

Q:

年级：高一

使用高考真题：否

作文写作要求：你校英文报“Teenage Life”专栏本期的主题为“Sports and Health”。请你用英语写一篇短文投稿，内容包括：

- 1. 运动的重要性
- 2. 你的运动建议
- 3. 你的呼吁 注意：
- 4. 词数 80 左右；
- 5. 可以适当增加细节，以使行文连贯

作文满分：15

批改方式：附带图片批注（稍慢）

学生姓名：学生 04

[图片]

A:

【作文原文】

Sports and Health.

Doing sports is very important. It can make our physical and mental more health. And is can also reduce our stress on work or study. Playing sports can help you to find your interest and make some new friends too. All in all play sports play a important role in our life.

How can we doing sports. In my view, you should do sports regularly and don't playing it for longtime. You can play it in the morning or in the evening.  
So, playing sports with you friend often and remember to play sports wisely.

【评分】

7 分

【简评】

本文围绕“Sports and Health”主题展开，基本涵盖了运动的重要性、运动建议及呼吁三方面内容。词汇使用较为基础，能传达核心意思，但部分表达需优化（如“physical and mental more health”应改为“physically and mentally healthier”）。语法方面存在少量错误（如“is can also”“All in all play sports”“How can we doing sports”等），影响句子准确性。上下文衔接稍显生硬，可适当增加过渡词使行文更流畅。整体结构清晰，若能修正语法错误并丰富细节，会更符合题目要求。

【逐句批改】

原文内容	错误原因和修改建议	对应的润色内容
It can make our physical and mental more health.	1. 语法准确性：“physical and mental”是形容词，此处需用副词形式修饰形容词“healthier”，应改为“physically and mentally” 2. 语法准确性：“health”是名词，此处需用形容词比较级“healthier”作宾语补足语	It can make us physically and mentally healthier.
And is can also reduce our stress on work or study.	1. 语法准确性：“is can”存在情态动词与 be 动词混用错误，应删除“is” 2. 语法准确性：“on work or study”介词搭配不当，“压力”与“工作/学习”搭配时常用介词“from”	And it can also reduce our stress from work or study.

All in all play sports play a important role in our life.	1. 语法准确性: “All in all”后接完整句子时, 缺少主语, “play sports”应改为动名词短语“playing sports”作主语 2. 语法准确性: “a important”中不定冠词使用错误, “important”以元音音素开头, 应改为“an important” 3. 语法准确性: 主语“playing sports”为单数, 谓语动词“play”应改为第三人称单数形式“plays”	All in all, playing sports plays an important role in our life.
How can we doing sports.	1. 语法准确性: 情态动词“can”后接动词原形, “doing”应改为“do” 2. 语法准确性: 此句为特殊疑问句, 句末应使用问号“?”	How can we do sports?
In my view, you should do sports regularly and don't playing it for longtime.	1. 语法准确性: “don't playing”中助动词“don't”后接动词原形, “playing”应改为“play” 2. 语法准确性: “for longtime”缺少不定冠词, 应改为“for a long time”	In my view, you should do sports regularly and don't play it for a long time.
So, playing sports with you friend often and remember to play sports wisely.	1. 语法准确性: “you friend”中形容词性物主代词使用错误, 应改为“your friend” 2. 语法准确性: 此句为祈使句, 由两个并列动作组成, “playing”应改为动词原形“play”, 与“remember”构成并列谓语	So, play sports with your friend often and remember to play sports wisely.

【作文分析】

要素一: 语法和词汇。

作文使用了基础词汇, 如“important”“reduce”“stress”“regularly”等, 未出现复杂高级词汇; 使用的简单句为主, 如主谓宾结构(Doing sports is very important.)、并列句(It can make our physical and mental more health. And is can also reduce our stress...), 未使用复杂句型(如定语从句、状语从句、非谓语动词等)。

要素二: 篇章结构(评价+建议)。

1. 整体结构基本覆盖写作要求的三个内容(运动的重要性、运动建议、呼吁), 但格式存在残缺: 标题“Sports and Health.”后多余句号, 且未分段(原文段落划分不清晰, 三个要点混为一段, 影响结构呈现)。
2. 该作文类型为“英文投稿短文”, 典型结构应包含引言(点题)、主体(分点阐述重要性、建议)、结尾(呼吁)。本篇作文包含了三个核心内容, 但未通过分段明确区分层次, 导致结构模糊。
3. 结构层次条理不清晰, 段落间逻辑关系松散。整体为“重要性+建议+呼吁”的布局, 但未用段落分隔, 且建议部分(How can we doing sports.)以疑问句句首, 表述不规范, 与上下文衔接生硬。存在的问题: 缺乏明显的过渡词(如 Firstly, Secondly, Finally 等)引导逻辑, 段落划分缺失。
4. 各部分发展不充分: 重要性部分仅列举两点(健康、减压、交友), 但表述简略; 建议部分(定期运动、控制时间、早晚运动)未展开细节; 呼吁部分(So, playing sports with you friend...)过于简短, 感染力不足。建议: 按“引言段(总起运动重要性)—主体段1(重要性, 分点说明)—主体段2(建议, 具体做法)—结尾段(呼吁, 发出行动号召)”分段, 使用过渡词(如 In conclusion, Therefore 等)增强逻辑。

要素三：作文内容（评价+建议）。

1. 内容完整性：基本按照写作要求涵盖“重要性、建议、呼吁”，但细节不足（如建议部分未说明“定期运动”的频率，呼吁部分未强调“健康”与“运动”的关联）。
2. 中心思想契合题目“Sports and Health”，围绕运动对健康的意义展开，但表述较浅显，未深入结合“青少年生活”场景（如学生群体的学习压力与运动的关系）。
3. 内容逻辑基本清晰，但存在不合理之处：
  - 语法错误导致逻辑歧义：“make our physical and mental more health”中“health”应改为“healthy”，“And is can also...”中“is”为多余；“All in all play sports play a important role”中“play”重复且“a”应改为“an”。
  - 衔接语缺失：如重要性与建议之间无过渡词（如“However, how can we do sports properly?”），建议与呼吁之间无总结性语句。

建议：修正语法错误，增加衔接词（如 Besides, As for suggestions, In short 等），并补充细节（如建议部分“定期运动”可具体为“每天 30 分钟”，呼吁部分结合“青少年”身份，如“Let's start doing sports now to keep healthy and energetic for our study!”）。
4. 主次安排合理，三个要点均有涉及，但各部分篇幅相近，未突出“重要性”和“建议”的主体地位，呼吁部分过于简略，可适当扩充以强化感染力。

要素四：语言和表达。

1. 表达手段单一，未使用比喻、拟人等修辞手法，语言直白平淡。
2. 存在雷同句式和重复用词：多次使用“play sports”（All in all play sports play...; How can we doing sports.; playing sports with you friend...），简单句重复（It can... And is can...），缺乏句式变化。
3. 非议论文，忽略此条。
4. 风格基本符合“英文投稿短文”的简洁要求，但因语法错误（如“doing sports”“playing it for longtime”中动词形式错误）和口语化表达（“How can we doing sports.”），规范性不足。建议：使用正确的动词形式（How can we do sports?）、书面化短语（如“for a long time”而非“for longtime”），增加正式表达（如“participate in sports”替代部分“play sports”）。

#### 【词汇提升建议】

原文：“very important”→“crucial”（理由：更书面化）

原文：“make...health”→“improve...health”（理由：搭配更准确）

原文：“reduce our stress”→“alleviate our stress”（理由：更正式）

原文：“find your interest”→“discover your passion”（理由：表意更精准）

原文：“play a important role”→“play a vital role”（理由：程度更强）

原文：“doing sports”→“engaging in sports”（理由：更正式）

原文：“for longtime”→“for extended periods”（理由：更规范）

原文：“play sports wisely”→“exercise wisely”（理由：避免重复）

#### 【润色后作文（基本款）】

修改的地方用【】标注

Sports and Health

Doing sports is very important. It can make 【us physically and mentally healthier】. And 【it】 can also reduce our stress 【from】 work or study. Playing sports can help you to find your interest and make some new friends too. All in all, 【playing sports plays an important】 role in our life.

【How can we do sports?】 In my view, you should do sports regularly and don't 【play it for a long time】. You can play it in the morning or in the evening.

So, 【play sports with your friends】 often and remember to play sports wisely.

Sports and Health

Doing sports is crucial. It boosts physical and mental health, relieves study stress, and helps make friends, playing an important role in life.

To exercise well, we should do it regularly but not for too long. Choosing mornings or evenings and trying activities like jogging keeps it effective.

Let's play sports with friends often and remember to do it wisely. A healthy life starts with sports!

68 (15分)

### Sports and Health.

Doing sports is very important. It can make our physical and mental more health. And is can also reduce our stress in work or study. Playing sports can help help you to find your interest and make some new friends too. All in all play sports play a important role in our life.

How can we doing sports. In my ~~point~~ view, you should do sports regularly and don't playing it for longtime. You can play it in the morning or in the evening.

So, playing sports with you friend often and remember to play sports wisely.

[1] 形容词形式错误, 应改为副词修饰形容词比较级

[2] 情态动词与be动词混用错误, 应删除is

[3] 介词搭配错误, stress应与from搭配

[4] 缺少主语和标点, 应改为动名词作主语

[5] 不定冠词使用错误, important以元音素开头

[6] 情态动词后应接动词原形, 且应为问号

[7] 助动词后应接动词原形

[8] 缺少不定冠词a

[9] 形容词性物主代词使用错误

Q:

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使用高考真题：否

作文写作要求：你校英文报“Teenage Life”专栏本期的主题为“Sports and Health”。请你用英语写一篇短文投稿，内容包括：

- 5. 运动的重要性
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- 7. 你的呼吁 注意：
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作文满分：15

批改方式：附带图片批注（稍慢）

学生姓名：学生 05

[图片]

A:

【作文原文】

Sports and Health

Sports is a part of life, not only can keepfit but also help us to see the beauty of natural.

Sports is really important for us. "Keeping a sport activity a day, bet the doctor away." If we don't do exercise, our body become weak so that we will seek and get illness. Through the sport, you will improve your mental health. You will feel challengig but if you stick on it, you will feel happy, satisfied.

You can choose some sports which you're fond of. And keep it like two times a week. You can also write a plan about your exercise.

Come and join us to do sports!

【评分】

10 分

【简评】

本文围绕“Sports and Health”主题展开，基本涵盖了运动的重要性、个人建议及呼吁三方面内容，结构较为清晰。词汇运用上能尝试使用“mental health”“stick on”等表达，但存在部分拼写错误（如“challengig”应为“challenging”）和词汇搭配不当（如“see the beauty of natural”应为“see the beauty of nature”）。语法方面，出现主谓一致错误（如“Sports is”应改为“Sports are”，“our body become”应改为“our body becomes”）、情态动词后动词形式错误（如“can keepfit”应为“can keep fit”）及句子结构不完整（如“not only can keepfit...”缺少主语）等问题。上下文衔接上，段落间过渡自然，但部分句子内部逻辑稍显松散（如“If we don't do exercise...get illness”表述较口语化）。整体而言，若能注意语法准确性和词汇规范性，文章会更加流畅。

【逐句批改】

原文内容	错误原因和修改建议	对应的润色内容
Sports is a part of life, not only can keepfit but also help us to see the beauty of natural.	1. 主谓一致错误：“Sports”为复数名词，be 动词应用“are” 2. 固定搭配错误：“keepfit”应分开写为“keep fit” 3. 句子结构不完整：“not only can keep fit...”缺少主语，可调整为“not only does it help us keep fit...” 4. 词性错误：“natural”为形容词，此处应用	Sports are a part of life. Not only does it help us keep fit but also enable us to see the beauty of nature.

	名词“nature”	
Sports is really important for us.	主谓一致错误: “Sports”为复数名词, be 动词应用“are”	Sports are really important for us.
"Keeping a sport activity a day, bet the doctor away."	1. 固定表达错误: 正确谚语应为“An apple a day keeps the doctor away”, 此处“Keeping a sport activity a day”表述不当, 可改为“Regular exercise every day” 2. 动词错误: “bet”意为“打赌”, 此处应使用“keeps”(保持)	"Regular exercise every day keeps the doctor away."
If we don't do exercise, our body become weak so that we will seek and get illness.	1. 主谓一致错误: “our body”为第三人称单数, “become”应改为“becomes” 2. 逻辑错误: “seek and get illness”表述不当, “seek”意为“寻求”, 生病是被动发生的, 可改为“easily get sick”	If we don't do exercise, our body becomes weak so that we will easily get sick.
Through the sport, you will improve your mental health.	冠词错误: “sport”为泛指, 且此处表示“运动”这一抽象概念, 应去掉定冠词“the”	Through sport, you will improve your mental health.
You will feel challengig but if you stick on it, you will feel happy, satisfied.	1. 拼写错误: “challengig”应改为“challenging” 2. 固定搭配错误: “stick on”应改为“stick to”(坚持) 3. 语法错误: “satisfied”前缺少连词“and”, 使句子结构不完整	You will feel challenging but if you stick to it, you will feel happy and satisfied.
And keep it like two times a week.	1. 句子结构错误: 此句为祈使句, 但缺少主语和逻辑连接, 可改为“You should keep doing it at least twice a week” 2. 表达错误: “like two times a week”表述口语化, “twice a week”(一周两次)为正确表达	You should keep doing it at least twice a week.

### 【作文分析】

#### 要素一: 语法和词汇

##### 语法问题:

10. 主谓一致错误: "Sports is a part of life" (Sports 为复数, 应改为"Sports are"); "our body become weak" (body 为单数, 应改为"becomes")。
11. 情态动词后接动词原形错误: "will seek and get illness" (seek 表示“寻找”, 此处应改为"easily get illnesses")。
12. 介词搭配错误: "stick on it" (应改为"stick to it"); "two times a week" (可简化为"twice a week")。
13. 词性错误: "natural" (形容词, 应改为名词"nature"); "challengig" (拼写错误, 应为"challenging")。

##### 词汇问题:

- 简单词汇重复: "important" "sport" "you"使用频率过高, 可替换为"vital" "physical activity" "we"等。

- 谚语误用: "Keeping a sport activity a day, bet the doctor away" (改编自 "An apple a day keeps the doctor away", 表达不自然, 建议改为 "Regular exercise helps keep diseases at bay")。

要素二: 篇章结构 (评价+建议)

评价:

14. **整体结构合理, 格式完整:** 作文包含“运动的重要性”“运动建议”“呼吁”三个核心部分, 符合写作要求, 段落划分清晰。
15. **典型结构遵循情况:** 本文属于议论文体裁, 典型结构为“引入-论点-建议-结论”。原文以“运动是生活的一部分”引入, 中间分论点讨论重要性和建议, 结尾呼吁行动, 结构框架正确。
16. **层次逻辑:** 段落间逻辑基本连贯, 但第二、三段内部衔接较弱。例如, 第二段先讲身体影响, 再讲心理健康, 缺乏过渡词 (如 "Besides" "Moreover"); 第三段建议部分仅列举“选择喜欢的运动”“制定计划”, 未说明理由或具体例子, 显得单薄。
17. **部分强调不足:** 第三段“运动建议”篇幅过短 (仅 2 句), 未充分展开细节 (如具体运动类型、计划内容); 呼吁部分 (第四段) 过于简略, 缺乏感染力。

建议:

- 第二段增加过渡词 (如 "Firstly" "Additionally"), 区分身体与心理健康的论述;
- 第三段补充具体建议, 如“选择慢跑、篮球等易坚持的运动”“计划中包含热身和放松环节”, 增强说服力;
- 结尾呼吁部分可添加激励性语句, 如 "Let's start with small steps and make sports a lifelong habit!"。

要素三: 作文内容 (评价+建议)

评价:

18. **内容完整性:** 基本覆盖写作要求的三个要点, 但“运动建议”和“呼吁”部分内容较简略, 未达到“适当增加细节”的要求。
19. **中心思想契合度:** 主题围绕“运动与健康”展开, 中心明确, 但部分论据不恰当 (如“不运动就会生病”表述绝对化)。
20. **逻辑与衔接:**
  - 段落衔接词缺失: 如第二段未用 "However" "As a result" 等连接“不运动的危害”与“运动的好处”;
  - 主题句不清晰: 第三段无明确主题句, 建议以 "To make exercise a regular habit, here are some practical tips" 开头, 统领全段。
21. **主次安排:** 第二段 (重要性) 篇幅过长 (占全文 50%), 第三段 (建议) 过短, 可适当调整比例, 使结构更均衡。

建议:

- 简化第二段关于“不运动危害”的论述, 补充运动对学习效率的积极影响 (如 "Exercise can also boost focus and reduce stress from studies");
- 第三段增加细节: "For example, if you enjoy outdoor activities, try cycling or hiking on weekends; if you prefer team sports, join a basketball or badminton club"。

要素四: 语言和表达

1. **表达手段单一:** 全文以陈述句为主, 缺乏比喻、排比等修辞手法, 可添加简单比喻 (如 "Sports are like a bridge connecting body and mind") 增强生动性。
2. **句式与用词重复:**
  - 雷同句式: "Sports is..." "You will..." 开头的句子重复出现, 可改为倒装句 ("Not only does sports keep us fit, but it also...") 或条件句 ("If we stick to exercise, we will...")。
  - 重复短语: "do sports" "get illness" 可替换为 "engage in physical activity" "suffer from diseases"。
3. **风格契合度:** 作为英文报投稿, 语言应简洁正式, 但原文口语化表达较多 (如 "Come and join us"), 建议改为 "Let's take action and embrace a healthy lifestyle through sports!", 更符合书面语风格。

**总结：** 本文结构完整但内容详略不当，语法错误较多，词汇和句式单一。需优化语法准确性、丰富细节及表达多样性，以提升文章质量。

**【词汇提升建议】**

原文: "keep fit"→"maintain fitness" (理由: 书面化升级)

原文: "see the beauty"→"appreciate the beauty" (理由: 动词精准化)

原文: "really important"→"vitally important" (理由: 程度副词强化)

原文: "get illness"→"contract illnesses" (理由: 医学术语精准化)

原文: "feel happy"→"experience joy" (理由: 情感表达深化)

原文: "fond of"→"passionate about" (理由: 情感强度提升)

原文: "write a plan"→"formulate a schedule" (理由: 行为专业化)

**【润色后作文（基本款）】**

修改的地方用【】标注

Sports and Health

【Sports are】 a part of life, 【as they】 not only can 【keep fit】 but also help us to see the beauty of 【nature】 .

【Sports are】 really important for us. " 【Regular exercise every day keeps】 the doctor away." If we don't do exercise, our body 【becomes】 weak so that we will 【easily get sick】 . Through 【sports】 , you will improve your mental health. You will feel 【challenging】 but if you stick 【to】 it, you will feel happy 【and】 satisfied.

You can choose some sports which you're fond of 【and keep doing it at least twice】 a week. You can also write a plan about your exercise. 【Let's】 come and join us to do sports!

**【润色后作文（拔高款）】**

Sports and Health

Sports are essential in life, for they not only keep us physically fit but also help us appreciate nature's beauty.

Their importance lies in both body and mind. As the saying goes, "Daily exercise keeps diseases away." Without sports, our bodies weaken and fall ill easily. Meanwhile, sports boost mental health—though challenging at first, persistence brings happiness and satisfaction.

Choose favorite sports and stick to a weekly routine, like jogging or playing basketball twice a week. Making an exercise plan can also help stay on track.

Let's start exercising now to build a healthy and energetic life!



## Sports and Health

1 Sports ~~is~~ a part of life, not only can keep fit but ~~only~~ also help us to see the beauty of ~~nature~~ 2 natural.

Sports is really important for us. "Keeping a sport activity a day, ~~bet~~ 3 the doctor away." If we ~~for~~ don't do exercise, ~~we~~ our body ~~become~~ 4 weak so that we will seek and get illness. Through 5 the sport, you will improve your mental health. You will ~~feelt~~ 6 feel challenging but if you stick 7 on it, you will feel happy, satisfied 8.

You can choose ~~what sports~~ some sports which you're ~~into~~ fond of. And ~~stick~~ keep it like 9 two times a week. You can also write a plan about your sport exercise.

Come and join us to ~~sports~~ do sports!

[1] 主谓一致错误: 'Sports'为复数名词, be动词应用'are'

[2] 固定搭配错误: 'keep fit'应分开写为'keep fit'

[3] 词性错误: 'natural'为形容词, 此处应用名词'nature'

[4] 主谓一致错误: 'Sports'为复数名词, be动词应用'are'

[5] 动词错误: 'bet'意为'打赌', 此处应使用'keeps'

[6] 主谓一致错误: 'our body'为第三人称单数, 'become'应改为'becomes'

[7] 逻辑错误: 'seek and get illness'表述不当, 应改为'easily get sick'

[8] 冠词错误: 'sport'为泛指, 应去掉冠词'the'

[9] 拼写错误: 'challengig'应改为'challenging'

[10] 固定搭配错误: 'stick on'应改为'stick to'

[11] 语法错误: 'satisfied'前缺少连词'and'

[12] 表达错误: 'like two times a week'表述口语化, 应改为'at least twice a week'