**2024年1月浙江第一次高考（首考）英语**

**应用文 讲评学案**

**PART 1 审题分析与评价**

【题目呈现】

（学生回忆版）请你写一篇短文向校英文报“Sports and Health”栏目投稿，向同学们推荐一项适合课间开展的运动，内容包括:

1.介绍这项运动;

2.说明推荐理由。

注意:

1.写作词数应为80个左右;

2.请按如下格式在答题纸的相应位置作答。

**Stand Up and Exercise, Everybody!**

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【基本信息把握】

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| --- | --- | --- | --- | --- |
| 文体体裁 |  | | | |
| 写作人 |  | | | |
| 写作对象 |  | | | |
| 写作背景 | 向校英文报“Sports and Health”投稿 | | | |
| 写作目的 | 向同学们**推荐**一项适合**课间开展**的运动，鼓励同学们动起来。 | | | |
| 人称时态 |  |  |  |  |

**PART 2 设计思维框架**

①首段作铺垫

一句话简述运动的重要性（身心健康）；

或谈谈目前的现状（学生学业压力大，不爱运动，身体素质差等），因此运动刻不容缓。

②次段述主题

What: 介绍适合课间开展的运动，如brisk walking, rope jumping, Jianzi kicking等，两句话介绍其特点。

Why: 推荐理由 可从以下角度着手：

1. 从该运动本身特点出发：simple and accessible, less prone to injury

2. 从运动给学生影响出发: (注意此处不宜泛泛而谈运动的好处，而要具体结合你所推荐的运动)

心理— enjoy more quality me-time, get rid of negative feelings

身体— strengthen the immune system and reduce the risk of serious health problems, improve brain functions

社交— lead to the development of new friendships, strengthen the existing relationships

习惯— develop discipline and consistency

③尾段表示再次呼吁

呼应写作目的，鼓励呼吁同学们运动起来。

**PART 3 语料积累运用**

**【首段】**

Q:首段如何自然转入课间运动推荐？

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方法1：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Are you **trapped by** your desk all day? Are you always **feel sleepy and worn out/exhausted**? Let’s try something new to help relieve stress – Tai Chi !

方法2：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sitting for long periods can be **detrimental** to our physical health, **thus causing** discomfort and affecting focus. So **why not** stand up and stretch your bodies?

**Task: Give your comments on the two approaches.**

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**【次段】**

Q:受时间和空间要素影响，可以采用哪些运动类型？

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**选择1：体操：**

【介绍】Gymnastics is a dynamic sport that involves a combination of strength, flexibility, and coordination. It includes a variety of movements such as tumbling, balancing, and swinging on apparatus like bars and rings.

【理由】Gymnastics not only enhances physical fitness but also cultivates discipline and focus.Gymnastics is an excellent choice for students as it can be adapted to different skill levels and doesn't necessarily require specialized equipment. Moreover, the varied and challenging nature of gymnastics routines keeps the exercise engaging and fun.

**选择2：太极拳**

**【介绍】** Tai Chi is an ancient Chinese martial art known for its slow, flowing movements and deep-breathing techniques. It emphasizes the unity of mind and body, promoting flexibility and balance through connected motions and controlled breathing.

**【理由】** Tai Chi is well-suited for short breaks as it requires minimal space and no special equipment. It helps students release tension in muscles, regulates breathing, and alleviates the stress of studying. Additionally, Tai Chi emphasizes focused attention and inner calm, contributing to improved concentration and mental well-being.

**选择3：跳绳**

【介绍】Rope skipping, a classic and timeless activity, involves jumping over a rapidly rotating rope. It's a versatile exercise that combines cardiovascular benefits with improved endurance. All you need is a jump rope and some open space!

【理由】Rope skipping is an ideal exercise owing to its accessibility and numerous health benefits. It provides a great cardiovascular workout, helping to improve heart health and stamina. Additionally, it enhances agility, balance, and coordination, making it a holistic fitness activity. The simplicity of rope skipping makes it suitable for individuals of all fitness levels.

**点睛：提炼该项运动益处素材语料**

**【尾段】**

Q:投稿的最初目的是什么？结尾如何收束？\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Let's encourage our peers to pick up a jump rope, embrace the joy of skipping, and take a leap towards a healthier, more active life.【跳绳】

Let's collectively experience the inner harmony brought about by Tai Chi, infusing a sense of well-being into our physical and mental health.【太极】

Let's encourage our fellow peers to embrace the excitement of gymnastics and elevate our energy levels for a healthier and more active lifestyle.【做操】

**【范文1】学生习作**

**Stand Up and Exercise, Everybody！**

Are you weary of staying at your desk all day？It’s high time that we students liberated ourselves from dull routine by trying something new — Tai Chi.

Featuring graceful and low-impact exercise, Tai Chi involves slow and controlable movements, which makes it a fabulous choice for quick breaks between classes. What’s more, as a time-honored Chinese martial art, Tai Chi brings numerous benefits in terms of maintaining health, ranging from propelling blood circulation to promoting relaxation. Just a few minutes of Tai Chi can leave you refreshed and rejuvenated to embrace your next lesson.

Stand up and join Tai Chi movement! Let’s add color to our campus life and cultivate a healthy lifestyle!

你觉得本文的得分是\_\_\_\_\_\_\_\_\_

理由与可取之处：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**【下水作文】**

首段version 1 As the saying goes, life lies in motion/movement. Clearly, sports exert positive effect on both mental and physical health. Hence, why not get our body moving during breaks?

首段version 2 Currently, most students loaded with heavy school work attach little importance to sports, which might lead to some potential health problems. Therefore, Let’s make the most of our break time and get moving!

Honestly, you can’t beat brisk walking, a form of moderate-intensity aerobic exercise that involves walking at a faster pace than usual. It is suitable for people of all fitness levels and can be done individually or in groups. The reasons why brisk walking is a great choice are too many to be listed. Notably, simple and accessible, it doesn’t require any special equipment or training, it can easily be incorporated into your daily routines. While walking alone, you can even take a moment to reflect on yourself and enjoy such quality me-time, which helps get rid of stress and be more energized when you return to your studies. Moreover, benefits to strengthen immune system and thereby reduce the risk of serious health problems can’t be denied.

Have I piqued your interest? Let’s get moving for better health and well-being. Remember to start small and slowly work your way to a longer and harder exercise.

你觉得本文的得分是\_\_\_\_\_\_\_\_\_

理由与可取之处：\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**PART 4 语篇利用与迁移**

**【体裁迁移】**

Directions: Write an English composition in 120--150 words according to the instructions given below in Chinese.

假设你是明启中学高三学生徐晶，学校最近就如何组织好每天上午30分钟的大课间活动征求全校学生的意见。你给负责的王老师写一封电子邮件，内容包括:

1.有关组织大课间活动的建议；

2.你的理由。

注意：不要在邮件中提及你的真实姓名和学校等相关信息。

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**【参考范文】**

Dear Teacher Wang,

I hope this email finds you well. My name is Xu Jing, a senior student at Mingqi High School. I wanted to share some suggestions on how to organize the 30-minute morning break activities that the school is currently seeking opinions on.

Firstly, I propose introducing a variety of activities to cater to different interests and preferences among students. This could include sports, arts and crafts, or even short educational workshops. By diversifying the options, we can ensure that there's something for everyone, promoting inclusivity and active participation.

Secondly, involving students in the decision-making process could make the activities more student-oriented. Creating a committee or seeking student input through surveys can help generate ideas and ensure that the chosen activities resonate with the majority.

Lastly, considering the importance of physical well-being, incorporating outdoor activities like group exercises or walks can provide a refreshing break, helping students rejuvenate and refocus for the remaining classes.

I believe these suggestions could contribute to a more vibrant and inclusive morning break experience. Thank you for considering these ideas, and I look forward to seeing positive changes in our school's daily routine.

**【单句语法填空改编 语料复盘】**

Gymnastics is a dynamic sport that involves a \_\_\_\_\_\_\_\_\_\_(combine) of strength, \_\_\_\_\_\_\_\_\_\_\_(flexible), and coordination.

Gymnastics is \_\_\_\_ excellent choice for students as it can \_\_\_\_\_\_\_\_\_\_(adapt) to different skill levels and doesn't \_\_\_\_\_\_\_\_\_\_(necessary) require specialized equipment.

Additionally, Tai Chi emphasizes \_\_\_\_\_\_\_\_\_\_(focus) attention and inner calm, \_\_\_\_\_\_\_\_\_\_(contribute) to \_\_\_\_\_\_\_\_\_\_(improve) concentration and mental well-being.

The \_\_\_\_\_\_\_\_\_\_(simple) of rope skipping makes \_\_\_\_\_\_\_\_\_\_suitable for individuals of all fitness levels.

Students are more likely \_\_\_\_\_\_\_\_\_\_(make) positive choices \_\_\_\_\_\_\_\_\_\_(regard) nutrition, sleep, and overall well-being.