# 高一英语作文运动会[精选多篇]

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**第一篇：高一英语作文运动会**

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高一英语作文运动会1

When autumn comes, I feel so excited, because the sports meeting comes.Ilike sports so much.When I was very small, my father took me to watch thebasketball match, in the long time, sports have become part of my life.When Istarted to come to school, I join the basketball team, I had the great time topractice with my friends.Though high school life is very busy and I have tolearn so many subjects, I still keep taking exercise everyday.Sports meetingtime is my favorite time in the semester.I can take part in many activities,such as basketball and high jump.I am full of energy, I just want to enjoy themoment of taking exercise.Sports meeting indeed brings students many energy andmake the students become active.They can also exercise their bodies.高一英语作文运动会2

Every year in October, our school will have the tradition to hold a sportsmeeting.It is the biggest event of the year, so all the students will practisevery hard to win the biggest honor.Relay race is the most important match,because it involves so many students to take part in, showing the unity of ateam.Last year, our class won the second place.We lagged behind the championjust a little distance, so we hoped to defeated them this time and won the firstprize.We have practised very hard, and every student in the team wanted to makethe breakthrough.When the match finally began, we ran very fast and kept ourspace.Even though other team tried to disturbed us, we focused our attention.The moment when our team first crossed the line, we cheer and cried.We madeit.高一英语作文运动会3

Every year, my school holds sports meeting in about October, I am veryexciting about it, I can watch the wonderful game and don’t have class.Myschool’s sports meeting lasts three days, the class is suspended, all thestudents go to the play ground to watch the game.As an audience, I am sonervous and yell out “come on” to my classmate, watching they get to the finalline, I am so proud of them.The part I like most is relay race, that is soexciting, all the students yell loudly, the athletes chase one by one, nobodycan be sure who is the champion until the last minute.Sports meeting bring meso many beautiful memories.高一英语作文运动会4

When autumn comes, our school will hold the sports meeting.I will be veryexcited about the big event.I like to play basketball, so I join the basketballteam and fight for the class\'s honor.All the students cheer for their class andthe atmosphere is so lively.As we are young, we feel the great energy and enjoythe life.高一英语作文运动会5

Ladies and Gentlemen,Good morning!I am Oscar, the spokesman of the Students’ Union.On behalfof the Students’ Union, the main organizer of today’s sports meeting, I welcomeyou all to the beautiful stadium.After two months’ preparation, our annualsports meeting is held on schedule.Thanks to the support and help from our school leaders and teachers.Thoughthey have many school responsibilities, they have taken time off to take part inour sports activities.Let’s give them a big hand.Through sports, we can notonly develop our physical prowess, but also promote social and emotional skills,and even intellectual skills, which will matter in our future livessubstantially.So hope everybody here cherish this opportunity and enjoy it.At last, best wishes for the success of the sports meeting and best wishesfor the good results of our athletes.It is my pleasure to announce the open ofthe sports meeting.Thank you and good luck!

高一英语作文运动会

**第二篇：高一英语作文**

1.乐观的人生态度； 2.努力学习； 3.参加体育锻炼。

We all want to grow up happily and healthily, and for this goal we must do several things.Firstly, we should develop a good attitude to life.Life consists of not only sunshine but also hard times.We should be brave in front of difficulties.Secondly, we must study hard because knowledge is power.If we have the power, we can help to build our country and enjoy life better.Lastly, in order to study well, we need to do sports so that we can keep fit.We can go running, play ball games or simply take a walk after a day\'s study.If we do those things well, we will be able to grow up happily and healthily.希望能够体谅父母的苦衷；建议与父母进行交流和沟通。

Some of us are having problems with our parents, as they often look into our school bags or read our diaries.I fully understand why we are not comfortable about it, but there\'s no need to feel too sad.Our parents are checking our bags or diaries to make sure we\'re not getting into any trouble.They have probably heard some horrible stories about other kids and thought we might do the same.Or perhaps they just want to connect with us but are doing it all wrong.My suggestion is: Tell them we want them to trust us as much as we\'d like to trust them.If you don\'t think you can talk to them, write them a letter and leave it lying around-they are bound to read it.Thank you!

饮食习惯：不吃早餐，爱吃零食，偏食，饮食过量；良好的饮食习惯：饮食多样化，饮食定时定量；

As we all know, we are what we eat.Therefore, it\'s very important for us to form healthy eating habits.However, bad eating habits are still very common among us students.Some of us often go to school without breakfast;some like to have snacks;some others are particular about food;and still some eat or drink too much.All these bad habits will surely do harm to our health.To keep fit, we should have various healthy diets, which generally include proper amounts of fish, meat, vegetables, fruit as well as main food.Besides, we\'d better have meals regularly.In my opinion, we should try to develop healthy eating habits to build up a strong body.Only in this way can we have enough energy to study better.That\'s all.Thank you!

手机不响铃，不能发短信,无法更换；型号新，无配件，无法维修。公司应尽快予以更换。

I am writing to you for the mobile phone of Dephone-S250 I bought on 20th Apr.2024 at Tele Mall in Wuhan, P.R.China.Ten days after that, it didn\'t ring and send short messages.Then I took it to the seller, but was told that the model had been sold out and I had to wait at least three months for a new one.Later I went to the repairman.He said since it was a new model in China, it was impossible to fix it without the right spare parts.I was so desperate on hearing that.How can I wait that long? Therefore, I require that you send me a new one of the same model within a month.Thank you for your consideration.Sincerely yours,学生考试作弊现象My Opinion on Cheating in Examinations

It is known to us all that some students cheat in examinations at school.As students, we often take examinations at school, but sometimes we have too many examinations which are too difficult for us.On the other hand, some of us are lazy and don\'t work hard at their lessons.So when taking examinations, they sometimes cheat in order to get better results to please their parents and teachers.In my opinion, it is wrong to cheat in examinations because it breaks the rules of schools.We students should be honest and try to get good results by studying hard instead of cheating in examinations.What\'s more, we should improve our study methods and get well prepared for examinations.人们对于学生网上交友持不同意见

Should students make friends on line ?Some people say yes.The internet helps make many friends.Chatting on line ,students can more freely express their feelings and opinions ,and even get help with their foreign language studies.Others ,however, think students should not.They say making friends on line is a waste of time ,which should be spent more meaningfully on study.Besides ,some students get cheated on line.It is my opinion that students should place their study ,health and safety before other things.As for friendship ,we can readily find it in our classmates and other people around us.交流自己的英语学习体会

Good morning everyone,In today\'s world，being able to master a foreign language will be：helpful in our life．

Here I\'d like to share with you my opinions about my English learning．。First of all, I think it useful to learn some grammar and remember as many useful sentence patterns as I can．As we all know，the more we read，the better our English will be．So I spend much time reading English newspapers and magazines after class，which helps to improve my English．Besides，TV and radio programmes are of great help for my listening．

Learning English not only increases my awareness of foreign cultures but also helps me to communicate with English-speaking people and to make more new friends．

However，sometimes I get discouraged because I keep forgetting words I have learned．

And I also find some English pronunciations rather confusing.I would appreciate it if you could.give me some advice on how to learn English better． Thank you!

保持健康的方法The Way to Stay Healthy

Health is most important for any of us.In order to stay healthy, we need some common knowledge.Firstly,pay attention to the diet.We should eat lots of fruit and vegetables, because they are rich in fiber and Iow in fat.As a proverb says, \"An apple a day keeps the doctor away.“ So fruit is good for health.Don＇t have a lot of food that contains too much fat, such as butter.Meanwhile, sweets should be eaten in proper quantity, because too much sugar does harm to us.Don＇t drink too much coffee, either.Secondly, exercise is necessary.Regular exercise can help us keep from getting fat.People who do running every day usually have stronger hearts than who don＇t.Finally, form good living habits.We should sleep for about 8 hours at night, and never work too hard.Over work and little sleep will lead to illness.What＇s more, stay away from cigarettes.These are the things we should pay attention to so as to stay healthy.我的家乡

I used to live in a beautiful small town with green trees all around it。The river，running through the town，had clean water in which fish could be seen swimming in groups.The house, however, were small and simple, and the street wasn’t wide enoughto run cars.People here worked hard all year round yet lived a life of no more than poverty.Now great changes have taken place here.You can see tall buildings, department stores and factories everywhere.Cars and buses are running in broad streets.But with the development of industry, pollution is becoming more and more serious.A lot of trees are gone, and fish have disappeared because of the dirty water.To our joy, people have been doing their best to stop pollution and make the town even more beautiful.我是足球爱好者

Playing football is my favorite.I fell in love with it by chance.One day, I found a football on my way home.I was so curious about the little round ball that I began to play it with my friends.From then on, football became part of my life.I often play football with my classmates after class.We often train ourselves, and sometimes we compete in football games in order to improve our skills.Among all the football stars, I admire Beckham most.Itis not his handsome appearance but his skills that impress me a lot.My greatest dream is to become a professionalfootball player in the future.是否应拥有汽车

Dear editor，I’m writing to tell you about the discussion we recently had about whether it is good or not for families to own cars.With the development of people’s living conditions，more and more people have their own cars.Some of us think itgood to own a car.Firstly，it’s a convenient，fast and comfortable means of transportation tool.You can go to a lot of places at any time.Secondly，it shows that people are becoming richer，and the country stronger.It also makes businesses and industries develop faster.Others have different opinions.They think that cars give off waste gas and pollute the environment.Too many cars will have some bad effects，such as more accidents.Besides，parking cars isanother big problem.Maybe people should think carefully before they buy a car.太空探索是否值得

Recently, students in our class have had a discussion on whether space is worth exploring.30% of us think space exploration is not worthwhile.They think space is too far away from us and our daily life.And the money spent on space exploration can be used to solve the earth’s problems such as starvation and pollution.On the other hand, 70% think space is worth exploring because we have benefited a lot from it, such as usingsatellites for communication and weather forecast.What’s more, with further space research, we may solve the population problem by moving to other planets one day.Also, space research will enable us to find new sources to solve the problem of energy shortages on the earth.

**第三篇：高一英语作文**

Dear Lori, I’m so glad that I can help you.Here is some useful advice.Firstly, everybody needs friends because walking with friends in the dark is better than walking alone in the light.So how to make friends with other people is important.Secondly, if you make up your mind to make friends with others, you should be friendly to them.Believe it or not, smiling is a magnet that can spellbind other people.Thirdly, trying to remember others’ names is also a good way.Besides, don’t fight with others though you have arguments with them.Then you can get along well with these people by communicating with them.What’s more, always remember that friendship is based on honesty.In a word, friends are like wine, the older, the better.I hope you could be happy every day.Dear Lori，Thanks for your letter.As we all know, everyone needs friends.So it’s very important to know how to make friends.Here are some tips for you.Firstly, if you want to make friends with others, you should be friendly.Just remember to smile, because smile is like a magnet that can attract others.Secondly, you should try to remember others’ names.It shows that you’re sincere and respect them.Thirdly, when you have disagreement with others, you should talk to them politely rather than argue with them.What’s more, you cold also go out with your friends on weekends.At last, you should be honest and reliable.Only then will they trust you.In a word, if you’re friendly to others, you’ll make more friends.I hope these suggestions will help you.范文

Dear Lori，I’m sorry you are having trouble in making friends.Everyone needs friends, and how to make friends is an important subject.Firstly, to make friends, you must be friendly to others.A smile is like a magnet that draws people.Secondly, try to remember others’ names, which will make them feel that they have made an impression on you.Besides, if you disagree with tem, don’t argue but discuss with them.Finally, offer your help whenever they are in trouble.As it says, a friend in need is a friend indeed.Try your best and I’m sure you’ll have more and more friends.Yours truly

Li Hua

Dear Lori, I’m very happy to hear from you.Everybody needs friends, therefore, it’s so important to learn to make friends.When it comes to making friends, first of all, you should be friendly to others.Smiling is a magnet.Secondly, try your best to remember others’ names.I think it’s very important.What’s more, when someone disagrees with you, you should communicate with him instead of arguing.Besides, you should stay with your friends when they are in trouble.A friend in need is a friend indeed.I think my advice can help you a lot.Finally, I hope you can make many good friends.Yours truly

Dear Lori, I have received a letter from you.Everyone needs friends.It’s important to know how to make friends.I have some suggestions that may help.Firstly, you should be friendly to others.You can try to smile, because smile is the magnet which can attract others.Secondly, try to remember others’ names.It can show that you are concerned about others.Thirdly, when you disagree with others, you’d better discuss with them politely instead of having an argument.If you do this, you will be welcome and make more friends.Finally, don’t forget your old friends, because friends are like wine, the older, the better.Please have a try!I wish you can succeed in making friends!

Yours truly，Li Hua

**第四篇：高一英语作文（范文）**

篇一：高一英语作文题目及范文 英语作文题目及范文

1、假设你是李华，你的美国笔友linda来信说她家搬到了一个新城市，她几乎没有朋友，每天除了上课就是在家上网，感觉很孤独。请你给她写一封信，劝她多结交朋友，参加社会活动。

dear linda, i know it’s hard to start a new life in a strange city.however, just staying at home doing nothing but surf the internet is not good for you.you’d better go out and join in some social activities.by doing this, you can get to know more people around.and it would be a good idea to help others if possible and show them you are open and friendly as well.with time going on, people will know you better and like to make friends with you.best wishes!yours, li hua

2、假设你是李华，某中学学生杂志英语习作专栏正在开展主题为“why should we learn english?”的征文活动。请你根据所给要点写一篇征文稿。

1）提高学习语言的能力；2）有助于了解异国文化；3）能够结识更多的朋友。why should we learn english? english is an international language so it is necessary and good for us to learn english.in a word, learning english means a lot.we should work hard and learn it well.3、假设你是李华，你的美国笔友hurry是一名旅游爱好者。请你根据以下要点，给他写一封信你暑假期间的西湖之旅。

1）湖光塔影，花木芬芳 2）莺啼燕语，游人如织 3）夜游西湖，赏音乐节 dear harry, how did you spend your summer holidays? i’d like to share my last trip with you.during my holiday, i visited the west lake in hangzhou.bright flowers, green trees, lovely birds and ancient towers attracted lots of tourists from all over the world.to enjoy its beauty, many of them biked around the lake.in the evening, the lake was more beautiful in the moonlight.i took a happy walk and went to a wonderful music festival.i am sure that you will fall in love with this place when you visit it, and i am very glad to be your guide.yours, li hua篇二：高一英语作文范文及题目

高一作文题目及范文欣赏

试以“can money buy happiness”（金钱能买来幸福吗？）为题写一篇议论文，必须包括以下内容：1.有人认为金钱是幸福之本（source of happiness）；2.也有人认为金钱是万恶之源（root of all evil）；3.我的看法。?? 【名师点拨】?? 此文属于议论文体裁，可以分为三段。不同的人对金钱有不同的观点，两种态度截然相反，所以第一段和第二段形成了对立的关系。第一段，有人认为金钱是幸福之本，有钱的人可以享受生活，如吃得好、穿得好、住得好，可以买名牌服装，开好车。第二段，有人认为金钱是万恶之源，正因为有人认为“有钱能使鬼推磨”，因此有人为了钱去偷、去抢、去杀人，成了犯罪分子。第三段，我的看法：只有合法的、正道来的钱才能给人带来幸福，否则为钱而钱，那就是罪恶。??以 “in what way will internet change the way of our life”为题写一篇短文。（字数：200左右）

1.在最近的一次主题为中学生课余时间上网的英语班会上，同学们对上网的利弊争论不休，意见不能统一。

作为班长，请你根据下列信息，作总结性发言。要求： 1.覆盖以上内容，可作适当发挥； 2.发言的开头和结尾已给出（不计入总词数）； 3.词数：120左右。attention, please!i?m going to give you a summary of today?s discussion about whether we should go on line in our spare time.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_thank you.答案 ： attention, please!i?m going to give you a summary of today?s discussion about whether we should go on line in our spare time.many students think we can go on line as much as possible in our spare time because we are free then.through the internet, we can gain plenty of the newest knowledge and the latest information at home and abroad.what?s class colorful and various.on the other hand, a few students partly agree to this idea.going on line is part of our daily life.but they suggest lessons or looking up materials.there are a few students who are often absent from school in order to go on line for fun.2.假设你叫李华，是一家英文杂志社的心理咨询师。某中学生小王给你写信，提到自己偏胖，想节食减

肥，征求你的意见。请你给她回一封信，谈谈你对该问题的见解。内容要点如下： 1．健康比漂亮更重要；

thank you!2．学生以学习为主，不要过于注重外貌和别人的看法； 3．可通过多锻炼身体保持健康，要改变不良的饮食习惯； 4．健康的心态也很重要。

注意： 1．短文必须包括所有内容要点，可适当发挥； 2．词数：100左右。3．参考词汇：state of mind 心态 dear xiao wang, i have received and read your letter, in which you mentioned that you wanted to lose weight by dieting.yours, 3.文明的举止在国际交往中非常重要，因此提高国民修养势在必行。近日，你班就本话题进行了热烈讨论，请据以下要点给某英文报写一篇120字左右的短文，表明个人观点。1.提高国民素质的必要性；

2.列举你所观察到的一些不文明行为（两种以上）； 3.就此做出评论，并提出建议。参考词汇：behave v 举止、行为、表现

spit vi 吐痰sometimes some people don?t behave properly in our daily lives.for example, spitting in public places can be seen somewhere.the flowers in public gardens are picked.what is worse, rubbish and plastic bags are thrown on the ground in the street.in my opinion, these bad behaviors will make bad impressions upon visitors to china, which will ruin the good reputation of china as a large country with a long history.so all people should be taught to be well-behaved and every one of us should form good habits from now on.4.应英语老师的要求，你要在英语课上介绍小说《百万英镑》给你的同学。请你根据以下内容，写一篇讲稿。[写作内容] 根据以上信息写一篇讲稿，并包括如下内容：小说名、作者、故事梗概以及语言风格。[参考词汇] 奇遇 fortuitous adventure [写作要求] 只能使用5个句子表达全部内容。讲稿的开头和结尾已经给出。[评分标准] 句子结构准确，信息内容完整，篇章结构连贯。today i am going to introduce to you a novel.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ this is a brief introduction to the story.hope you will enjoy reading this representative work of mark twain.today, i am going to introduce to you a novel.讽刺的 sarcastic adj.twain.5.如今世界粮食短缺，价格飞涨，给部分地区造成社会动荡。假设在你校开展的研究性学习中，你们小组以“world food crisis”为题进行研究，现在请你代表你们小组向全体同学简要介绍你们的研究成果。主要内容如下： 造成的原因：

1.气候变化，造成粮食减产

2.工业发展，城市化加速，耕地减少

3.世界能源价格上涨，使用粮食生产生物燃料 应对的措施：

1.注重环保，改善生态 2.严格保护耕地

3.富国支持穷国，促进世界和谐 你如何做出自己的贡献 1．?? 2．?? 注意：1.内容包括以上要点，但不要逐句翻译 2.字数150左右，文章开头已提供，不计入总词数

3.参考词汇：城市化 urbanization 生物燃料 biofuels hello, everyone, now i’ll tell you something about our research project the world food crisis on behalf of our group.as you know, food shortages have hit many countries in the world and even caused social uest in some areas.as is to known to us all,the world?s climate is getting hotter and hotter,which is caused food production not more than the same as before.with the development of industry,the acceleration of urbanization, cultivated land of the world keep decreasing.and it is also a improtant reason that the price of world?s energy continue to rise,led to the use of biofuels.so, how can we solve the food crisis? from nation angle, the government should protect the environment, improving the ecological environment.be strict with protecting cultivated land.and from international angle,the rich courties should supprot the poor countries to promote world harmony.and what should we do as s student? i think we should not waste food and set up a save the grain of consciousness in our mind.persuading our parents and our friends to live thriftily.and we should study hard to develop the science and help solve the food shortage in the future.下表是某校关于中学生双休日活动现状的一份调查，请结合表格内容，用英语写一篇120—150单词的短文，就中学生应如何过双休日发表你的看法。

学习情况 几乎都在学习半天学习半天活动 几乎都在做其他事情 16% 24% 60% 娱乐休闲 体育活动 游玩和购物 上网看电视 20% 40% 40% 去图书馆 经常 偶尔 几乎没有 5% 23% 72% 课外兴趣小组 经常 偶尔 不参加 10% 20% 70% 范文(one possible version)this form displays the result of a survey on how to spend students’ weekend.it says that few students are glued to their schoolwork any more.instead, they prefer to surf on the internet, watch tv, go shopping rather thaninvolve in sports games.library and interest groups are available but not favourable.in conclusion, students should be more scheduled with colorful and fruitful activities.4.书面表达热点预猜（说明文）

假如你是李明，你发现部分同学每次遇到重要考试，都会出现一些焦虑症状。请你用英语写一封信，向某学生英文报编辑反映该问题。信的内容应包括下列要点： 焦虑症状 建 议

头晕、乏力、睡眠不好、食欲不振等 1．考前制定好合适的复习计划 2．考试期间正常作息

3．睡前洗热水澡、喝热牛奶等有助于睡眠 其他建议(内容由考生自己拟定)注意：1.根据以上内容写一篇短文，不要逐句翻译，可适当增加细节以使行文连贯。2.要准确使用语法和词汇；使用一定的句型、词汇，清楚、连贯地表达自己的意思； 3.词数：100个左右。开头已给出，不计词数。参考词汇：头晕—dizzy(adj.)dear editor, i’m li ming of senior three, guangming middle school.i’m writing to tell you about some symptoms of anxiety among us students before exams.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ li ming 范文(one possible version)i am li ming of senior three, guangming middle school.i am writing to tell you about some symptoms of anxiety among us students before exams.most of us feel nervous whenever we’re taking an important exam.some will feel dizzy or tired, some will suffer from lack of sleep, and some will lose their appetite.in fact, all these symptoms have terrible effects on our exams and we are all eager to get rid of them.first of all, in my opinion, it’s important for us to have a fight attitude towards exams.they are only a means of checking how we are getting along with our studies, so there is no need to worry too much about the results.study hard every day and make careful plans for every exam.in this way we can avoid suffering from the pressure of exams.besides, enough sleep can make us energetic and enable us to perform well in an exam.therefore, during the period of exams, we should not stay up too late.we can also try a warm bath or a cup of warm milk before going to bed.they might help us to have a sound sleep.(we’d better go out for a walk or do some outdoor exercises before and during an exam so that we can keep ourselves relaxed and then concentrate ourselves on exams.)5.书面表达热点预猜（5）

在紧张的高三备考阶段，英语老师为了提高复习效率，广泛征求学生意见。假如你叫张华，请根据以下提示，给英语老师写封信，表达你们的需求和建议。●适当放慢进度，留出思考时间 ●反复训练重要、易错知识点

**第五篇：高一英语作文**

1.乐观的人生态度； 2.努力学习； 3.参加体育锻炼。

We all want to grow up happily and healthily, and for this goal we must do several things.Firstly, we should develop a good attitude to life.Life consists of not only sunshine but also hard times.We should be brave in front of difficulties.Secondly, we must study hard because knowledge is power.If we have the power, we can help to build our country and enjoy life better.Lastly, in order to study well, we need to do sports so that we can keep fit.We can go running, play ball games or simply take a walk after a day\'s study.If we do those things well, we will be able to grow up happily and healthily.1。乐观的人生态度；2。努力学习参加体育锻炼；3。我们都想快乐健康地成长，并为实现这一目标，我们必须做几件事情。

首先，我们应该养成良好的生活态度。生活不仅包括阳光也是困难时期。我们应该勇敢面对困难。其次，我们必须努力学习，因为知识就是力量。如果我们有能力，我们可以帮助建设我们的国家，享受生活的美好。最后，为了学习好，我们需要做运动可以让我们保持健康。我们可以去跑步，玩球类游戏，或只是散步经过一天的研究。如果我们做这些事情，我们就能够健康快乐地成长。

希望能够体谅父母的苦衷；建议与父母进行交流和沟通。

Some of us are having problems with our parents, as they often look into our school bags or read our diaries.I fully understand why we are not comfortable about it, but there\'s no need to feel too sad.Our parents are checking our bags or diaries to make sure we\'re not getting into any trouble.They have probably heard some horrible stories about other kids and thought we might do the same.Or perhaps they just want to connect with us but are doing it all wrong.My suggestion is: Tell them we want them to trust us as much as we\'d like to trust them.If you don\'t think you can talk to them, write them a letter and leave it lying around-they are bound to read it.Thank you!希望能够体谅父母的苦衷建议与父母进行交流和沟通。

我们中的一些人与父母有问题，当他们经常查我们的书包或日记。我完全理解为什么我们不喜欢它，但不需要感到很伤心。我们的父母检查我们的包或者日记是为了确保我们没有陷入任何的麻烦。他们可能听说过一些可怕的故事关于其他的一些孩子，认为我们可以做同样的。或者他们只是想要和我们联络但是那种做法是错误的。我的建议是：我们需要他们的信任就像我们信任他们一样。如果你认为你不可以跟他们说话，他们写了一封信，放着—必须阅读它。

谢谢！

饮食习惯：不吃早餐，爱吃零食，偏食，饮食过量；良好的饮食习惯：饮食多样化，饮食定时定量；

As we all know, we are what we eat.Therefore, it\'s very important for us to form healthy eating habits.However, bad eating habits are still very common among us students.Some of us often go to school without breakfast;some like to have snacks;some others are particular about food;and still some eat or drink too much.All these bad habits will surely do harm to our health.To keep fit, we should have various healthy diets, which generally include proper amounts of fish, meat, vegetables, fruit as well as main food.Besides, we\'d better have meals regularly.In my opinion, we should try to develop healthy eating habits to build up a strong body.Only in this way can we have enough energy to study better.That\'s all.Thank you!饮食习惯：不吃早餐，爱吃零食，偏食，饮食过量；良好的饮食习惯：饮食多样化，饮食定时定量；

我们都知道，我们吃的是什么。因此，这是非常重要的我们形成健康的饮食习惯。然而，不良的饮食习惯仍然是非常常见的在我们学生。我们有些人常常不吃早餐就去上学；有些人喜欢吃零食；有些则是讲究食品；还有一些吃或喝太多。所有这些坏习惯必将对我们的健康有害。

为了保持健康，我们应该有不同的健康饮食，其中包括适量的鱼，肉，蔬菜，水果以及主要食物。此外，我们最好有饭吃。

在我看来，我们应该尽量发展健康的饮食习惯，建立一个强壮的身体。只有这样我们才能有足够的精力更好地学习。

就这样！谢谢！

手机不响铃，不能发短信,无法更换； 型号新，无配件，无法维修。公司应尽快予以更换。

I am writing to you for the mobile phone of Dephone-S250 I bought on 20th Apr.2024 at Tele Mall in Wuhan, P.R.China.Ten days after that, it didn\'t ring and send short messages.Then I took it to the seller, but was told that the model had been sold out and I had to wait at least three months for a new one.Later I went to the repairman.He said since it was a new model in China, it was impossible to fix it without the right spare parts.I was so desperate on hearing that.How can I wait that long? Therefore, I require that you send me a new one of the same model within a month.Thank you for your consideration.Sincerely yours, 手机不响铃，不能发短信，无法更换；型号新，无配件，无法维修公司应尽快予以更换。

我写信给你的移动电话的dephone-s250我买了第二十apr.2024在远程购物中心在武汉，p.r.china.ten天之后，它没有环、发送短消息。然后我把它给卖方，但被告知，该模型已经卖完，我等了至少三个月为一个新的。后来我去修理工。他说，因为它是一个新的模式在中国，这是不可能的，以确定它没有正确的零配件。我是如此渴望听到。我怎么能等那么长时间吗？因此，我需要你给我一个新的一个相同的模型在一个月。

谢谢你考虑这么周全。你真诚的，学生考试作弊现象My Opinion on Cheating in Examinations

It is known to us all that some students cheat in examinations at school.As students, we often take examinations at school, but sometimes we have too many examinations which are too difficult for us.On the other hand, some of us are lazy and don\'t work hard at their lessons.So when taking examinations, they sometimes cheat in order to get better results to please their parents and teachers.In my opinion, it is wrong to cheat in examinations because it breaks the rules of schools.We students should be honest and try to get good results by studying hard instead of cheating in examinations.What\'s more, we should improve our study methods and get well prepared for examinations.学生考试作弊现象我对考试作弊的看法 众所周知，一些学生考试作弊。

作为学生，我们经常参加学校的考试，但有时我们有太多的考试对我们来说太难了。另一方面，我们中有些人是懒惰并且不努力学习功课。考试时作弊，他们有时为了得到更好的结果，请家长和老师。在我看来，这是作弊不对，违反校规。我们学生应当诚实，努力取得好结果通过努力学习，而不是考试作弊。更重要的是，我们要改进学习方法，为考试做好准备。

人们对于学生网上交友持不同意见

Should students make friends on line ?Some people say yes.The internet helps make many friends.Chatting on line ,students can more freely express their feelings and opinions ,and even get help with their foreign language studies.Others ,however, think students should not.They say making friends on line is a waste of time ,which should be spent more meaningfully on study.Besides ,some students get cheated on line.It is my opinion that students should place their study ,health and safety before other things.As for friendship ,we can readily find it in our classmates and other people around us.人们对于学生网上交友持不同意见

学生应该网上交友？有人说是的。网上交友。网上聊天，学生可以自由的表达他们的感觉和观点，甚至可以帮助学习外语。

其他人，但是，认为学生不应该。他们说网上交友是浪费时间，应该把这些时间花在更有意义的学习上。而且，有些学生在网上上当受骗。

我的看法是，学生应该把他们的学习，健康和安全放在首位。至于友谊，我们可以很容易地找到它在我们的同学和周围的人。

交流自己的英语学习体会

Good morning everyone,In today\'s world，being able to master a foreign language will be：helpful in our life．

Here I\'d like to share with you my opinions about my English learning．。First of all, I think it useful to learn some grammar and remember as many useful sentence patterns as I can．As we all know，the more we read，the better our English will be．So I spend much time reading English newspapers and magazines after class，which helps to improve my English．Besides，TV and radio programmes are of great help for my listening．

Learning English not only increases my awareness of foreign cultures but also helps me to communicate with English-speaking people and to make more new friends．

However，sometimes I get discouraged because I keep forgetting words I have learned．

And I also find some English pronunciations rather confusing.I would appreciate it if you could.give me some advice on how to learn English better． Thank you!交流自己的英语学习体会

早上好，同学们。

在今天的世界上，能够掌握一门外语是有用的在我们的生活中。

在这里我想与大家分享我对我的英语学习。首先的意见，我认为它有用，学语法，记住许多有用的句型我可以。我们都知道，我们读得越多，我的英语就会越好。所以我花很多时间阅读英语报纸杂志下课后，这有助于提高我的英语水平。此外，电视和广播节目有很大的帮助，对我的听力。

学习英语不仅增加了我对外国的文化也有助于我的英语交流，结交更多的新朋友。

然而，有时我气馁，因为我将忘了词，我已经学会了。

我还发现一些英语发音而混乱。我会很感激如果你可以。给我一些关于如何学好英语的建议更好。谢谢你！

保持健康的方法The Way to Stay Healthy

Health is most important for any of us.In order to stay healthy, we need some common knowledge.Firstly,pay attention to the diet.We should eat lots of fruit and vegetables, because they are rich in fiber and Iow in fat.As a proverb says, \"An apple a day keeps the doctor away.“ So fruit is good for health.Don＇t have a lot of food that contains too much fat, such as butter.Meanwhile, sweets should be eaten in proper quantity, because too much sugar does harm to us.Don＇t drink too much coffee, either.Secondly, exercise is necessary.Regular exercise can help us keep from getting fat.People who do running every day usually have stronger hearts than who don＇t.Finally, form good living habits.We should sleep for about 8 hours at night, and never work too hard.Over work and little sleep will lead to illness.What＇s more, stay away from cigarettes.These are the things we should pay attention to so as to stay healthy.保持健康的方法

健康是最重要的。为了保持健康，我们需要一些普通的知识。

首先，注意你的饮食。我们应该吃大量的水果和蔬菜，因为它们富含纤维素和低脂肪。正如一句谚语所说，“一天一苹果，医生远离。”因此水果对健康有益。不＇有许多食物含有太多的脂肪，如黄油。同时，应当适量吃甜食，因为糖过多对我们有害。不＇不要喝太多的咖啡，或者。其次，锻炼是必要的。经常性的锻炼能使我们保持身材。通常每天跑步的人的心脏要比那些不＇吨。

最后，养成良好的生活习惯。我们晚上应该睡8小时，不要过分辛苦地工作。在工作和睡眠不足会导致疾病。什么＇更，远离香烟。这些事是我们应该注意以保持健康。

我的家乡

I used to live in a beautiful small town with green trees all around it。The river，running through the town，had clean water in which fish could be seen swimming in groups.The house, however, were small and simple, and the street wasn’t wide enoughto run cars.People here worked hard all year round yet lived a life of no more than poverty.Now great changes have taken place here.You can see tall buildings, department stores and factories everywhere.Cars and buses are running in broad streets.But with the development of industry, pollution is becoming more and more serious.A lot of trees are gone, and fish have disappeared because of the dirty water.To our joy, people have been doing their best to stop pollution and make the town even more beautiful.我过去住在一个美丽的小城镇绿色的树木环绕。河流，穿过城镇，有清洁的水，鱼可以看到游泳组。房子，然而，小而简单的，和街道不宽能够运行的汽车。这里的人们努力工作，全年但生活不超过贫困。

现在这里已经发生了很大的变化。你可以看到高高的大楼，百货公司和工厂到处都是。汽车和公共汽车跑在宽阔的街道。但随着工业的发展，污染越来越严重。许多树都不见了，和鱼类消失因为肮脏的水。令我们高兴的是，人们已在尽力制止污染，使城市更美丽。

我是足球爱好者

Playing football is my favorite.I fell in love with it by chance.One day, I found a football on my way home.I was so curious about the little round ball that I began to play it with my friends.From then on, football became part of my life.I often play football with my classmates after class.We often train ourselves, and sometimes we compete in football games in order to improve our skills.Among all the football stars, I admire Beckham most.Itis not his handsome appearance but his skills that impress me a lot.My greatest dream is to become a professionalfootball player in the future.踢足球是我最喜欢的。我爱上了它的机会。有一天，我发现了一个足球在我回家的路上。我是如此好奇的小圆球，我开始和朋友一起玩。从此，足球成为我生活的一部分。我经常和我的同学一起踢足球课。

我们经常训练自己，有时我们在竞争的足球游戏来提高自己的技能。

在所有的足球明星，我最佩服贝克汉姆。这不是他的英俊的外表，但他的技巧，打动了我很多。我最大的梦想是成为一名职业足球运动员的未来。

是否应拥有汽车

Dear editor，I’m writing to tell you about the discussion we recently had about whether it is good or not for families to own cars.With the development of people’s living conditions，more and more people have their own cars.Some of us think it good to own a car.Firstly，it’s a convenient，fast and comfortable means of transportation tool.You can go to a lot of places at any time.Secondly，it shows that people are becoming richer，and the country stronger.It also makes businesses and industries develop faster.Others have different opinions.They think that cars give off waste gas and pollute the environment.Too many cars will have some bad effects，such as more accidents.Besides，parking cars is another big problem.Maybe people should think carefully before they buy a car.亲爱的编辑，我写信是想告诉你关于讨论我们最近有关于它是否是好还是不好的家庭拥有汽车。

随着人们的生活条件，越来越多的人有自己的汽车。我们中的一些人想好自己的汽车。首先，它是一个方便，快捷，舒适的交通工具的工具。你可以去很多地方，在任何时间。其次，它表明，人们越来越强，和国家。这也使得企业和行业发展的更快。别人有不同的意见。他们认为汽车排放废气污染环境。太多的汽车会有一些不好的影响，如更多的交通事故。此外，停车是一个大问题。也许人们之前应该仔细想想，他们买的车。

太空探索是否值得

Recently, students in our class have had a discussion on whether space is worth exploring.30% of us think space exploration is not worthwhile.They think space is too far away from us and our daily life.And the money spent on space exploration can be used to solve the earth’s problems such as starvation and pollution.On the other hand, 70% think space is worth exploring because we have benefited a lot from it, such as using satellites for communication and weather forecast.What’s more, with further space research, we may solve the population problem by moving to other planets one day.Also, space research will enable us to find new sources to solve the problem of energy shortages on the earth.最近，我们班的学生进行了讨论，太空探索是否值得。

30%人认为太空探索是不值得的。他们认为空间是离我们太远，我们的日常生活。所花的钱在太空探索能用来解决地球上的饥饿、污染等问题。

另一方面，70%的人认为空间是值得探索，因为我们从中获益不少，比如使用卫星通信和天气预报。更重要的是，进一步研究空间，我们可以解决人口问题，移动到其他行星的一天。此外，空间研究将使我们找到新的解决问题的能源短缺对地球。

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