**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》学程拓展**

（一）

视频观看

科比是最优秀的，也是我们大家喜爱的篮球运动员之一，因为他充分体现了运动精神。不幸的是，2020年1月27日他遭遇了飞机失事，年仅41岁。世界球迷都在缅怀他。让我们观看视频*Dear Basketball*, 了解科比是如何从一个小男孩逐渐成长为洛杉矶湖人队超级巨星的传奇历程吧。

（二）

文本阅读

我国体育健儿在国际赛场上的优异表现，为祖国赢得了巨大的荣誉， 例如：长盛不衰的中国乒乓球队、被誉为“梦之队”的中国跳水队。而“跳水皇后”郭晶晶更是凭借顽强的拼搏精神，高度的集体荣誉感，不断为国争光，体现了中华体育精神。让我们阅读下面的文章，看看她是怎样努力使自己不断变得更好，最终成为世界冠军的吧。

Chinese diving queen Guo Jingjing is very famous all over the world but her way to championship was long and full of difficulties.

In the national diving team she was not the most gifted. After many years’ hard training, in 1996 Atlanta Olympic Games, she didn’t win the championship and only ranked 5.

What was worse, her right leg was broken during training by accident. She had to lie in bed and put on weight. But she didn’t lose heart and returned to the swimming pool as soon as possible. First, she should lose weight. It was late spring and the weather was already very warm, so it was tiring to run at noon and it became more difficult for her to wear airtight training suit at the same time.

After four years’ hard training, in Sydney Olympic Games, she didn’t win championship, either. She lost to her teammate, Fu Mingxia. She thought a lot and made her own plan. She began to pay more attention to her training itself instead of the result. She trained even harder and practiced more carefully. All of these meant a better chance of winning. So in 2004 Athens Olympic Games, she felt more confident to win the competition. From then on, she won four gold medals in Olympic Games and was one of the best players of her time.