

Vocabulary Support

Book 1 Module 5

Unit 9

discus (n.) p.76

hurdles (n.) p.76

(small fences that a person or horse has to jump over during a race) (跨欄)

relay (n.) p.76

sprint (n.) p.76

(a short race in which the runners, riders, swimmers etc move very fast over a short distance) (短跑)

javelin (n.) p.76

(a long stick with a pointed end, thrown as a sport) (標槍)

shot put (n.) p.76

athlete (n.) p.76

(someone who competes in sports competitions, especially running, jumping, and throwing) (運動員)

baseball (n.) p.76

ice hockey (n.) p.76

squash (n.) p.76

bounce (v.) p.77

(if a ball or other object bounces, or you bounce it, it immediately moves up or away from a surface after hitting it) (彈跳)

paddle (n.) p.77

(a short pole that is wide and flat at the end, used for moving a small boat in water) (槳)

shuttlecock (n.) p.77

stadium (n.) p.77

enrolment form (n.) p.80

field event (n.) p.80

(a sport such as jumping or throwing the javelin in an outdoor competition) (田賽)

track event (n.) p.80

(a running race) (徑賽)

disappointed (adj.) p.81

award (n.) p.83

league (n.) p.83

(a group of sports teams or players who play games against each other to see who is best) (同盟)

professional (adj.) p.84

foundation (n.) p.84

(an organization that gives or collects money to be used for special purposes, especially for charity)
(基金)

influential (adj.) p.84

stroke (n.) p.85

concentrate (v.) p.87

wave (n.) p.87

Unit 10

rebellious (adj.) p.88

(deliberately not obeying people in authority or rules of behaviour) (反叛的)

attention (n.) p.88

appearance (n.) p.88

slim (adj.) p.88

eating disorder (n.) p.88

counselling (n.) p.88

(advice and support given by a counsellor to someone with problems, usually after talking to them)
(輔導)

scar (n.) p.88

recover (v.) p.88

experienced (adj.) p.89

(possessing skills or knowledge because you have done something often or for a long time) (有經驗的)

hormonal (adj.) p.90

squeeze (v.) p.90

Integrated Task

tone (n.) p.22

(the way your voice sounds, which shows how you are feeling or what you mean) (語氣)

advice (n.) p.23

stress (n.) p.23

Data File

embarrassed (adj.) p.1

(feeling ashamed or shy) (尷尬的)

terrible (adj.) p.1

weight (n.) p.2

accessory (n.) p.2

strategy (n.) p.2

compare (v.) p.2

unique (adj.) p.2

(being the only one of its kind) (獨特的)

regularly (adv.) p.2

balanced (adj.) p.2

(arranged to include things or people of different kinds in the right amounts) (均衡的)

routine (n.) p.3

confidence (n.) p.3

relieve (v.) p.3

estimate (v.) p.5

(to try to judge the value, size, speed, cost etc of something, without calculating it exactly) (估計)

basis (n.) p.5