

臺北市民族實驗國民中學 111 學年度第 2 學季 英語 領域研習

※研習類別：☒有效教學 ☐差異化教學 ☐協同教學 ☐創新教學 ☐補救教學  
☐多元評量 ☐試題分析與應用 ☐\_\_\_\_\_ (內容須與課程或教學相關)

壹、主題：試題討論

貳、時間：112 年 5 月 8 日(星期一) 13:30-14:20

參、地點：2 樓自主學習教室

肆、講座：王晴傑

簽到表

簽名處	簽名處
<u>李程毅</u>	<u>王晴傑</u>
	<u>李容綿</u>

教學組長：李博閔 教務主任：

0516/1150

詹琦斌  
0516/1150

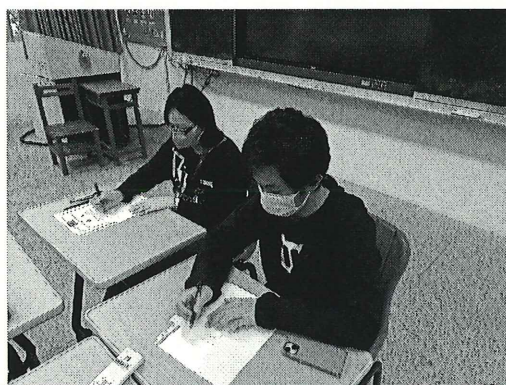
校長：

洪錫璿  
051711012

伍、研習內容：

- 1.討論國中教育會考試題。
- 2.會考單題的字彙、文法。
- 3.會考閱讀題組的閱讀策略。

陸、研習照片：



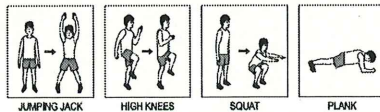
## 試題討論

6. Kevin has only enough money for the bag or the shoes. That is a hard \_\_\_\_\_ to make because he likes them both.  
 (A) choice (B) gift (C) rule (D) trick

8. Although it took me lots of time \_\_\_\_\_ a big meal for ten people, I was happy that everyone enjoyed it.  
 (A) prepare (B) to prepare (C) preparing (D) prepared

18. Buses to the airport only come once every hour, and we just missed \_\_\_\_\_. Why don't we take a taxi?  
 (A) another (B) it (C) one (D) them

Tabata training is a very popular way of exercising these days. It doesn't take much time or space, and it burns calories faster than other ways of exercising. The idea of Tabata training is simple: exercise for 20 seconds, rest for 10 seconds, and then repeat (at least eight times). The moves for the 20-second exercise are not difficult to learn. Jumping jacks, high knees, squats, and planks are some of the most common moves. You can decide yourself what moves to do in your Tabata training. For example, you can do more leg exercises if you want strong legs.



One great thing about Tabata training is that your body will keep burning calories for at least an hour after 4 minutes of Tabata training. But to have this wonderful "afterburn," you need to exercise really hard during each 20 seconds. If you seldom exercise or have heart problems, this exercise may not be good for you. But for people who enjoy exercising but are too busy to go to the gym, Tabata training might just be the answer.

calorie 卡路里 (熱量單位)

28. Who might find that Tabata training is right for them?  
 (A) People who enjoy team sports.  
 (B) People who want to start exercising.  
 (C) People who want to fix their heart problems.  
 (D) People who already have a habit of exercising.