_\_\_\_ (easy)!
- 4. Makes Friends.** Playing games with \_\_\_\_\_ (other) others is fun! You can learn teamwork and find new friends.

**Let's Play!** Dance \_\_\_\_\_ your favorite song. \_\_\_\_\_ (race) with friends to the bus stop. Count how many \_\_\_\_\_ (time) you can jump rope.

Remember: Exercise is not hard work. It's playing while getting healthy!

**How are sport and exercise good for us? Put the following phrases into Chinese**

make us strong and healthy \_\_\_\_\_ help us relax \_\_\_\_\_  
build team spirit \_\_\_\_\_ make us active \_\_\_\_\_  
have better sleep at night \_\_\_\_\_ lose weight \_\_\_\_\_  
develop a friendship \_\_\_\_\_ set and reach goals \_\_\_\_\_  
help us keep fit \_\_\_\_\_ helps you forget worries \_\_\_\_\_  
focus better in math class and remember English vocabulary faster \_\_\_\_\_

**Write your accounts of ways to keep fit (写一篇关于你保持健康报告)**

doing jumping jacks 开合跳 riding a bicycle \_\_\_\_\_ climbing stairs \_\_\_\_\_  
lifting weights 举重 doing push-ups \_\_\_\_\_ practising pull-ups \_\_\_\_\_  
trying yoga poses \_\_\_\_\_ rolling a hula hoop \_\_\_\_\_ playing badminton \_\_\_\_\_  
kicking a soccer ball \_\_\_\_\_ hiking mountains \_\_\_\_\_ skiing downhill (高山滑雪)  
ice skating \_\_\_\_\_ surfing waves (冲浪) Practising Eight-Section Brocade \_\_\_\_\_  
practising skateboarding \_\_\_\_\_ doing stretching exercise \_\_\_\_\_ playing baseball \_\_\_\_\_  
jogging \_\_\_\_\_ doing sit-ups \_\_\_\_\_ swimming \_\_\_\_\_

## 阅读中 (While-reading)

**寻读 (Scanning) : 定位特定信息 (如日期、人名)**

1. Look at the photos on Page 22 and answer the questions.

What sports and exercise are the students doing?

Xia Tian is practising stateboarding. Jenny is \_\_\_\_\_. And Steve \_\_\_\_\_.

2. Read three students' accounts of their ways to keep fit. Fill in the blanks with use an exercise app, skateboarding, or play baseball. 【Activity 1b】

3. Read the accounts again and complete the table. 【Activity 1c】

**细节理解 (Detailed Reading) : 回答问题或填写图表。**

Read Xia Tian's account(叙述) and answer the questions.

4. Where do Xia Tian and his friends practise skateboarding? \_\_\_\_\_
5. How do they practise skateboarding?
6. What does Xia Tian think of these tricks?
7. What characters (品质) do you think Xia Tian has?
  - He never gives up.                       He faces difficulty bravely.     He keeps trying.
  - He is brave to try new things.     He tries to challenge himself.

**Read Jenny's account and complete the table.**

8. Jenny's goal :	
9. The exercises she does:	
10. Jenny's favourite way:	
11. How the App helps:	

Read Steve's account and choose T or F.

12. Steve thinks their baseball team is great, but not the best. ( )
13. They play many matches and exercise a lot. ( )
14. Steve thinks they are always a team, no matter win or lose. ( )

**阅读后 (Post-reading)**

**推断 (Inference) :** 根据上下文猜测隐含意义。

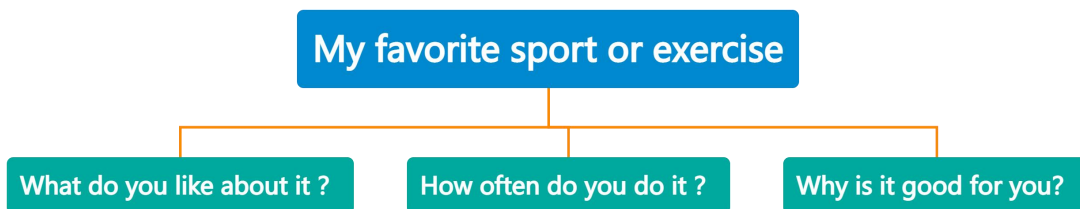
15. Read Steve's account. What can you learn from the last two sentences? (翻译下列句子)

Friendship first, competition second. \_\_\_\_\_

Team sports build team spirit and help us achieve our goals. \_\_\_\_\_

**单元写作: Write a post about your favorite way to keep fit. 写一篇关于你最喜欢的健身方式的帖子。**

16. Read Kate's post and complete the mind map. 【Activity 2a】
17. Make a similar mind map about your favourite sport or exercise.



**范文:**

**Jogging is my favourite sport.**  
 It is very simple. You don't need any special things. Just put on your running shoes, and you can start.  
**I jog four times a week.** Each time I jog, I feel my heart and lungs getting stronger.  
**Jogging is really good for my health.** It is really easy to do, and it helps me keep fit.

**作文:**