Chapter 4&5

词汇赏析：

* Which words in chapter 4 indicating the fast speed.
* Jake set off at an amazing pace.以惊人的速度
* His feet flew over the ground and he finished the first three laps in lightning speed以闪电般的速度
* He ran off like a speeding train. 就像一列飞驰的火车
* Understanding hit her like a bucket of cold water. 她就像被泼了一桶冷水，一下子就明白了。
* Anna’s mind was racing. 安娜的大脑在飞速地运转
* She knelt and stared straight at the trainers.

kneel v.  /niːl/ (knelt knelt )

[ V]~ (down) to be in or move into a position where your body is supported on your knee or knees跪；跪着；跪下

•We knelt (down) on the ground to examine the tracks.我们跪在地上察看足迹。

* He trudged back to school.拖着沉重的脚步走到学校

trudge vt. to walk slowly with heavy steps because you are tired or carrying sth heavy 缓慢地走

He trudged the last two miles to the town.他步履艰难地走完最后两英里到了城里。

* The day of the Championships drew closer. 锦标赛的日子越来越近了
* have a row with sb 与某人争吵或发生争执
* Anna's words echoed in his mind. 在他的脑海回想

写作练习：

Write an email to Anna for Jake, including the following content:

1. show apology

2. express your new reflection

(about 120words)

Dear Anna,

Hope this email finds you well. I’m writing to express my heartfelt apology for our quarrel and share with you my new reflection.

Reflecting on the situation, I recognize that my impolite words and actions have caused you pain, and for that, I am deeply sorry. So occupied with my own goals that I was blind to see your care to me. But now I’ve fully realized that you are right; winning shouldn’t be achieved at the expense of dishonesty and it is the spirit of sportsmanship that truly matters.

Moreover, after having a second thought, I’ve determined that honesty is the best policy, regardless of the circumstances and will put it into practice. I appreciate your patience and the lessons you’ve taught me. I have decided not to use the magic trainers and to complete the race on my own.

Once again, I apologize and extend my gratitude for your understanding. Look forward to making it up to you.

Yours,

Jake