

運動與體適能

Practice Worksheet

A. Vocabulary - Write the English word

Write the correct English word for each Chinese meaning.

1. 運動員 (n.) _____
2. 錦標賽 (n.) _____
3. 競爭 (v.) _____
4. 競賽 (n.) _____
5. 對手 (n.) _____
6. 錦標賽 (n.) _____
7. 裁判 (n.) _____
8. 觀眾 (n.) _____
9. 體育場 (n.) _____
10. 馬拉松 (n.) _____
11. 短跑 (n./v.) _____
12. 耐力 (n.) _____
13. 體力 (n.) _____
14. 柔軟度 (n.) _____
15. 營養 (n.) _____

B. Grammar - Choose the correct answer

1. The team was _____ in the quarter-finals after losing 3-0.
(A) qualified (B) eliminated
(C) motivated (D) celebrated
2. She _____ play tennis every weekend, but now she prefers swimming.
(A) used to (B) is used to
(C) gets used to (D) was used to
3. _____ exhausted after the match, the players went straight to bed.
(A) Felt (B) Feel
(C) Feeling (D) To feel

4. The harder you practice, _____ you will become.
(A) better (B) the better
(C) best (D) the best
5. What _____ exciting game it was!
(A) a (B) an
(C) the (D) —
6. Regular exercise can reduce the _____ of heart disease.
(A) opportunity (B) risk
(C) advantage (D) benefit
7. The _____ awarded a penalty kick after the foul.
(A) coach (B) spectator
(C) referee (D) champion
8. She is now _____ training in the cold weather.
(A) used to (B) use to
(C) using to (D) uses to
9. Good _____ means respecting your opponents.
(A) teamwork (B) sportsmanship
(C) competition (D) strategy
10. He needs several months of _____ after his knee surgery.
(A) nutrition (B) motivation
(C) rehabilitation (D) endurance

C. Listening - Go to learn.chparenting.com to listen

1. 馬拉松將在早上七點開始。所有跑者應至少提前一小時到達。
(A) Runners should arrive by 6 a.m.
(B) The marathon starts at 8 a.m.
(C) Only professional runners can join.
(D) Registration closes at 7 a.m.
2. 因為下雨，今天的戶外網球賽已移至室內球場。
(A) The match was cancelled.
(B) The match was moved indoors.
(C) The match was delayed by one hour.
(D) The match will be played tomorrow.
3. 教練說我們需要更注重團隊合作而不是個人技巧。
(A) The coach wants more teamwork.
(B) The coach wants individual practice.
(C) The coach cancelled the practice.
(D) The coach changed the schedule.
4. 受傷後，她經過六個月的復健才能再次比賽。
(A) She recovered in six months.
(B) She retired from sports.
(C) She changed to a different sport.
(D) She competed the next week.

5. 健身房提供各種課程，包括瑜伽、有氧運動和重量訓練。

- (A) The gym only has weight training.
- (B) The gym has different types of classes.
- (C) The gym is closed for renovation.
- (D) The gym only accepts members.

D. Reading - Go to learn.chparenting.com to read the passage

1. How many minutes per week of exercise is recommended?

- (A) 100 minutes
- (B) 120 minutes
- (C) 150 minutes
- (D) 200 minutes

2. What are endorphins?

- (A) A type of medicine
- (B) Chemicals that improve mood
- (C) A type of exercise
- (D) Vitamins for athletes

3. What do psychologists recommend exercise for?

- (A) Weight loss only
- (B) Building muscle
- (C) Treating depression and anxiety
- (D) Improving eyesight

4. How long should beginners exercise each day?

- (A) 10 minutes
- (B) 20 minutes
- (C) 45 minutes
- (D) 60 minutes

5. What is the most important factor in exercise?

- (A) Intensity
- (B) Consistency
- (C) Equipment
- (D) Duration

