

原力英语全能提升训练营

B1 正式场景表达
体育热点必备口语

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01

GENERAL QUESTIONS

1. Do you like to watch sports on TV?
2. Do you play any sports?
3. Which is the popular sport in your country?
4. Who is your favorite sports star?
5. What kinds of sports would you like to try in the future?
6. What kind of sports do you prefer?
7. Do you do any kind of sports during weekends?
8. Is there anything you like to do in your leisure time?
9. Should people go in for sports more?
10. Which sport is the best for people who aren't used to work-out?
11. Why some people enjoy sports more than others?

1. Do you like to watch sports on TV?

- Not at all! I **despise (hate)** it. I get extremely bored and disinterested. I usually try to avoid watching sports on TV at all costs unless it' s an exciting event, like the World Cup or Super Bowl. In that case, I go for the social event rather than the game itself.

2. Do you play any sports?

- Not anymore. I was an **avid (enthusiastic)** swimmer as a child, but I gave that up after high school, as it was quite **time-consuming**. Nowadays, I enjoy going to the gym, running around the lake by my house, and going on mountain treks. I' m not sure if these are considered sports, but **I' m really into physical activity**.

3. Which is the popular sport in your country?

- Soccer of course! As soccer is **the sport of the world**, that would be number one. People **go wild** when their team wins a game, and they even drive around waving flags, blocking off the streets! Apart from this, many people enjoy playing Ping-Pong and doing martial arts.

4. Who is your favorite sports star?

- As I'm not a big sports fan, I don't really have one. However, I think I may like David Beckham. Although I don't know anything about him or his **athletic abilities**, I think I've always been **drawn to him (attracted to)** because of his looks.

5. What kinds of sports would you like to try in the future?

- I'm really **intrigued** by soccer. I think it's something that can really connect people, as well as is good **coordination activity**. Actually, I wish I had gotten into it as a child. I think it would be interesting to join a league in my city.

6. What kind of sport do you prefer?

- I don't prefer a specific kind of sport, but I really like **working out in the gym...** That helps me to **keep my body in a good shape...** A few years ago, I had a **personal trainer**, but now I developed my own **fitness program** and train alone.

7. Do you do any kind of sports during weekends?

- Yes, sure! I have a lot of spare time during weekends, and I go hiking on Saturdays. In summertime I also go cycling with my friends. Generally, I don't like staying at home all day. I prefer **active rest**.



8. Is there anything you like to do in your leisure time?

- I used to play tennis as a hobby. But a few months ago, my family moved to a new place, and there were no tennis courts nearby. That's why I **took up** yoga. But I still play tennis **once in a while**.

9. Should people go in for sports more?

- Yes, definitely. Sport should be **an essential part** of everyone' s life. Not only is it good for your health, but it also helps you to **be in a good mood**. So people should certainly train more.

10. Which sport is the best for people who aren't used to work-out?

- In my point of view, everybody should start with light trainings, maybe **jogging** or a **brisk walk** every day. It is better to avoid **strenuous exercises** for the first couple of months, so powerlifting is definitely out of the question.

11. Why some people enjoy sports more than others?

- It is a tough question. I would say, the main reason is it's hard to find **your perfect kind of sport**. If you don't like football or basketball, it doesn't mean you won't enjoy swimming, for example. It's important not to fear **trial-and-error method** and you'll inevitably find your ideal sport.

MAJOR WORLD SPORTING EVENTS



Major World Sporting Events

- **FIFA World Cup** (the most viewed event in the world)
- **Summer Olympics**
- **Winter Olympics**
- **Super Bowl (Football)**
- **Swimming World Championships**
- **Tennis Grand Slam**
- **Golf Majors**
- **Tour de France (Cycling Events)**
- **NBA (National Basketball Association)**
- **World Boxing Championships**
- **Formula One World Championship**
- ...



**GENERAL
SPORTS
VOCABULARY**

ADJECTIVES TO DESCRIBE SPORTS

- challenging
 - competitive
 - dangerous
 - enjoyable
 - exciting
 - frightening
 - frustrating
 - healthy
 - relaxing
 - tiring
 - popular
 - individual
 - modern
 - traditional
- extreme
 - amateur
 - vigorous
 - violent
 - childish
 - risky
 - indoor
 - outdoor
 - strenuous
 - delightful
 - fascinating
 - youthful
 - exhilarating

General Sports Vocabulary---VERBS

Beat	Italy beat France to win 2006 FIFA World Cup.
Compete	Over 10,000 athletes will compete in the Olympic Games.
Defeat	Our players were very happy after they defeated their opponents in the final game.
Defend	The team attacked and scored two goals, then spent the rest of the game defending the lead.
Pass	A defender tries to pass the ball to a forward in a good position to score.
Perform	All the athletes will do their best to perform well in the Olympic Games.
Practice	Professional golfers spend hours every day practicing their shots.
Shoot	In basketball, players shoot from outside the 3-point line to score the extra points.
Tackle	Rugby players have to learn how to tackle an opponent strongly but fairly.
Train	The hockey team trains every Tuesday and Thursday after school.

Describe a place that you visit to keep fit.

You should say:

- what is it
- when do you go there
- what do you do there
- and say why do you like it



Describe a place that you visit to keep fit.

- Sample answer:

I would like to talk about my local gym that I visit three times a week. It's a new **sports center** with the **latest fitness equipment**. It has everything you would ever need to **keep fit**: treadmills, various **dumbbells** and exercisers for different muscle groups. Moreover, it offers a wide range of different classes **for every taste**. I developed my own **strength-building strategy**, so usually I start with a short **warm-up** when I **jog on the treadmill** for a few minutes to sweat. Then, I go to the weights sections and start doing lifting exercises. Finally, I end my workout with **stretching**. I try not to miss my trainings, because they help me to relax and forget about the daily routine.

Describe a sport that you have learned

You should say:

- what sport it is
- when you learned it
- what you learned to do
- and explain how you feel about this sport



Describe a sport that you have learned

- Sample answer:

Basketball is the sport which I have been interested in for a long time. Therefore, I have taken up this sport recently. Basketball is played by two teams of five members on a rectangular court, where the players of each team try to shoot the ball through the rival's hoop. As far as I know, basketball is one of the most popular sports in the world. This is because of basketball's great benefits to our health, such as muscular development, height growth, and so on. Of course, it's also fast-moving and exciting. Considering its huge advantages, I decided to take up this sport. Actually, I have been learning it for three months at a sport center. Here, I am taking the beginner course which provides me with basic skills to play basketball such as dribbling, jumping and shooting. Also, I have many opportunities to practice these skills with experienced basketball players, which helps to improve my game a lot. As a final point, I would emphasize that in the near future, I hope that I will be able to play basketball skillfully to improve my physical condition and really enjoy the sport to the fullest.