

妙 5 2006 composition

Topic sentence: My favorite outdoor activity is hiking.

Supporting sentence1: The first time I was exposed to hiking was when I was only 6.

Supporting sentence 2: To my surprise, my first experience started a world of amazement.

Topic sentence: To me, I enjoy at least two advantages of hiking.

Supporting sentence1: My health improves a lot after I pick up the habit of hiking.

Supporting sentence2: I also promote the relationship between me and my family members.

自訂題目：My bike/ Jogging Is My Favorite Exercise

II. Useful expression

1. activity: something you do because you enjoy it (eg, mountain-climbing/ camping/ hiking/ jogging/ white-water rafting/ skating/ swimming/diving/ snorkeling dive)
2. exercise: physical activities that you do in order to stay healthy and become stronger.(aerobic/ treadmills/ exercise bikes/ yoga)
3. sports: a physical activity in which people compete against each other.(basketball/ volleyball/ golf/ tennis/ swimming)
4. relieve/ release /ease pressure
5. pressure from sth/ pressure to face sth/ to put pressure on sb to +V
6. to shift stress from sth/ to reduce/ relieve/control /decrease stress
7. to get in touch with nature
8. From the top of mountain, I can get a bird's-eye view of the city.
9. awe-inspiring views/ breathtaking views
10. remain healthy and energetic(dynamic)/ maintain health and energy
11. Jogging is a both healthful and cheap exercise. For one thing, people keep in a shape (keep fit) by jogging. For another, people can easily enjoy the fun of jogging without buying expensive equipment (gears). All people need is a good pair of sports shoes. Also, when jogging, people don't need teammates and they can do it as long as they are in the mood for it.
12. When taking a walk, I appreciate many beautiful, strange views on the road. Thus, I add some interesting elements to my boring life. By doing so, my dull life seems more tolerable.

13. Thanks to roller skating, I enrich my life and get a sense of achievement. For this reason, roller skating will be my favorite outdoor activity forever.

III. Wonderful Examples:

1. Though exhausted, I found my nose wasn't stuffed anymore, which was an experience I had never had before.
2. My delight in jogging can be traced back to my junior high school life.(14/凱傑)
3. And when I finally reached the summit of the mountain, with the wind blowing my face, I could always feel as if I were the creator of this world because the whole Taipei city is below my feet.(14/柏翰)
4. Little by little, my shooting skill was improving with the practice every day. Only by practicing very often can I get the good result. (14/晉璋)
5. With the terrible beginning, I lost all my confidence. I was afraid of it to the point that I didn't want to play it anymore.(14/弘智)
6. Though tired, I enjoy the benefit of doing it. I take it for granted that I am second to none in walking.(14/承濤)
7. As soon as I entered senior high school, I loved basketball, and my life became colorful because of it.
8. Tired as I was, I still spared some time to play basketball with my friends on holidays. (14/瑋仁)I always think that mountain climbing can make me easy and help me maintain my health to face heavy schoolwork. Therefore, I won't be overshadowed by the pressure from it.(14/建碩)
9. The birds chirp, while the kids run back and forth on the grass. With the breeze blowing my face, all the unhappy things are nowhere to find. (14/柏宇)
10. To sum up, jogging can keep me in a good shape, in a high spirit, and free from pressure. It is jogging that makes my life more meaningful.(14/建宏)
11. I can feel the gentle wind in the atmosphere, and it makes me forget who I am where I come and where I go. It is the happy experience that supports me to face the difficulties in my life, dealing with them in a positive attitude.(09/瀚漳)
12. The spacious sky lets me know how big the world is; the wind lets me know what magic power the world has; the sounds let me know how numerous beings exist in this world. Whether the thoughts flashing into my mind are meaningful or not, I cherish the time to walk while thinking.(09/昇倫)
13. If asked what my favorite outdoor activity is, I will say without hesitation, "It is jogging!"(09/秉宸)

IV> Correcting the following mistakes:

1. Basketball is regarded as a friend and company with me.

2. This is the greatest benefit that basketball brings me.
3. Whenever a holiday comes.
4. I can encounter many people on the court and make many friends.
5. Since I could walk, I had started to hike with my family.
6. to get rid of stress
7. Swimming let my life as fresh as a daisy.