8年级英语第24课时

《开启人生之旅—面对各种挑战的良好心态》拓展资源

1. 同学们，点开下面的链接：

<https://www.bilibili.com/video/av60560041?from=search&seid=907694527159911387>，你会看到美国著名影响阿诺德·施瓦辛格激动人心的励志演讲。从他的演讲中，你知道该怎么面对挑战了吗？写写你的感受吧！

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1. 同学们， 让我们一起来读一读，下面这两个故事中的主人公是如何应对挑战的？这些经历又让他们有什么收获呢？

**故事1：**

It was the last figure skating competition for this season. Our team must beat every other team to enter the state competition.

Skaters were practicing all over the ice. Suddenly my teammate Danielle knocked her head hard on the ice and cried loudly, then she was carried out of the rink (冰场) and sent to hospital.

“Allison,” Coach Janice came up to me, “Danielle can’t 1.\_\_\_\_\_\_\_ today. So I need you to do the axel（前外一周半跳）.”

“Coach,” I couldn’t even think of words, “I only 2.\_\_\_\_\_\_\_ it for the first time three weeks ago! ”

“I know, but you’re the only one besides Danielle who can do it.”

At that moment, the weight of the world was on my shoulders. The axel is a high point jump, and it can make or break a team’s 3.\_\_\_\_\_\_\_. I couldn’t be the one to stop us from going to states. But I would be, I knew it.

My teammates were all very 4.\_\_\_\_\_\_\_. They all came up, smiled and told me I would do great. But that only made me more nervous.

It was my turn. Ready or not, I had to go. I built up some speed and jumped, hoping I would land 5.\_\_\_\_\_\_\_. But I didn’t. I fell on the ice, hard. I could feel the blood rushing to my cheeks.

“Allison, take the reskate,” the coach came to me.

Once, and only once in a competition, a team can have one skater skate again. It was still early, and someone else would need the chance later. I couldn’t use it, since I might fall again and 6.\_\_\_\_\_\_\_ it.

“I can’t, Coach!”

“Allison, you can do it. Calm down, jump high, and land it. Go!”

So I went. I raised an arm towards the judges, letting them know I was going to take the reskate. The audience got into complete 7.\_\_\_\_\_\_\_. It seemed that everybody was holding their breath. I tried to focus. I took off and rotated（旋转）my body as much as possible in the air. Then I came down, landing on my feet. I did it! My teammates screamed with 8.\_\_\_\_\_\_\_.

Finally, our team won! We were going to states! Landing that axel made me feel like I could do anything, and who knows, maybe I could.

1. A. run B. hear C. enjoy D. compete

2. A. taught B. landed C. moved D. checked

3. A. rules B. score C. manners D. style

4. A. shy B. bored C. supportive D. brave

5. A. quietly B. quickly C. heavily D. beautifully

6. A. waste B. refuse C. value D. keep

7. A. sadness B. craziness C. silence D. confidence

8. A. joy B. humor C. worry D. anger

**故事2：No One Words But My Own**

The classroom was full of those of us who wanted to work on the school newspaper. 1 didn’t write a lot. but working on the paper sounded like fun. I 1.\_\_\_\_\_\_\_\_\_\_the idea of being a reporter, interviewing my friends, and covering middle school events.

To be chosen, we had to turn in an example of our 2. \_\_\_\_\_\_\_\_\_\_\_ . I wrote an article about the joys of summer, and showed it to my father, a talent poet he read it and frowned (皱眉）.

“It’s okay.” my father said, taking out a pencil “But how about changing this sentence to ..." And as a result, he rewrote the whole piece—without me, for 1 never said anything to 3.\_\_\_\_\_\_\_\_\_ him.

No surprise—his version(版本）was 4. \_\_\_\_\_\_\_\_\_\_\_ . He had a gift for language. It was so much better than my piece that I turned in his version instead of mine.

"Welcome to the Dundee School News," my teacher said to me. But before 1 could be 5.\_\_\_\_\_\_\_\_\_ about the news, he added, “ Based on that excellent article you wrote about summer, I expect you to write a personal opinion article every week for the second page of the paper."

I was so surprised!. I was unable lo write at that level, but I couldn’t tell the 6.\_\_\_\_\_\_\_\_\_\_\_ to the teacher, and I couldn’t ask my father for help, either.

That term working on the paper was really painful. And my teacher clearly expressed his 7.\_\_\_\_\_\_\_\_\_.

“Can’t you write something more like the first piece you wrote?” he said ,each time 1 turned in my article.

I couldn't, because at that age, I didn't have my fathers ability and experience as a writer. Week after week, I tried hard, but my writing never 8.\_\_\_\_\_\_\_\_\_\_\_ the level of the first article.

At last, to my total shame, another student took my place. I 9.\_\_\_\_\_\_\_\_\_\_\_ that my father rewrote my first article himself, instead of simply trying to help me to improve it .But in my heart I knew it was my fault （错误）because I allowed him to do it.

Later ,I did become a successful writer on my own. looking back, I realized that the pain and shame of that school experience had a 10.\_\_\_\_\_\_\_\_\_\_ side. It taught me to depend on myself and be myself. So every day, I try to use my own words, find my own style and be my own best self. It feels great.

1.A. gave B. shared C. liked D. welcomed

2.A. report B. writing C. homework D. newspaper

3.A. help B. stop C. allow D. praise

4.A.different B. common C. popular D. wonderful

5.A. excited B. worried C nervous D. confident

6.A. truth B. excuse C. feeling D. answer

7.A. honesty B. patience C. hope D. disappointment

8.A. set B. reached C. raised D. changed

9.A. agreed B. realized C. remembered D. complained

10.A. magic B. serious C. bright D. strange