**8年级（上）英语第10课时（第3周）**

**《用英语讲述你的努力和改变》学习指南**

**【学习目标】**

1. 能够运用双/多音节比较级以及本课讲解的重点句型讲述如何通过努力来改变自己的故事。
2. 能够通过了解本课不同体育工作者的拼搏故事，学习他们努力进取，永不服输的精神，并能运用故事中

出现并讲解的重点句式表述自己的观点。

**【学习任务】**

**任务1：Complete the passage with what you have learned about Pamela Reif:**

Pamela Reif was born in Germany. She is an Internet celebrity and fitness . When she was 16, she wanted to do something . So she began to do fitness . At first, she knew little about body-building and asked the for help. But after some time, she was not satisfied with the result(结果）. So she made her own plan. By , she had perfect figure. After high school, she didn’t go to college and decided to her fitness dream. Although her parents weren’t with her choice, she didn’t give up and did everything . Until now, she has shared many fitness videos online and in the videos she does every movement . Not only her perfect figure but also her strong will makes many people love her.

**任务2：Complete the passage with what you have learned about Kobe Bryant:**

Kobe Bryant is one of the greatest basketball players in basketball history. When he was very young, he began to play basketball.

He was never satisfied with what he had achieved. He got up as as he could and kept . He felt and confident on the court. That meant he would . On January 23, 2006, Kobe got the second-highest (81 points) in a game in NBA history.

At first, he thought it was important to do well on the \_\_\_\_\_\_\_ by himself and wasn’t willing to the ball to others. But by and by he learned it was to work well with others . In this way, he not only changed his teammates for the better as well as himself. He led his team to others and five NBA finals. But he never stopped to . Mamba mentality will encourage more young people to follow their dream.

**任务4：Writing Task**

郭晶晶1981年10月15日出生于河北保定，她是一名优秀的跳水运动员，曾获得4枚奥运金牌，被人们称为 “跳水皇后”。然而她并不是天才型选手，成功之路上遭遇了很多挫折与失败，但她以顽强的精神不断努力提升自己，一路走向了辉煌。请你运用我们本节课学到的英语知识讲述一下郭晶晶是如何通过自己的努力走向成功的，以及你从她身上学到了什么。

提示词语：train hard; a pity; than usual; beat; do better; more confident; score

提示问题：1. What difficulties and failures did she meet with before she was successful?

2. How did she face these difficulties and failures?

3. What do you learn from her?