2024浙江省1月高考应用文讲评 教学设计

龙泉市第一中学 兰建珍

1. 学习目标：

通过脑风暴活动或者小组讨论的形式，学生们对于“如何以短文投稿的形式，向同学们推荐一项适合课间开展的运动”展开讨论，从而有了全新的思考，打开原有的固定思维模式，使之更加开放和创新，并能够用适当的语言合理地介绍这项运动、说明推荐理由并呼吁大家运动起来。

二、教学过程：

1.审题：

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!

**审题1:试题信息的取舍**

|  |  |
| --- | --- |
| 信息点 | 是否要写，写什么？ |
| 没有李华 |  |
| 向校英文报“Sports and Health”栏目投稿 |  |
| 写一篇短文投稿 |  |
| 介绍这项运动 |  |
| 说明推荐理由 |  |
| 呼吁同学们运动起来 |  |

**审题2: 框架结构要点 Structure+Points**

**Paragraph 1: 背景（导入）＋目的（推荐一项合适的课间运动）**

**Paragraph 2: 介绍这项运动＋说明推荐理由**

**Paragraph 3:呼吁、倡导 “动起来”**

**2.the language organization of each paragraph**

**Para.1: 背景（导入）＋目的（推荐一项合适的课间运动）——适恰性**

1. As students, we often spend a significant amount of time sitting at our desks, which can lead to feelings of fatigue and stiffness. Hence I would like to introduce a fantastic way to stay active and energized during your breaks — Desk Exercises! 现象导入＋推荐课桌操
2. I would like to recommend rope skipping as a great exercise option during break time. Rope skipping, also known as jump rope, involves swinging a rope over your head and jumping over it as it passes under your feet, which is a simple yet effective physical activity that offers numerous benefits.推荐跳绳＋简单介绍

3. Are you drowsy during your break time? Are you looking for some exciting and beneficial activities to engage in? Here I’d like to recommend Jumping Jacks for you to get relaxed and refreshed.共情导入＋推荐开合跳

**Paragraph 2: 介绍这项运动＋说明推荐理由（身心利益/满足时空条件）——逻辑性和衔接性**

1. Desk exercises, or exercising while sitting at a desk, can offer several benefits, especially for individuals who have sedentary jobs or spend long hours sitting. It allows you to incorporate physical activity into your day, even when you're confined to a desk, which helps increase your heart rate, burn calories, and keep your muscles engaged. If you engage in desk dancing with classmates or in a group setting, it can foster social interaction and create a sense of camaraderie. 介绍课桌操＋身体和社交利益

2. Recess exercises, or exercises performed during breaks or recess periods, encourage students to promote healthy habits, which can carry over into adulthood, reducing the risk of chronic diseases and promoting a healthy lifestyle. Besides, Recess exercises provide a break from academic work and allow them to engage in activities they find enjoyable, pleasant and satisfactory. 介绍课间操＋身心利益

3. Jumping Jacks, also known as "open and close jumps," are a fun and versatile exercise that can be done individually or in a group. They require no special equipment and can be modified to suit your fitness level at any available time. Regularly performing Jumping Jacks can help tone and strengthen your muscles, leading to improved overall fitness. Additionally, the jumping motion can enhance your flexibility and range of motion, making your body more agile and responsive. 介绍开合跳＋满足时空条件和有利身体

4. Tai Chi is a traditional Chinese martial art that combines gentle movements, deep breathing, and mindfulness. Practicing Tai Chi offers numerous benefits for both the body and mind. Tai Chi offers a holistic approach to health and well-being, combining physical exercise, mindfulness, and relaxation. By practicing Tai Chi, individuals can experience improved balance, reduced stress, increased flexibility, enhanced strength, and a deeper mind-body connection. 介绍太极＋身心利益

5. Rope skipping involves swinging a rope over your head and jumping over it as it passes under your feet. It requires minimal equipment and can be done individually or with friends anywhere, making it a versatile choice for everyone. Just a few minutes of jump rope can get your heart rate up and provide a great workout. So it's an excellent way to maximize your break time and stay active. 介绍跳绳＋满足时空条件和有利身体

**Paragraph 3: 呼吁、倡导 “动起来”— 首尾呼应 （关注交际性）**

1. So, grab a jump rope and start incorporating this enjoyable exercise into your break time routine. Stay active, stay healthy!

2. Remember, staying active during breaks not only benefits your physical health but also enhances your mental well-being. So, choose an activity that suits your preferences and start incorporating it into your daily routine. Stay active, stay refreshed!

3. In conclusion, gymnastics offers a wide array of benefits, including strength development, flexibility, coordination, discipline, and confidence. Whether you're a beginner or an advanced gymnast, this sport can positively impact both your physical and mental well-being.

4. It's important for schools to prioritize recess and provide adequate time and space for students to engage in physical activity. Recess exercises should be inclusive and offer a variety of options to accommodate different interests and abilities.

5. Remember, Desk Exercises are meant to be fun and enjoyable. Take a few minutes during your breaks to perform these exercises, and you'll experience the benefits firsthand. Let's make our study breaks more active and productive!

**3.Possible version 1:**

I would like to recommend rope skipping as a great exercise option during break time. Rope skipping, also known as jump rope, involves swinging a rope over your head and jumping over it as it passes under your feet, which is a simple yet effective physical activity that offers numerous benefits.

Rope skipping requires minimal equipment and can be done individually or with friends anywhere, making it a versatile choice for everyone. Besides, Just a few minutes of jump rope can get your heart rate up and provide a great workout. So it’s an excellent way to maximize your break time and stay active. What’s more, Jumping rope can be a fun activity to enjoy with friends. You can challenge each other with different jump rope techniques or create group routines, which will not only help improve coordination, and agility, but also promote the friendship between classmates.

So, grab a jump rope and start incorporating this enjoyable exercise into your break time routine. Stay active, stay healthy! 167w

**Possible version 2:**

As students, we often spend a significant amount of time sitting at our desks, leading to feelings of fatigue and stiffness. Hence I would like to introduce a fantastic way to stay active and energized during your breaks — Desk Exercises!

Desk exercises, or exercising while sitting at a desk, can offer several benefits, especially for individuals who have sedentary jobs or spend long hours sitting. It allows you to incorporate physical activity into your day, even when you're confined to a desk, which helps increase your heart rate, burn calories, and keep your muscles engaged. If you engage in desk dancing with classmates or in a group setting, it can foster social interaction and create a sense of camaraderie.

Remember, Desk Exercises are meant to be fun and enjoyable. Take a few minutes during your breaks to perform these exercises, and you’ll experience the benefits firsthand. Let’s make our study breaks more active and productive! 160w

**外教下水作文：**

1. Joseph：University of British Columbia 博士，专业外教

If you are getting tired of sitting all day in the classroom, you are not alone. However, we can use the time between classes to move around and stimulate blood circulation. It has been proven that brief exercise between classes can help refresh not only our tired bodies, but also reset our minds for the next class. Therefore, the next time you are in between classes and not sure what to do, try some jumping jacks or yoga stretches to loosen up! 82w

2. Ethan：加拿大留学生，麦吉尔大学本科，香港大学研究生

Dear fellow schoolmates,

I believe rope skipping is a perfect exercise for the short 10-minute recesses that we have in between classes. There are several reasons why I recommend this activity. First, this is a great cardio exercise that can warm up your body in seconds. Second, you do not need to have overcomplicated equipment and thus it is very convenient. Last but not least, it is an activity suitable for almost everyone, and is very easy to learn its basic skills. 79w

三、总结反思：

1.应用文不拘泥于某一种固定的类型、模式和套路，要注意审题，注意交际性的需求；

2.中间那段的内容需要多思考，注意逻辑性、合理性和交际性；

3.运用的高级语言要适恰性，避免华丽辞藻的机械堆砌。

4.漂亮、干净的书写依然很重要，要提上议程。