

Unit 2 How often do you exercise?

课时4 Writing

"总分总法"写关于调查报告类的作文



话题分析

本单元的话题是"课余活动",围绕这一话题谈论从事某一活动的频率。在写作方面,要求写一篇有关日常活动的调查报告。写作时,开篇要点题,即点出调查报告的主体和对象;其次,要对调查报告的内容展开分述,要正确使用频度副词(如 always, usually, often, sometimes, hardly ever, never 等)及次数(如 once, twice, three times 等)的表达;结尾要进行综述以表达中心观点。



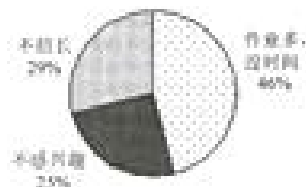
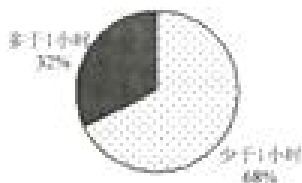
写作步骤

- ◆ 总: 整体介绍所要进行的调查;
- ◆ 分: 逐条介绍相应内容;
- ◆ 总: 总结并整体评价。

典例

(2018·江苏连云港)积极锻炼是非常重要的,为此,某英文报开展了一次关于初中生锻炼情况的调查活动。请你根据下列图表和相关文字提示,以"Exercising is important!"为题,用英语写一篇短文。

要点	具体内容	
调查数据	每天锻炼的时间	不经常锻炼的原因
锻炼的意义	有益身体健康; 保持思维敏锐; 变得自信快乐。	
你的建议	就如何更好地开展锻炼, 提出你的建议(至少两点)。	



注意：(1)短文应包括所给内容要点，可适当发挥，使文章连贯；

(2)词数 90 左右，短文开头已给出，不计入总词数；

(3)短文中不得提及考生所在学校及自己的姓名等信息。

(4)参考词汇：敏锐的 sharp

Exercising is important!

Recently, we have done a survey about students' exercising. According to the survey, _____

【思路导航】

这是一篇图表，关于初中生锻炼情况的调查活动。动笔前要认真阅读要点，围绕要点组织材料，然后用正确的英语句子把这些内容表达出来，在此基础上亦可适当发挥，注意不要遗漏材料中给出的要点。根据材料可知本文主要是应用一般现在时态，注意标点符号及大小写等问题，不要犯语法错误。注意上下文之间的逻辑关系，语意连贯。

【佳作展示】

Exercising is important!

Recently, we have done a survey about students' exercising. According to the survey, 32% of the students spend over one hour every day doing exercise, while 68% of them spend less than one hour. The reasons are as follows: Firstly, 46% of them have too much homework, so they have no time to do exercise. Secondly, 29% of them are not good at exercise. Thirdly, 25% of them are not interested in it.

As we all know, exercising is good for our health, which keeps our minds sharp and makes us confident and happy.

In my opinion, we should keep a balance between our study and exercising. Besides, we should develop a

good habit of doing exercise.



(一)

请根据下面提示,以”Early Rising Is Important”为题,写一篇论述早起(early rising)重要性的文章。

提示: (1)早起有益健康;

(2)早起的具体好处: ①可以做早操来锻炼身体; ②对学习有好处;

(3)大家都应该养成早起的习惯。

要求: (1)短文中应包含上面提示内容,但是不能逐条翻译,可适当增加细节,以使行文 连贯;

(2)80 词左右。

Early Rising Is Important

(二)

一场突如其来的疫情为我们忙碌的生活按下了休止符, 我们开始居家隔离, 开始外出戴口罩, 开始线上办公学习……长期居家隔离, 生活不规律让很多人放弃了运动, 开始发胖, 影响了健康。为了让运动健身意识深入人心, 你校英文专栏正以“Let’s do exercise together”为题, 向全校学生征文。请根据下面的内容提示写一篇短文投稿。

提示:

运动的重要性	运动的时间与方式
保持健康 提高免疫力	利用网课休息间隙做眼保健操, 或简单扭动身体, 每天早饭前跑步 或晚饭后散步

完善性格	周末游泳、爬山等
.....	

参考词汇：提高免疫力 improve immunity；完善性格 develop one's character

要求：

- 1.文章必须包含以上全部要点，并进行完善补充，可适当发挥；
2. 80 词左右，短文开头结尾已给出，不计入总词数。

Let's do exercise together

During the special period, it's more important for us to exercise.

Let's do exercise together and have healthy bodies!

(三)

Vince 通常 6:30 在家吃早饭。以前他喜欢吃快餐，现在他改变了他的饮食。早饭他常常吃些牛奶、面包和鸡蛋。中午 12:00，他在学校吃午饭。他常常吃一碗饭、一些肉和一些蔬菜。有时，他吃鱼。在晚上，他常常和家人一些吃晚饭。现在他比以前更健康了。

(四)

请根据下列所给的信息提示，以“**How to keep healthy**”为题写一篇 70 个词左右的短文。

提示：1. No sports, no life.生命在于运动。

2. An apple a day keeps the doctor away.一天一个苹果，医生远离我。

3. famous proverb 名言



(一)

【思路导航】

本单元的话题是“课余活动”,与之相关的话题作文常常与“生活习惯”或“健康生活”有关,围绕锻炼、饮食等方面谈论活动频率。写这类话题作文时最好开篇就点题,提出自己的观点,然后再阐述自己的理由。此类话题作文写作的常用表达有:

- (1)...is good for ...
- (2)It is healthy for the mind and the body.
- (3)It's good to do sth....
- (4)It's + *adj.* + for sb. + to do ...

【佳作展示】

Early Rising Is Important

Early rising is good for us in many ways.

First, it is healthy for the mind and the body. We can do morning exercises to keep us healthy. It's also good to take a walk along the street.

Second, early rising helps us with studies. When we get up very early in the morning, everything around is quiet. In the morning we can learn more quickly and memorize what we have learned more easily.

Third, early rising gives us enough time, so that we can have a relaxing breakfast.

So I think it's important for us to form the habit of getting up early.

(二)

【思路导航】

根据提示可知,本文主要介绍运动的重要性以及如何合理运用自己的时间,做各种运动。要求要点较多,

并需要考生自己发挥。建议先列出提纲，理清思路。根据标题可知，文章须以第一人称书写，时态是一般现在时。

【佳作展示】

Let's do exercise together

During the special period, it's more important for us to exercise. As we all know, doing exercise can not only help us improve immunity and keep healthy, but also help to develop our character. What's more, doing exercise helps us study better.

We can exercise at any time anywhere. It's good for us to do eye exercises or simply shake our bodies between online class breaks at home. And we can run before breakfast or take a walk after dinner in our neighborhood if we are in control of our time. On weekends, we can climb mountains or go swimming. Also, we can go hiking during vacations.

Let's do exercise together and have healthy bodies!

【名师点评】

本文分成三段，第一段介绍运动的重要性，第二段介绍我们能做的运动，第三段是给出的总结语。内容丰富，包括题目要求中的所有信息。表达清晰，连接词使用得当。

高分亮点：

短语：as we all know；not only...but also；at any time；on weekends；what's more。

句型：it 固定句型 It's good for us to do eye exercises or simply shake our bodies between online class breaks at home.；if 引导的条件状语从句 And we can run before breakfast or take a walk after dinner in our neighborhood if we are in control of our time.

(三)

【佳作展示】

Vince usually has breakfast at 6:30 at home. He liked to eat fast food before, but now he changes his diet. He has some milk, bread and eggs for breakfast. He has lunch at 12:00 at school. He often has a bowl of rice, some meat and vegetables. Sometimes he has some fish. He usually has supper with his family. He is healthier than before.

(四)

【佳作展示】

No sports, no life. Do you hear of that? That is to say, we should take more exercise every day. We can walk, run, swim, skate, or play ball games.

An apple a day keeps doctors away. It's also a famous proverb. That means we should have good eating habits. Try to eat a lot of fruit and vegetables, eat less meat or junk food. Have enough sleep every night. If you do these, I think you can keep healthy.