

体育教师实用英语

Practical English for P. E. Teachers

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前 言

随着我国加入 WTO,北京申办 2008 年奥运会和上海申办 2010 世博会的成功,中国与世界的联系越来越广泛。上海将要迅速发展成为世界金融、航运的中心之一。这就要求上海要有一流的教育来适应社会发展的需求。上海市二期课程改革提出了双语教学的目标,双语教学在体育课中如何开展已成为人们关注的热点。为此,我们根据上海市二期课程改革要求及上海市中小学的实际,从双语教学的实践出发,编写了《体育教师实用英语》一书。

为了能编写好这本书,我们特邀请了上海市教委教研室高级教师徐燕萍女士,上海体育学院博士生导师沈建华教授和上海市北中学校长、特级教师徐阿根先生一起参与策划,拟订编写方案。成稿后,又经上海市中小学双语教学培训班两轮试用。在此基础上,从提高体育教师实践能力的目标出发,对该教材进行了修改、增补和充实,并收到了良好的使用效果。

该书最大的特点就是实用性。它针对上海市二期课程改革的要求,结合上海市中小学体育与健身课程标准和教材编写而成。该书以强化体育教师的英语课堂用语能力为重点,具有很强的针对性和实效性,是切合体育教师工作实际的实用教材。同时该书对体育工作者、体育爱好者、英语爱好者也具有一定的使用价值。

本书共分三个部分。

第一部分是课堂教学用语。共有 8 个单元,分别介绍各个不同的体育教学背景和教学活动中所用的教学用语,以及教学的各环节所需要的英语常用句型与表达方式,如如何介绍教学内容、如何总结教学、如何提出要求、如何讲述动作等。每一单元包括情景对话、注释、重点句型的替代练习以及对话的参考译文。

第二部分是技术动作讲解与体育运动背景知识。共有 10 个单元,包括跑、跳、投掷、球类运动以及健身操等内容。每单元对所涉及的体育运动或活动作简单介绍,提供了课堂技术讲解实例、相关知识和游戏与学习辅助活动。这部分为教师与学生提供了较为丰富的、与该单元运动项目技术与动作有关的、针对性强的游戏与学习资料。

第三部分是健身活动与游戏。共有 6 个单元,用英语叙述健身活动和游戏。该部分介绍的活动与游戏是用于提高学生的身心素质,其特点是不需要教师或教练的很多指导,学生便能独立或有组织地学习与实践。每个游戏或活动都有充分的运动量,又具有一定的趣味性和挑战性。学生可以从更多的练习中开发自身的运动潜能,在活动与游戏中提高身体素质,获取健身的方法。

附录部分列出了中小学体育教学常用术语,并为第三部分“健身活动和游戏”提供了中文的内容说明,便于读者的自学与参考。同时配备了录音磁带,使读者能有更多的实践机会。

本书在编写的过程中,得到参加上海市中小学体育教师双语培训班全体学员的支持和配合,在此向他们表示感谢。

最后还要感谢所有关心、帮助我们编写、出版此书的朋友们。

由于时间和水平所限,缺点、错误在所难免,恳请读者提出宝贵意见。

编 者

2003 年 11 月

目 录

Part I	第一部分	Classroom English 课堂用语	1
Unit 1	第一单元	Beginning 开始	3
Unit 2	第二单元	Introduction 介绍	8
Unit 3	第三单元	Ending 结束	15
Unit 4	第四单元	In Class 课堂上	22
Unit 5	第五单元	Activities in Class 课堂活动	29
Unit 6	第六单元	Guidance in Class 课堂指导	37
Unit 7	第七单元	Class Control 课堂管理	45
Unit 8	第八单元	Competition 竞赛	53
Part II	第二部分		
		Skill Explanation and Sport Background 技术讲解与体育运动背景知识	63
Unit 1	第一单元	Running 跑	65
Unit 2	第二单元	Throwing 投掷	70
Unit 3	第三单元	Jumping 跳跃	74
Unit 4	第四单元	Basketball 篮球	78
Unit 5	第五单元	Volleyball 排球	83
Unit 6	第六单元	Football 足球	88
Unit 7	第七单元	Handball 手球	94
Unit 8	第八单元	Table Tennis 乒乓球	100
Unit 9	第九单元	Badminton 羽毛球	104
Unit 10	第十单元	Rhythmic Exercise 韵律操	110
Part III	第三部分	Activities and Games for Health 健身活动与游戏	117
Unit 1	第一单元	Individual Activities 个人活动	119
Unit 2	第二单元	Cooperative Activities 合作性活动	121
Unit 3	第三单元	Partner and Small Group Activities 同伴与小组活动	123
Unit 4	第四单元	Agility Activities 灵敏性活动	125
Unit 5	第五单元	Sport Movement Challenges 单项运动动作竞技	127
Unit 6	第六单元	Flexibility and Warm-up Exercises 柔韧性与准备活动	129
Appendix I	附录 1		
		Explanation to the Activities and Games for Health 健身活动与游戏的说明	136
Appendix II	附录 2	Essential Terms 常用术语	146

Part I 第一部分
Classroom English
课堂用语

Unit 1 第一单元

Beginning 开始

● Useful Sentence Patterns 常用句型

1. Preparation 准备

1.1 Hurry up ! It's time^[1] for class.

It's time to start now.

Come here ! We'll begin in no time.

There goes the bell. Let's get ready.

1.2 Class is about to begin. Be quiet, please.

Stop talking^[2], please. I'm going to call the roll.

Are you ready^[3] to begin ?

Now, get everything ready for class.

1.3 Let's get started.

Since you are all here, we'll start.

Make the mats ready for class.

Shall we begin now ?

1.4 We must get ready for the games.

The students are warming up now, for the game is about to start.

Although I am worried about it, I'm mentally prepared for the race.

He has made all arrangements for sports training this afternoon.

快！上课的时间到了。

现在要开始(上课)了。

过来！我们马上就要开始了。

(上课)铃响了,让我们准备好。

就要上课了。请安静。

请不要说话,我要点名了。

你们准备好开始(上课)了吗？

现在为上课作好一切准备。

让我们开始(上课)吧！

既然你们都到了,我们就开始。

把垫子摆放好,准备上课。

我们现在开始上课吧？

我们必须为运动会作好准备。

学生们正在做准备活动,因为比赛就要开始了。

虽然我很担心,但是我还是作好了参加比赛的精神准备。

他已经为今天下午的运动训练作了一切准备。

2. Absence 缺席

2.1 Who is missing today ?

Is there anyone absent ?

Who isn't here ?

Who is absent ?

2.2 What's the matter with^[4] Zhao Yuqing ?

今天谁缺席？

有人缺席吗？

谁没有到？

谁没有出席？

赵玉清怎么了？/赵玉清有什么事吗？

Is there anything the matter with him?

What's wrong with him?

Is there anything wrong with him?

2.3 Has anybody seen Bill this morning?

Do you know where Wu Xiaoli is?

What has happened to him?

Who knows where David is?

2.4 I've no idea where he is.

I haven't seen him these days.

I'm afraid he can't come today.

He isn't feeling well.

3. Lateness 迟到

3.1 You are late again today.

Why are you often late for class?

You have been five minutes late.

It's not too late for you to come.

3.2 Where have you been?

Did you oversleep?

It's not good for you to be late.

Did you miss the bus?

3.3 Don't be late again next time.

Try to be here on time.

Hurry up! We began ten minutes ago^[5].

Fall in. We can start now.

他怎么了? / 他有什么事吗?

他身体不好吗? / 他怎么了?

他有什么不舒服吗? / 他怎么了?

今天早上有人见过比尔吗?

你知道吴小丽在哪儿?

他出了什么事情?

有谁知道戴维在哪里?

我不知道他在哪里?

这几天我没有见过他。

恐怕他今天不能来。

他觉得身体不大舒服。

你今天又迟到了。

你为什么上课经常迟到?

你今天迟到五分钟。

你现在来还不太晚。

你到哪里去了?

你睡过头了吗?

你迟到可不太好。

你没赶上公共汽车吗?

下次不要再迟到。

要准时到这里。

赶快! 我们已经上课十分钟了。

到队伍里去。我们可以开始了。

● Dialogues 对话

Dialogue A

(T=teacher; S= students; S₁ = a student)

T: Good afternoon, boys and girls.

T: How are you today?

T: I'm fine, too. Who is absent today?

T: What's the matter with him?

T: Has anybody seen him this morning?

S: Good afternoon, teacher.

S: We're fine, thank you. And you?

S₁: Wang Lin isn't here.

S₁: I don't know.

S₁: I'm afraid not.

Dialogue B

(T=teacher; W= Wang Lin, a student)

T: Hello, Wang Lin. Where did you go last Friday?

W: I stayed at home the whole day.

T: What happened to you ?

W: I didn't feel well and got a temperature.

T: Did you go to see the doctor ?

W: Yes, I did. The doctor said that I got a cold and should have a good rest. So I was absent last time.

T: How are you feeling today ?

W: Much better. Thank you.

T: Just take much care of yourself and have a good rest.

W: Thank you for your concern.

Dialogue C

(Z= Mr. Zhang, teacher; S= Xu Lin, a student)

X: Mr. Zhang, I am sorry I am late.

Z: Where have you been, Xu Lin ?

X: I missed my bus, for I overslept.

Z: I see. Did you stay up late last night ?

X: Yes. I did my math homework till midnight. It was very difficult.

Z: Did you work it out ?

X: Yes. At last I found the answer.

Z: Good. Try to get up earlier and get here on time.

X: All right. I'll try my best to do so.

Z: Well, fall in. We already started ten minutes ago.

● Related Sentences 相关语句

- | | |
|---|--------------------|
| 1. Come in, everybody ! | 大家都到教室里来！/大家都进来！ |
| 2. All of you get outside now ! | 你们所有的人现在都到外面去！ |
| 3. Go out quietly and don't make a noise. | 轻轻地走出去,不要出声响。 |
| 4. Be quiet so that we can start. | 请安静,我们开始上课。 |
| 5. This morning he got here half an hour late. | 他今天早上晚到半小时。 |
| 6. Form a queue and get ready for warming-up. | 排好队,要做准备活动。 |
| 7. Go and join the back of the queue. | 去排在队伍的后面。 |
| 8. We did not notice his absence. | 我们没有注意到他缺席。 |
| 9. He was absent from the sports training session yesterday. | 昨天他没有上运动训练课。 |
| 10. The league is around the corner, so we should prepare for it. | 联赛迫在眉睫,我们要为比赛做好准备。 |

● Notes 注释

1. Hurry up ! It's time for class. : 快！上课的时间到了。It's time for... 是……的时候，

for 后面可以接名词、代词及动名词。同时,该句型可变为 It's time (for sb.) to do... ,意为“是(某人)做……的时候”。

例:It's time for lunch. 午饭时间到了。

It's time to start our training. 我们开始训练的时间到了。

It's time for you to get ready for the match. 是你们准备比赛的时间了。

2. **Stop talking, please.** : 请不要说话了。stop doing... 意为“停止做……”,而 stop to do... 意为“停下来去做……”,两者意思不同。

例:He has never stopped training. 他从来没有停止训练。

We should stop to have a rest. 我们应该停下来休息一下。

3. Are you ready to begin?: 你们准备好了开始(上课)吗?

be ready to do... 或 be ready for sth. 准备好做……,为……准备好;同时还有下列搭配:
get (make) ready 作好准备;get/make sth. ready (for sth.) 准备好某物(去做某事)

例:Are you ready for tomorrow's game? 你为明天的比赛准备好了吗?

Are you ready to start (或 for starting)? 你作好出发的准备了吗?/你能出发了吗?

Please get ready. The match will begin in a minute. 请准备好,比赛就要开始了。

Get the balls ready for the game. 把比赛用球准备好。

4. **What's the matter with him?** 与 **What's wrong with him?** 意思相同。
5. Hurry up! We began ten minutes ago. : 快!我们已经上课十分钟了。**ago**;以前,仅用于被修饰的词之后。

例:two days ago 两天以前,three years ago 三年之前。

● **Substitution Drills 替换练习**

1. It's time	for broadcast exercises. to begin the sports training. for you to get ready for the football match. for us to practice the footwork in playing table tennis.			
2.	<table border="1"><tr><td>Is everything Have you made everything Are you Have you got everything</td><td>ready for</td><td>the trip in the mountain area? the game with Class Four? the physical exercises outside? the sports meeting?</td></tr></table>	Is everything Have you made everything Are you Have you got everything	ready for	the trip in the mountain area? the game with Class Four? the physical exercises outside? the sports meeting?
Is everything Have you made everything Are you Have you got everything	ready for	the trip in the mountain area? the game with Class Four? the physical exercises outside? the sports meeting?		
3. Are you ready to	<table border="1"><tr><td>perform shot put techniques? do the Wushu routine? give us a demonstration? compete in the heats?</td></tr></table>	perform shot put techniques? do the Wushu routine? give us a demonstration? compete in the heats?		
perform shot put techniques? do the Wushu routine? give us a demonstration? compete in the heats?				

4. Who knows?

where I can buy good trainers?
when we shall hold the volleyball match?
what to do next week?
how to get to the Shanghai Stadium?

● 对话参考译文

对话 A

教师:同学们,下午好!	众学生:老师,下午好
教师:今天你们好吗?	众学生:很好,谢谢。你怎么样?
教师:我也很好。今天谁缺席?	学生:王林没有到。
教师:他怎么啦?	学生:我不知道。
教师:今天早上有人见过他吗?	学生:恐怕没有(人见过他)。

对话 B

教师:喂,王林,上星期五你去哪里了?
王林:一整天我都呆在家里。
教师:你怎么了?
王林:我感觉不舒服,并且发烧。
教师:你看过医生吗?
王林:看过。医生说,我患上了感冒,要好好休息。所以上次我缺席了。
教师:你现在感觉如何?
王林:好多了。谢谢你。
教师:多照顾自己,好好休息。
王林:谢谢你的关心。

对话 C

许:张先生,对不起我迟到了。
张:许林,你到什么地方去了?
许:我没有赶上公共汽车,因为我睡过头了。
张:我知道了。你昨天晚上熬夜了吗?
许:对的,我做数学作业,直到半夜,作业很难。
张:你做出来了吗?
许:是的,我终于找到了答案。
张:不错,你要早点起床,准时来上班。
许:好的,我将尽力做到。
张:好吧,到队伍里去,我们已经在十分钟前就开始了。

Unit 2 第二单元

Introduction 介绍

● Useful Sentence Patterns 常用句型

1. Introducing People 介绍人

- 1.1 Allow me to introduce myself. My name is John West.

请允许我自我介绍。我叫约翰·韦斯特。

First, let me introduce myself. I am Wang Ming.

首先让我自我介绍一下。我是王铭。

I'm your physical education teacher.

我是你们的体育老师。

I'm a new teacher and I'll give you physical education lessons.

我是新老师, 我将给你们上体育课。

- 1.2 May I introduce Mr. Victor to you?

请允许我向你们介绍维克多先生。

This is Mr. Wang, Director of the football club.

这是王先生, 足球俱乐部主任。

Have you met that famous coach of track and field?

你见过那位著名的田径教练吗?

Let me introduce Huang Hua, captain of our basketball team.

让我来介绍我们的篮球队长黄华。

- 1.3 We've been looking forward to meeting you.

我们一直盼望见到你。

The students are looking forward to seeing their new teacher.

学生们在盼望见到新老师。

I'd like you to meet my friend, Xu Haiyang.

我希望你们能认识一下我的朋友徐海洋。

I'd like to introduce my teacher Wu Ying.

我想介绍我的老师吴颖。

2. Content Introduction 教学内容介绍

- 2.1 Let me tell you what we are going to learn today.

让我先说一下我们今天要学的东西。

First I'd like to introduce the new rules of basketball to you, then show you how to pass forward.

我要先向你们介绍篮球新规则,接着给你们讲解如何向前传球。

Today we are mainly learning freestyle. After that, we will make a change.

今天我们主要学习自由泳。然后,将换另一种活动。

First, we shall spend half an hour in footwork. Next, you will continue with chops.

我们先用半小时练习步伐,然后继续练削球。

2.2 What I shall explain is the basic types of vault.

我要讲解的是跳马动作的基本类型。

Today we'll study Lesson Four "Football Rules" and I'm sure^[1] you have previewed it.

今天我们将学习第四课“足球规则”,我相信你们已经预习了这一课。

The main task of this lesson is to get command of the tactics in table tennis.

本课的主要任务是掌握乒乓球的战术。

The key points of the unit are the Olympic Movement, the Olympic Games and the Olympic Committee.

该单元的主要内容是奥林匹克运动、奥运会和奥委会。

2.3 Some outdoor sports are good for our health.

一些室外体育运动对人的健康有益。

Beijing will host the Olympic Games in 2008. I am sure you are interested^[2] in it. Today, I shall give you a brief introduction of it.

北京将在 2008 年举办奥运会。你们一定对奥运会很感兴趣。今天我就简单介绍一下。

It is well known that China is the dominant nation in world table tennis. Many foreigners have come to learn from China's experience. So, I think all of you would like to play table tennis better.

众所周知,中国是国际乒坛上的领军之国。很多外国人都来中国取经。所以我想你们大家都愿意把乒乓球打得更好一些。

More and more people are paying attention to^[3] their diet in order to keep fit. But, it is important for us to take part in physical exercises.

越来越多的人注意自己的饮食,以便保持健康。但是体育锻炼也是很重要的。

3. Campus Introduction 校园介绍

3.1 Our school has a long history and modern facilities.

我们学校有悠久的历史 and 现代化的设施。

The school was set up in 1970 and covers an area of 8000 square meters.

这所学校建立于 1970 年,占地面积为 8000 平方米。

Shanghai High School is one of the largest schools in Shanghai, which has a teaching staff of above 80.

上海中学是上海市最大的中学之一,共有教师 80 多人。

This is the Shanghai Institute of Physical Education, which has fostered a lot of outstanding physical educators.

这里是上海体育学院。该院培养了很多优秀的体育教育工作者。

- 3.2 There are three basketball courts, one swimming pool, and a football field in our school.

我们学校有三个篮球场、一个游泳池和一个足球场。

The campus is made up of three main areas: the teaching area, the living area and the sports site.

校园由三个区域组成:教学区,生活区和体育运动场地。

In addition to the outdoor sports fields, the school has got an indoor swimming hall.

除了室外体育场地外,学校还有一个室内游泳馆。

The school includes three grades with 1,000 students.

学校有三个年级,1 000 名学生。

- 3.3 The sports fields are surrounded by trees and flowers, which are well designed.

运动场被树和花环绕,设计得很好。

The red building behind the green trees is the school library that contains more than 30,000 books.

绿树后面的红楼是校图书馆,藏书 3 万多册。

On the east of the main building is the entertainment center.

主楼东侧是娱乐中心。

The four buildings are in the form of a tower.

这四个大楼都是塔形的。

● Dialogues 对话

Dialogue A

(C=Chen Ping, student; Z=Zhang Qing, student; Y=Mr. Yang, new P. E. teacher)

Z: Hello, Chen Ping.

C: Hello, Zhang Qing. Where were you yesterday afternoon?

Z: I stayed at home and did my homework.

C: Have you met the new P. E. teacher?

Z: No, I haven't had the pleasure.

C: The new teacher is good at basketball. I'm sure he will be our basketball coach.

Z: Really? That's great.

C: Look! He is coming this way. Hello, Mr. Yang. This is my classmate, Zhang Qing. He is fond of sports and a player in our basketball team.

Y: How do you do^[4], Zhang Qing?

Z: I'm glad to meet you, Mr. Yang. Welcome to our school.

Dialogue B

(T= teacher, Zheng ;S=students;S₁=a student;S₂=another student)

Z: How do you do, everybody ?

S: How do you do, teacher !

T: First of all, let me introduce myself. My name is Zheng Weiguang and I will give you sport lessons this term.

S: Wonderful ! You are welcome.

T: How is your sports training going ? I will also be in charge of your extracurricular physical activities.

S₁: We like sports very much, especially basketball. But we have no enough^[5] courts.

S₂: I know that physical exercises are good for our health, but we haven't spent much time on sports.

T: I see. More and more students are willing to take part in physical exercises, but they think they have no time, no place and maybe no skills. Do you think so ?

S: That's right. Will you help us solve all these problems ?

T: Let's work together and find a way out.

Dialogue C

(T=teacher;S=students)

T: Good morning, boys and girls.

S: Good morning, teacher.

T: Today we are going to learn how to play volleyball.

S: That's good. All of us like it very much.

T: Have you been involved in volleyball ?

S: Yes, we have. We have played volleyball since we were in the primary school.

T: Fine. Volleyball has become more popular in China since we have got world-level players in the national teams. They have won several champions.

S: How can we get more skillful in volleyball ?

T: Practice makes perfect. If you work hard and practice more, you will improve your skills.

S: Oh, it's too much for us.

● Related Sentences 相关语句

1. I'd like you to meet the new teammate, Wang Dawei.
我想让你们见见新队员王大伟。
2. It's a great pleasure to introduce to you Mr. Yang, Director of the Soccer Club.
我很高兴向各位介绍足球俱乐部主任杨先生。
3. Now I shall explain the features of exercises on the parallel bars.
现在我来讲解双杠动作的特点。
4. Let's start by learning chest pass. 我们从学胸前传球开始。

5. Before we begin the new lesson, I want to ask a question.
在上新课前,我要问大家一个问题。
6. I don't think they know each other. 我认为他们相互不认识。
7. I shall teach you physical education this term. I hope we shall have a nice cooperation.
这学期我教你们体育课。我希望合作愉快。
8. The main task for today is to learn how to organize the defense.
今天的主要任务是学习如何组织防守。
9. I think all of you would like to play tennis today.
我想你们大家今天都想打网球。
10. Which do you like best, table tennis or badminton?
乒乓球和羽毛球你们最喜欢哪一项?

● Notes 注释

1. ... and I'm sure you have previewed it. :我确信你们已经预习了这一课。
be sure (that)... 确信……,有把握,自信
例: Are you sure (that) you can finish the 1500m running? 你肯定能完成 1500 米赛跑吗?
2. I am sure you are interested in it. : 你们一定对它(奥运会)很感兴趣。**be interested in...**
对……感兴趣,对……注意/关心。
例: Are you interested in playing golf? 你对打高尔夫球感兴趣吗?
3. More and more people are paying attention to their diet in order to keep fit. : 越来越多的人注意自己的饮食,以便保持健康。**pay attention to...** 注意……,关注……。
例: You should pay more attention to your health. 你们应该更加注意健康。
4. **How do you do?** 你好? 通常用于初次见面的陌生人,向对方致意。同时,也是很正式的问候语。在不是特别正规场合,双方一般说 Hello 作为打招呼,或说: I'm glad to meet you. 和 I'm pleased to know you.
5. But we have no enough courts. : 但是我们没有足够的篮球场。**enough**: 足够的,充足的。
作形容词时,通常置于名词前。
例: We haven't enough time for physical training. 我们没有充足的时间进行体育锻炼。
There are enough balls in the box. 这个箱子里有足够的球。
作副词时,通常置于被修饰的形容词或副词之后,意为“足够地”,“充足地”。
例: You are all strong enough to do the routine well. 你们都很健壮,足以做好这个套路。

● Substitution Drills 替换练习

- | |
|---|
| consists of
is made up of
comprises
is composed of |
|---|
1. Our school football team fourteen players.

is your study
are you getting along
have you been
is everything going

2. How

these days ?

To begin with,
First of all,
Above all,
First,

3.

we shall do body-building exercises.

have to
ought to
should
must

4. You

pay attention to

the start technique in the race.
your physical fitness.
your daily training.
the basic skills of basketball.

● 对话参考译文

对话 A

张：喂，陈平。

陈：喂，张清。昨天下午你在什么地方？

张：我呆在家里做作业。

陈：你见过新来的体育老师吗？

张：不，没此荣幸。

陈：这位新教师篮球打得很棒。我相信他会成为我们的篮球教练。

张：真的吗？太好了！

陈：看！他正向这边走来。下午好，杨先生。这是我的同学，张清。他爱好运动，是我们篮球队的队员。

杨：你好，张清。

张：我很高兴见到你。欢迎你来。

对话 B

教师：同学们好！

学生：老师好！

教师：首先，让我自我介绍一下，我叫郑伟光，这学期我将给你们上体育课。

学生：太好了，欢迎！

教师：你们的体育锻炼情况怎么样？我也将负责你们的课外体育活动。

学生₁：我们非常喜欢体育运动，特别是篮球。但是我们没有足够的篮球场。

学生₂：我知道体育运动对身体健康有益处，但是我们在运动方面没有花时间。

教师：我明白了。越来越多的学生想要参加体育运动，但是他们认为他们没有时间，没有场

地,或许还没有技术。你们也这样认为吗?

学生:是的。你能帮助我们解决这些问题吗?

教师:让我们一起来努力,找到解决的途径。

对话 C

教师:同学们早上好!

学生:老师好!

教师:今天我们要学习打排球。

学生:太好了。我们非常喜欢排球。

教师:你们打过排球吗?

学生:打过。我们从小学起就打排球了。

教师:很好。由于国家队里有世界级的排球运动员,因而排球在中国是一项比较受欢迎的运动。他们获得过几次冠军。

学生:我们怎样才能更熟练地打排球呢?/我们怎样才能使排球技术更高呢?

教师:熟能生巧。如果你们努力学习并加强练习,你们就会提高技术。

学生:啊!这太难了。