

《中考英语作文范文：运动的好处》

享受运动，享受生活。你喜欢运动吗？你享受过运动带来的乐趣吗？请以“Enjoy Sports, Enjoy Life”为题，用英语写一篇短文，叙述一次你通过运动享受生活的经历，或谈谈运动给我们带来的好处。

要求：

根据所给题目，写一篇短文，词数不少于60个；

语言流畅、书写规范、卷面整洁；

文中不得使用真实姓名、校名，否则以零分计；

请将短文写在答题卡上，写在本试题卷上无效。



范文：

Personally, I adore sports. It brings me immense joy and a sense of accomplishment, both physically and mentally. One experience that truly embodies the essence of enjoying

sports and life occurred during a summer vacation.

The summer before, I had been feeling sluggish and lethargic due to a sedentary lifestyle. I decided to shake things up and signed up for a hiking trip in the mountains. My friends and I set off on our adventure, trekking through lush forests and scaling rocky paths.

The physical challenges were grueling, but every step forward brought a sense of elation and accomplishment. The breathtaking scenery and the feeling of freedom were exhilarating. I felt rejuvenated and reconnected with nature.

Moreover, sports have numerous benefits that extend far beyond the physical. They improve cardiovascular health, strengthen the immune system, and enhance mood and mental well-being. Sports also teach valuable life lessons such as teamwork, perseverance, and discipline.

译文：

就我个人而言，我喜欢运动。它给我带来了巨大的快乐和成就感，无论是身体上还是精神上。一次真正体现享受运动和生活的精髓的经历发生在暑假期间。

前一个夏天，由于久坐不动的生活方式，我感到迟钝和嗜睡。我决定改变现状，报名参加一次登山旅行。我和朋友们开始了我们的冒险之旅，徒步穿越茂密的森林，攀登崎岖的小径。

体能挑战令人精疲力竭，但每前进一步都会带来一种喜悦和成就感。令人惊叹的风景和自由的感觉令人振奋。我感到恢复了活力，并与大自然重新联系。

此外，体育运动的好处很多，远远超出了身体方面。它们可以改善心血管健康，增强免疫系统，改善情绪和精神健康。体育运动还可以传授宝贵的人生经验，如团队合作、坚持不懈和纪律性。

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