**Section** Ⅲ　**Discovering** **Useful** **Structures**

课后·训练提升

一、单句语法填空

**1**.That 　　　　　　　(sound) funny,doesn’t it?

答案sounds

**2**.　　　　　　(come) along and have fun together,will you?

答案Come

**3**.I’m going to meet my 　　　　　　　(advise).

答案adviser

**4**.They didn’t make it,　　　　　　　 they?

答案did

**5**.Some volunteers are needed 　　　　　　(bad).

答案badly

二、完成对话

A:Hi,Lucy,a lovely day,**1**.　　　　　　?

B:Yes,it is.Why not **2**.　　　　　(join) me and swim together?

A:Sorry,I can’t swim.Let’s work out in the gym,**3**.?

B:OK.By the way,I hear there will be an exhibition tomorrow.I’m sure you’ve heard about it,**4**.　　　　　　　　　?

A:Yes,I have.But I don’t think it is as interesting as a book fair,**5**.　　　　　　　　　?

B:A book fair?Have you been there?

A:No,**6**.　　　　　　　　　　　　.Kate told me she had been there.Shall we go tomorrow?

B:All right.Let’s make **7**.　　　　　　 two o’clock.

答案1.isn’t it　2.join　3.shall we　4.haven’t you

5.is it　6.I haven’t　7.it

三、阅读理解

Lots of students know what a marathon is,but perhaps they don’t know what a triathlon is.The triathlon is a sport that has three parts—swimming,bicycling and running.It is not an easy sport,but a man named Joe Salter is very good at it.A few years ago,he finished a special triathlon—he juggled three balls all the time during the triathlon.That is to say,he kept on throwing and catching three balls while he was swimming,riding a bicycle and running.

Joe is from Florida.He loves juggling and he started playing it at the age of 8.Joe did well in juggling. Later,he got the idea to do a triathlon and juggle at the same time to make it more fun.Many juggling fans laughed at his idea and thought it was just a joke.But Joe didn’t give up and he kept practising it.Because of his hard work,he made it at last.

Talking about his triathlon,Joe said swimming was the hardest part.“It was difficult and complex(复杂的),”he said.“I basically only used my legs,so it took quite a lot of work.Also,swimming in open water made it a little harder.It was not like in a pool.”

**1**.According to the writer,the common triathlon 　　　.

A.is a difficult sport

B.is more famous than the marathon

C.includes the three parts and juggling

D.includes the marathon and swimming

答案A

解析细节理解题。根据第一段中的“It is not an easy sport...”可知选A项。

**2**.Joe’s triathlon was special because　　　 during the triathlon.

A.he played juggling

B.he picked up three balls

C.he threw away all his balls

D.he carried his bicycle on his shoulder

答案A

解析细节理解题。根据第一段中的“...he finished a special triathlon—he juggled three balls all the time during the triathlon.”可知选A项。

**3**.Many juggling fans thought Joe’s idea 　　　.

A.could not be realised

B.should not be laughed at

C.should be realised as soon as possible

D.could make triathlon more exciting

答案A

解析推理判断题。根据第二段中的“Many juggling fans laughed at his idea and thought it was just a joke.”可知选A项。

**4**.Swimming was the hardest part for Joe mainly because　　　.

A.he swam in open water

B.his swimming skills were bad

C.he was very tired when swimming

D.he almost could only swim with his legs

答案D

解析细节理解题。根据最后一段中的“I basically only used my legs,so it took quite a lot of work.”可知选D项。

四、语篇填空

My dad is an enthusiastic(狂热的) runner who **1**. 　　　　　　  (great) influenced me when I was young.So I was very sporty before the age of 14.However,when my family moved,my new school didn’t pay much attention **2**. 　　　　　　  sports and had no after-school activities like football or running.Over the next few years,I **3**.　　　　　　 (stop) exercising apart from during Physical Education lessons at school.It looked like I was **4**. 　　　　　　  (health);however,I was not.

One day,I was late for a bus,tried to run after it and in under a minute was out of breath!This made me realise how unfit I was.**5**.　　　　　 (help) myself get in shape again,I made a **6**.　　　　　(decide) that I would take up a kind of sport.

A friend of mine suggested a swimming pool **7**.　　　　　 she goes to a few times a week.Now,I’m a swimming lover!I find swimming in the pool very **8**.　　　　　 (relax).I swim for **9**.　　　　　  hour three times a week.I hope that I will soon start to feel the benefits of regular exercise,and will become **10**.　　　　　 (fit) than before.

答案1.greatly　2.to　3.stopped　4.healthy　5.To help

6.decision　7.that/which　8.relaxing　9.an　10.fitter